

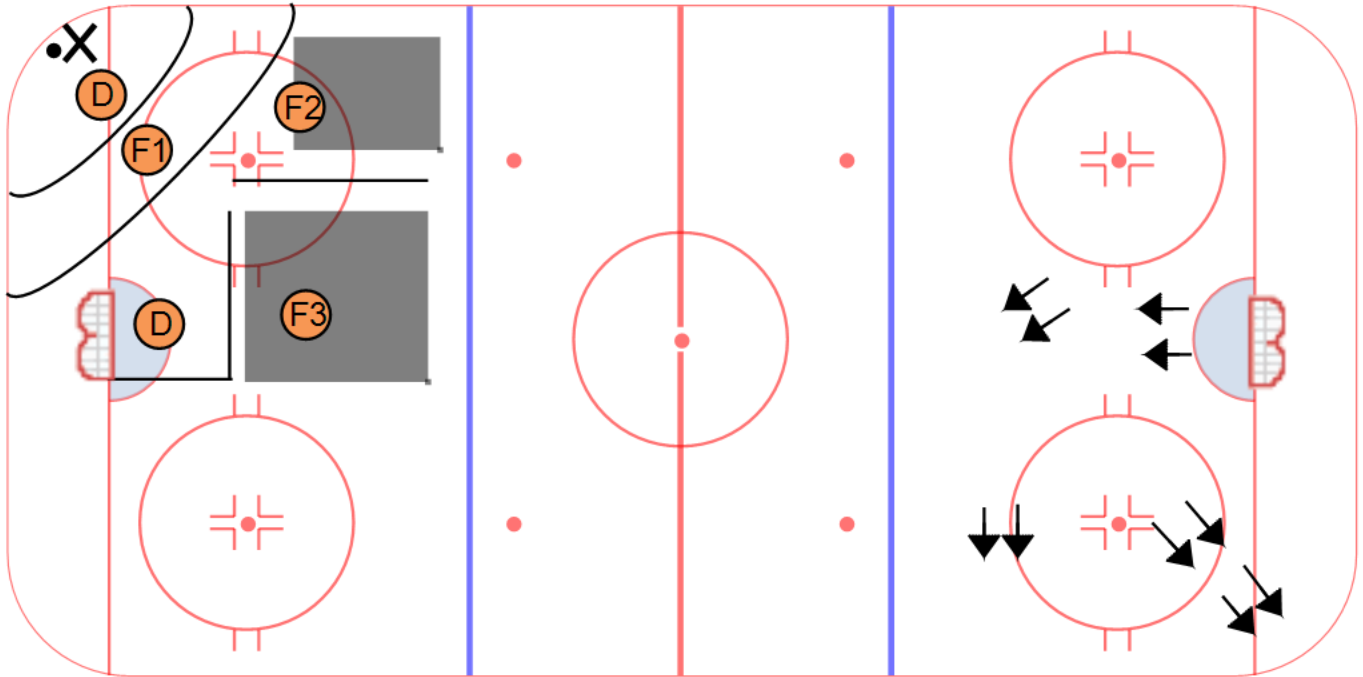
Category #1 : COACHES MANUAL

Category #2 : DEFENSIVE ZONE

Title : DEFENSIVE ZONE COVERAGE AND ROTATION

Content elements :

Components:



Key points :

Communication will improve positioning

Feet positioning

Prepare for puck rotation

Head on a swivel

Description

DEFENSIVE ZONE POSITION

- D1 in the corner plays X physically with a body check or contains player depending on gap and support situation on the ice.
- F1 who is the first forward back into the defensive zone (normally the centerman) supports D1 in the corner in an effort to get the puck.
- F2 supports by playing inside out at the tops of the circle on the net (puck) side of the defenseman of the other team. Always have your feet facing the wall or angled up ice in order to keep an eye on the puck and the point man at all times.
- F3's responsibility is to cover the high slot, scoring area in order to protect against point shots and high guy attacks. Once again feet must be faced up ice in able to see the puck and the man.
- D2's responsibility is to protect the front of the net and keep his head on a swivel monitoring the puck and all incoming offensive threats. Have your feet face up ice for greater anticipation of these threats and maintain your position off the far post.
- Remember, at all times we are preparing for breakout! We need to be a quick transition team to beat the opponent!