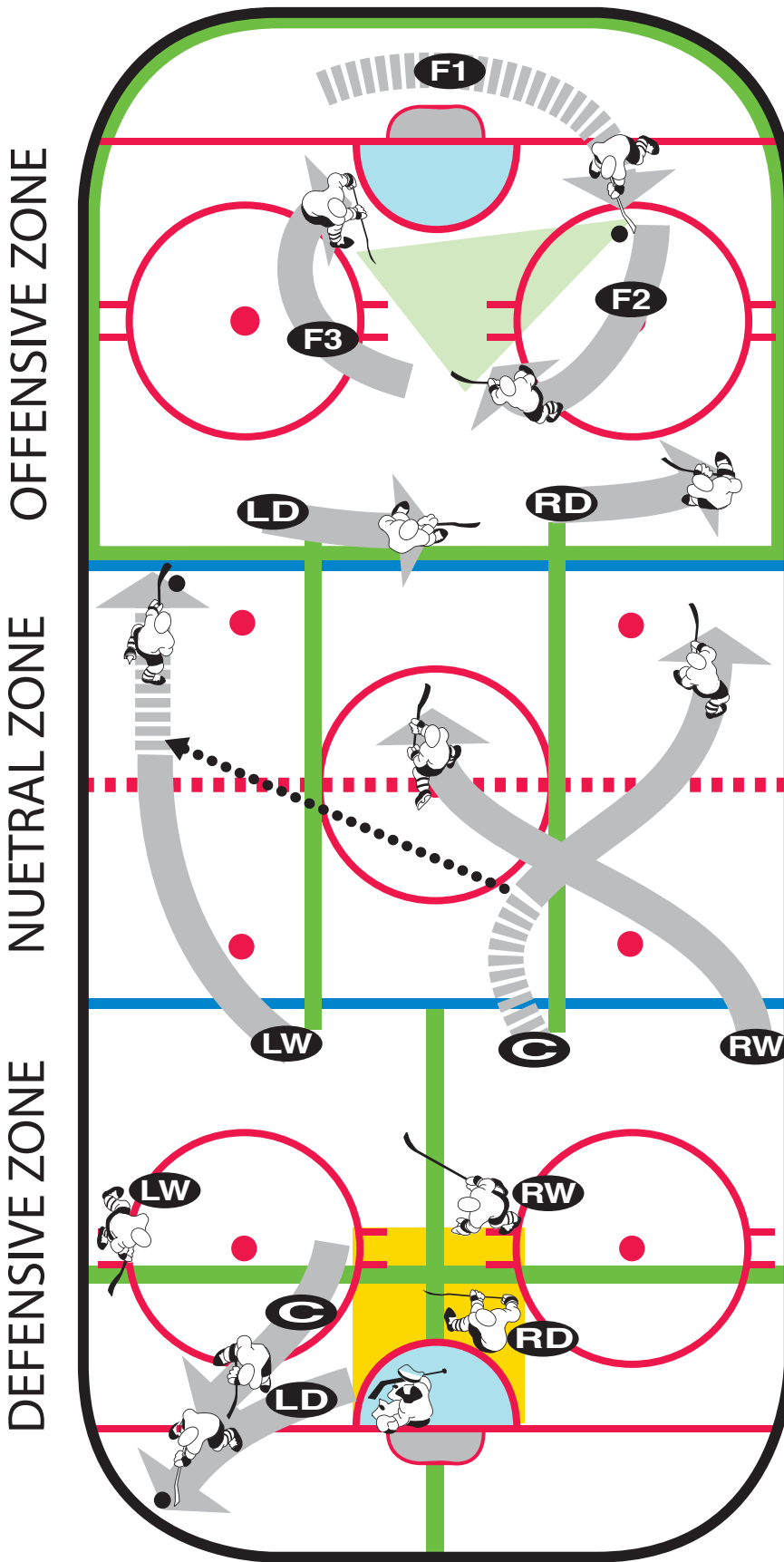


UNDERSTANDING THE RINK



OFFENSIVE ZONE

NUETRAL ZONE

DEFENSIVE ZONE

OFFENSIVE ZONE

- Be Creative!**
- Work the whole zone!
 - Create time & space
 - Read & react to teammates
 - Form scoring triangle
 - Work to get puck into scoring area
- Think defensive
- Keep one player high
 - Cover points if defense takes puck in low
 - Ready to backcheck

NUETRAL ZONE

- Use Speed!**
- Offensive Rush
- Go through zone in lanes
 - Spread the defense-Go wide
 - Headman the puck (PASS the puck up ice to teammate)
 - Enter offensive zone with speed
- Defensive Backcheck
- Get into play as quick as possible
 - Pick up open player (do the math)
 - Talk to defense (who's got who)
 - Cover player all the way to net
- Regroup
- Turn puck around and regain zone with speed

DEFENSIVE ZONE

- Stay Disciplined**
- WINGS
- Cover your area
 - Trust teammates to take care their area
 - Take away time & space
 - Stay in control, don't overcommit
- CENTER
- Support the puck
 - Keep head on swivel, look for open player around net
 - Work down low, don't overcommit past top of circle
 - Pick up loose puck
 - Do the math, help when 2 on 1
- DEFENSE
- Cover your area
 - Heels to net, head on a swivel
 - One "D" in the "house" at all times
 - Talk to partner
 - Do not get beat off boards