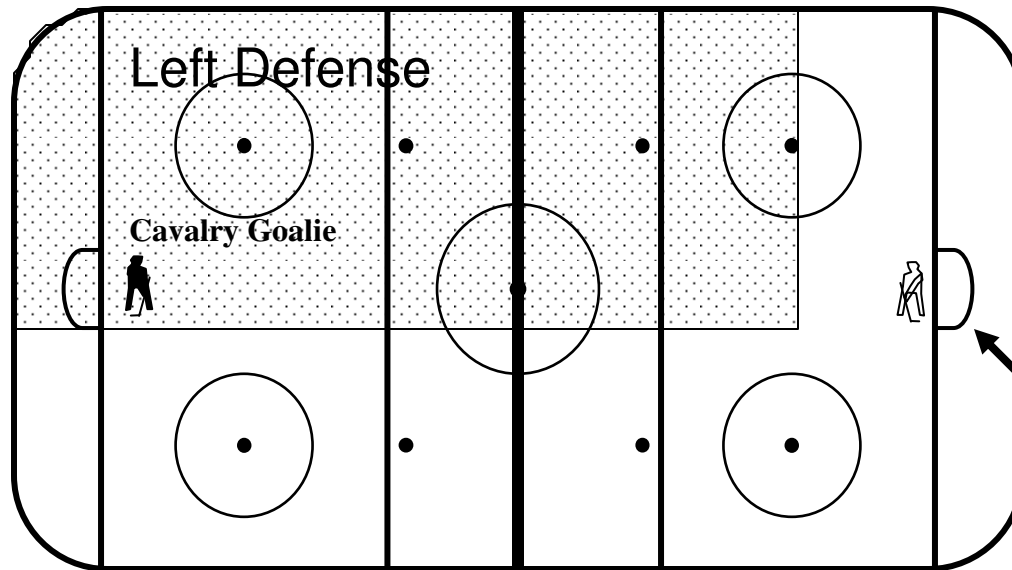
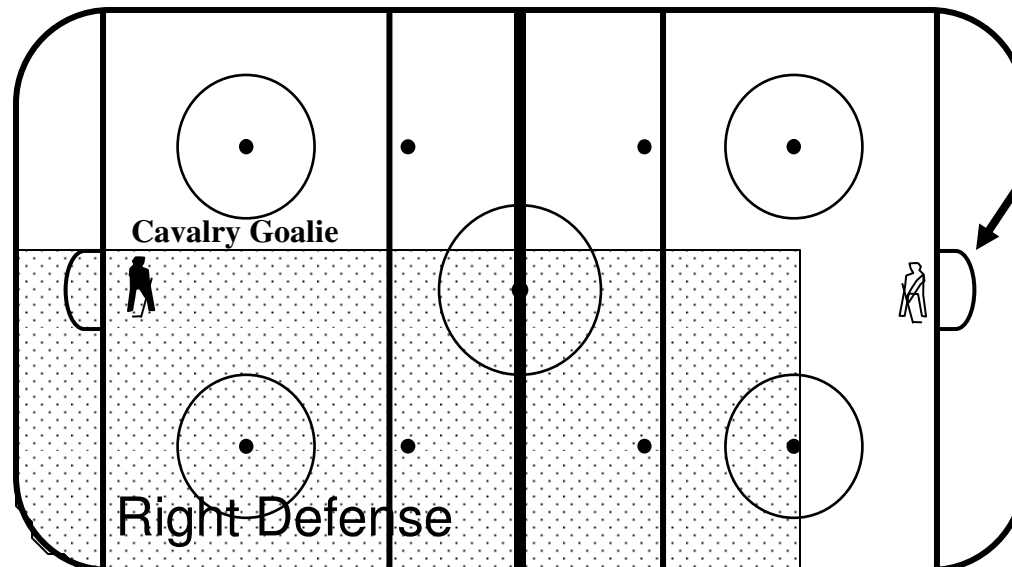


Cavalry Team Handout Section #2: Defense

Stay on your side of the ice!



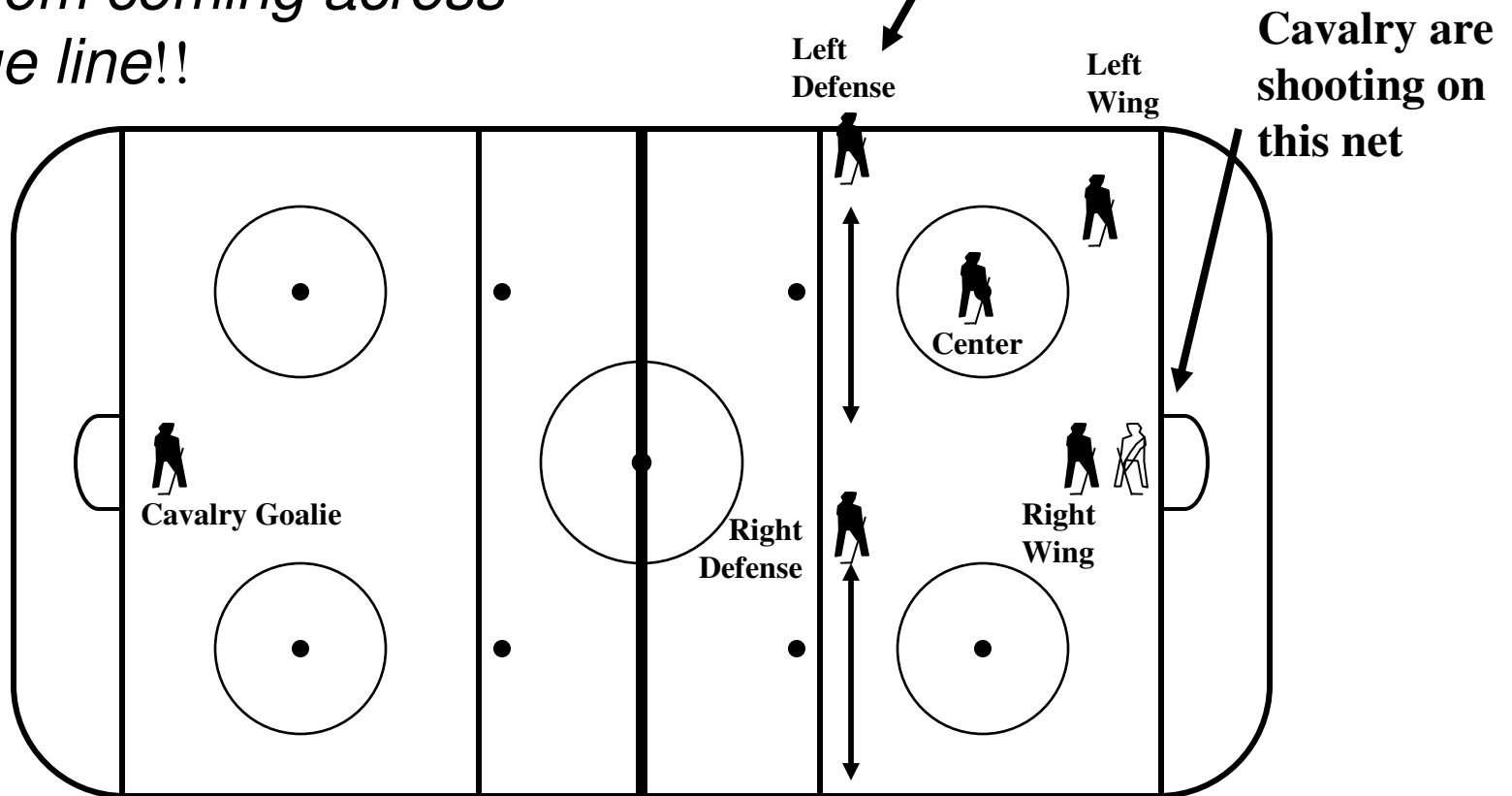
Cavalry are shooting on this net



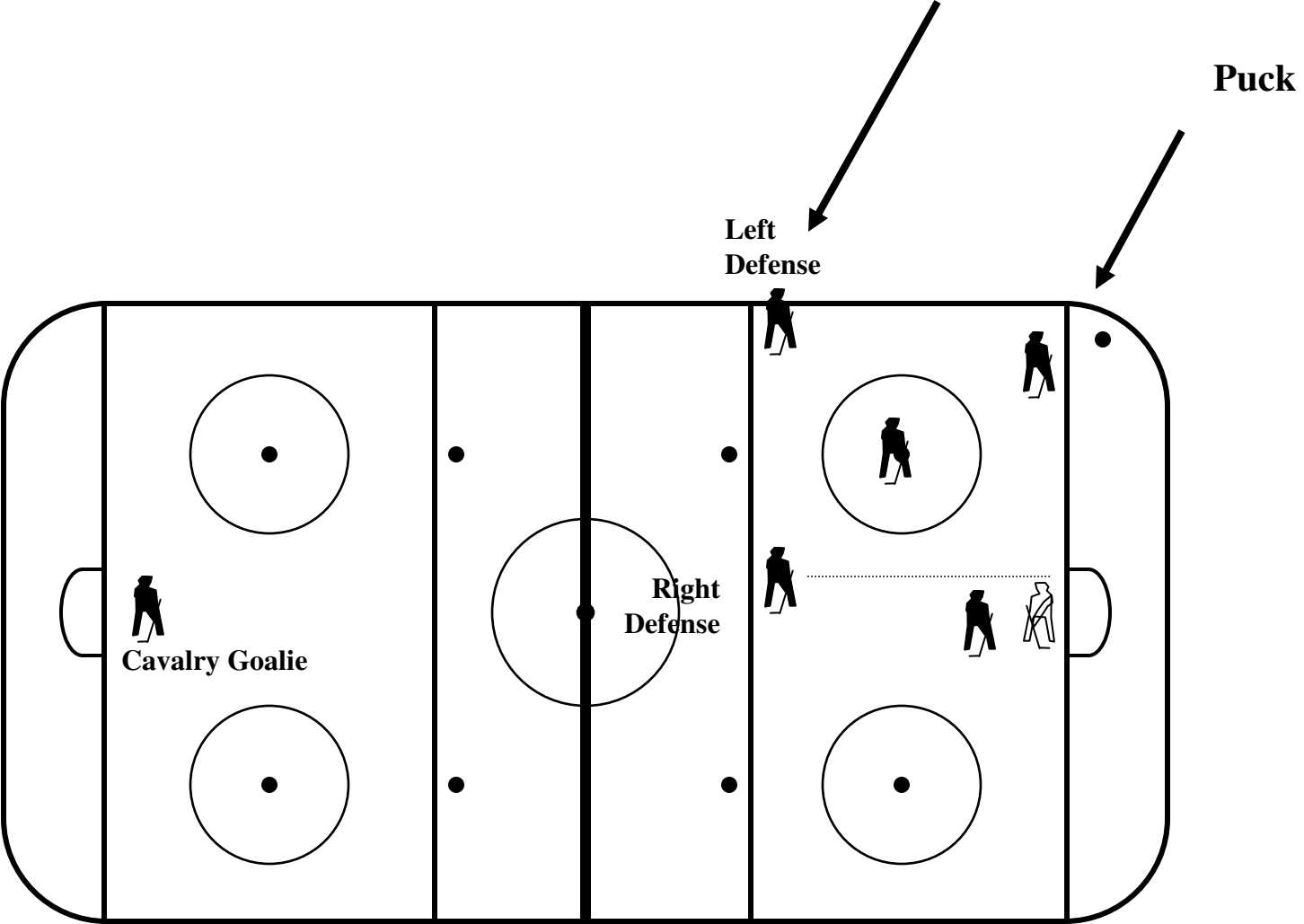
Puck in Offensive Zone #1:

Defenseman should usually play just inside the blue line to make sure they can keep the puck in the offensive zone

Your job is to keep the puck from coming across the blue line!!

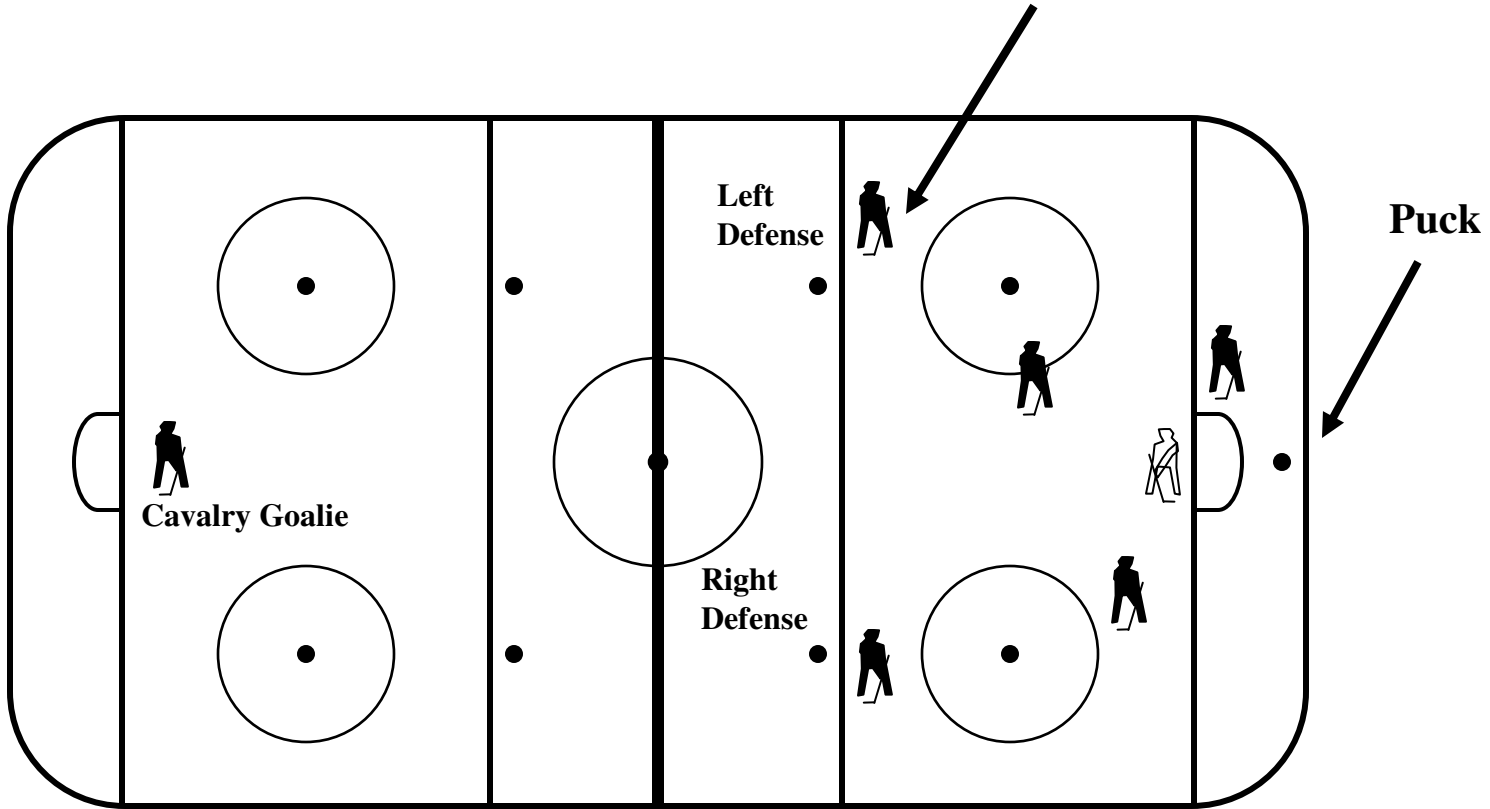


Puck in Offensive Zone #2: Puck in Left Corner

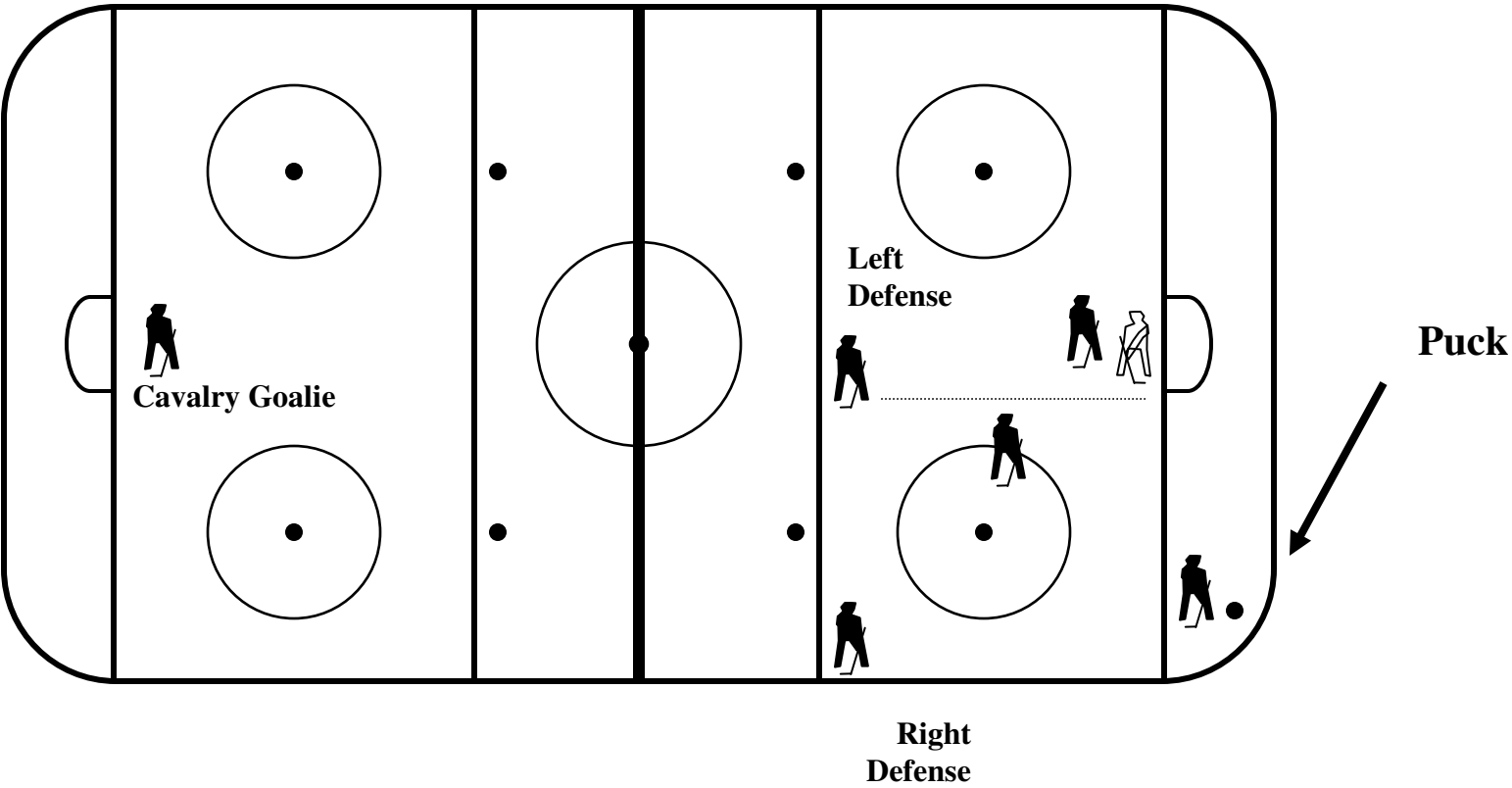


Puck in Offensive Zone #2: Puck Behind Net

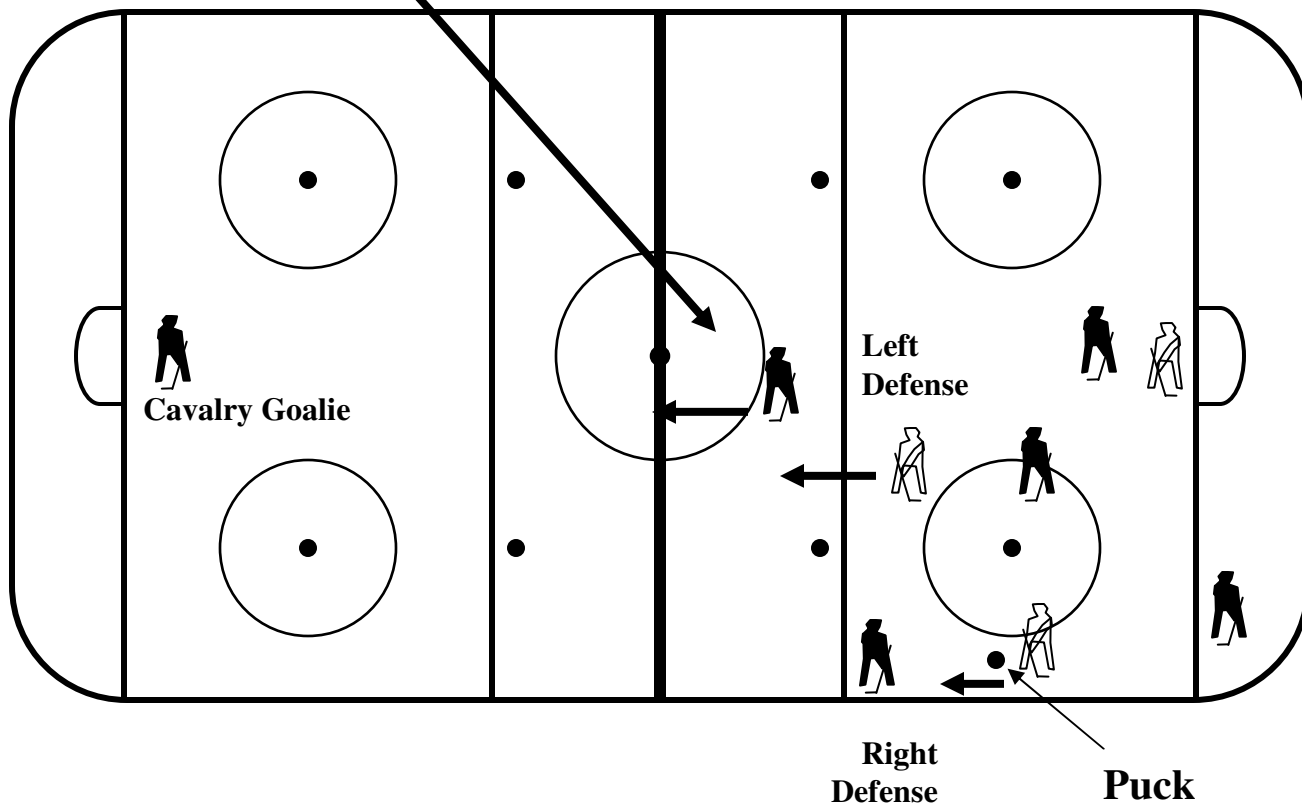
Keep your stick on the ice!



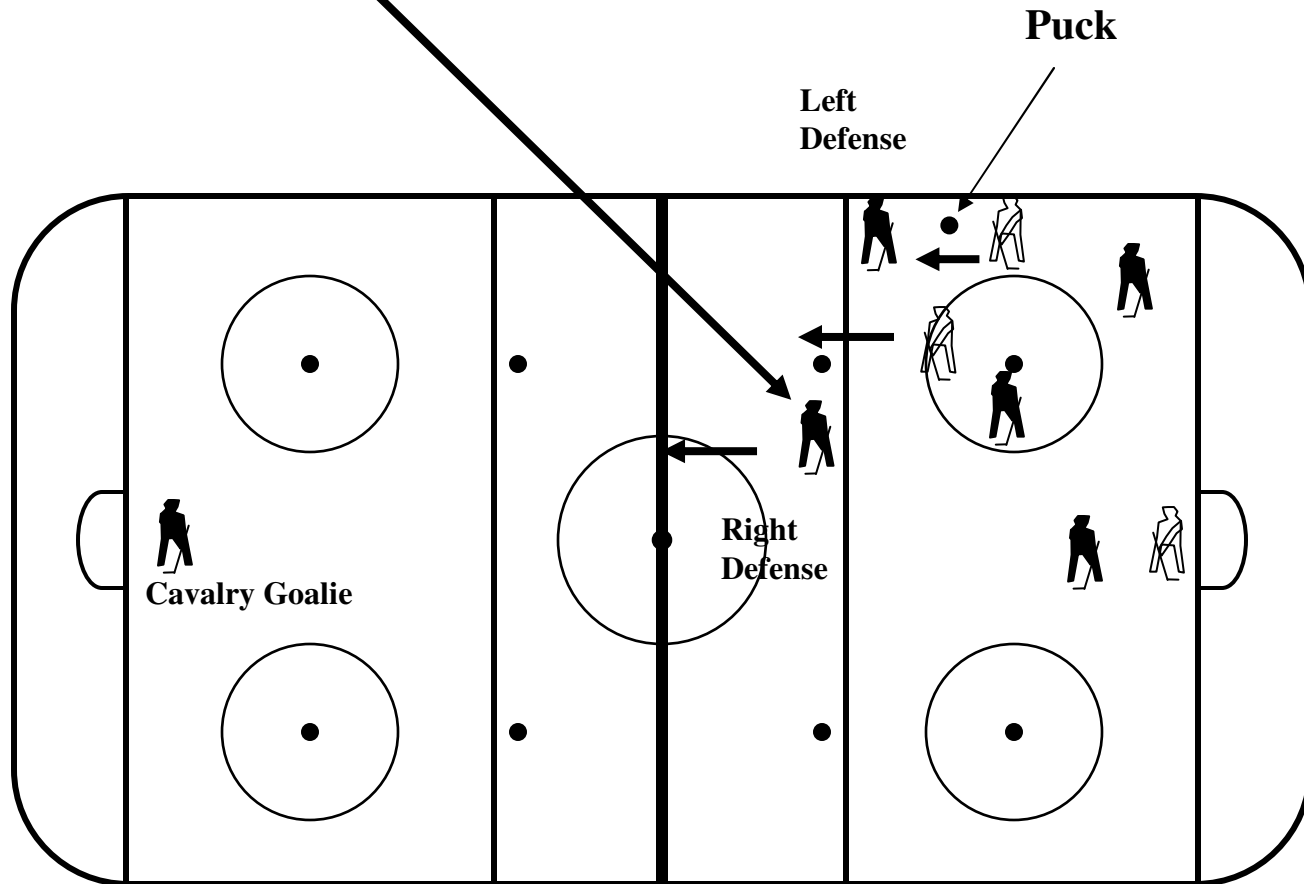
Puck in Offensive Zone #2: Puck in Right Corner



If it looks like the puck is going to come out, Left Defense should start skating back towards the Cavalry goalie



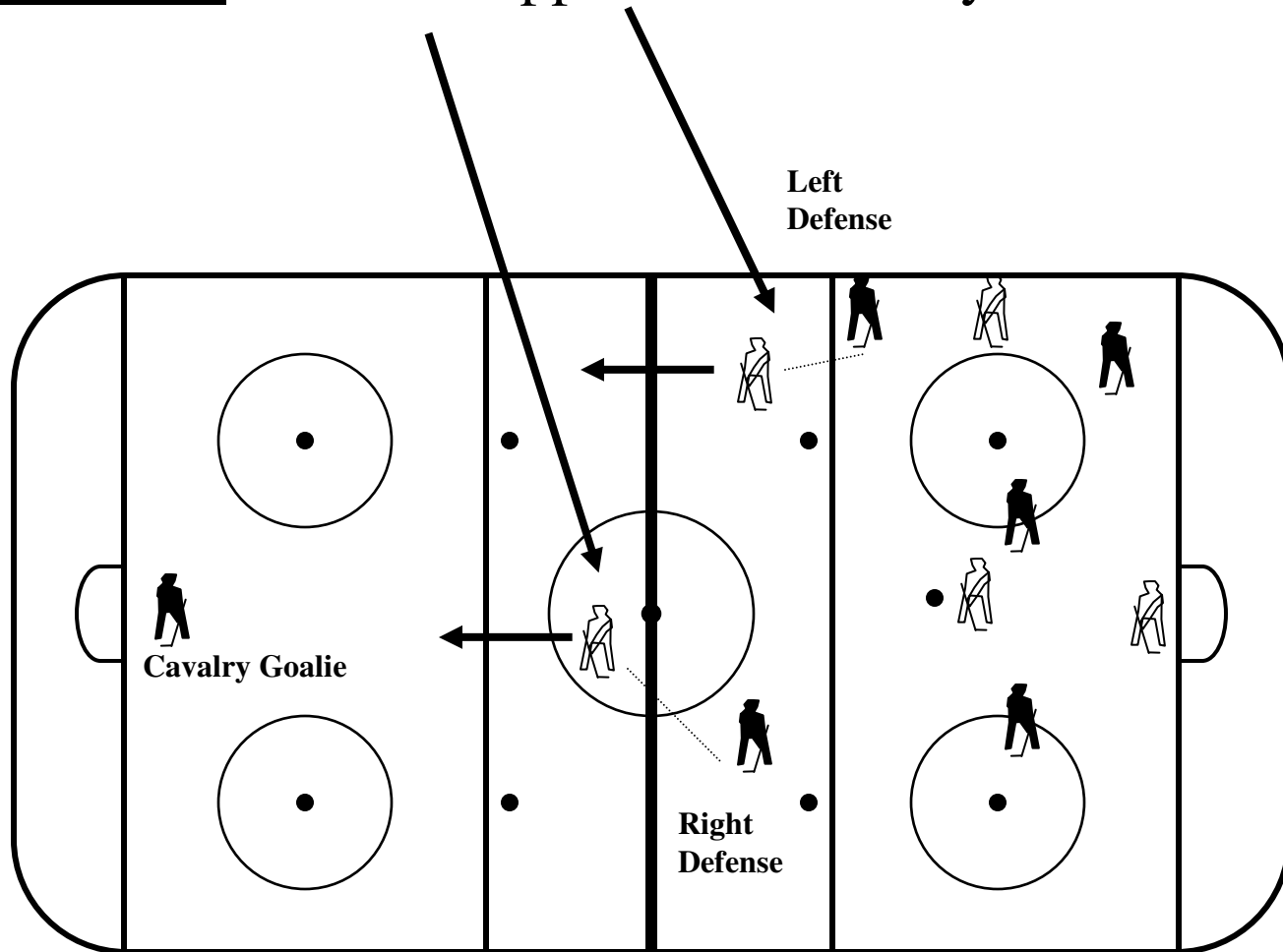
If it looks like the puck is going to come out, Right Defense should start skating back towards the Cavalry goalie



Defensemen can't ever let players get behind them

Never Ever Let this Happen!

Do you know why?



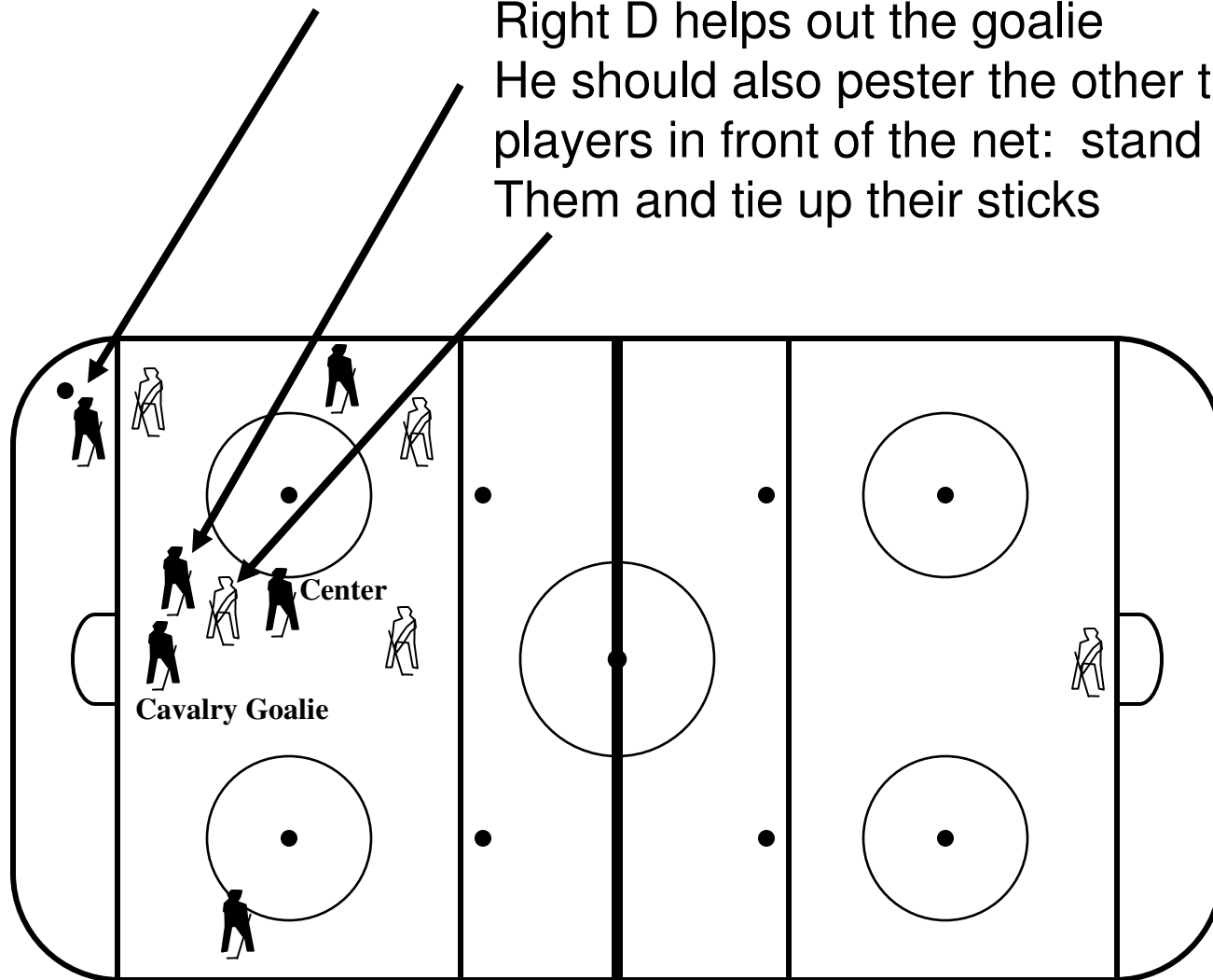
Puck in Defensive Zone #1 Left Corner

Left D is in the corner fighting for the puck

Right D helps out the goalie

He should also pester the other teams players in front of the net: stand in front of them and tie up their sticks

Left
Defense

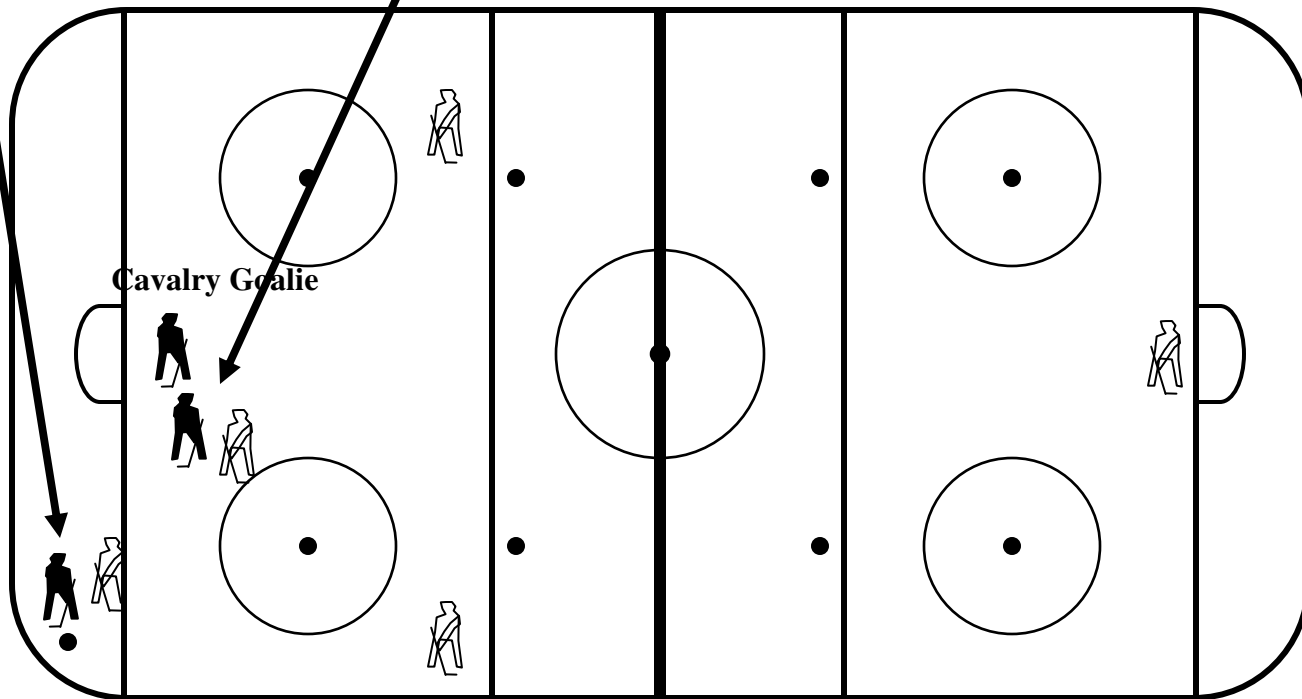


Puck in Defensive Zone #1 Right Corner

Right D is in the corner fighting for the puck

Left D helps out the goalie
He should also pester the other teams
players in front of the net.

Right
Defense

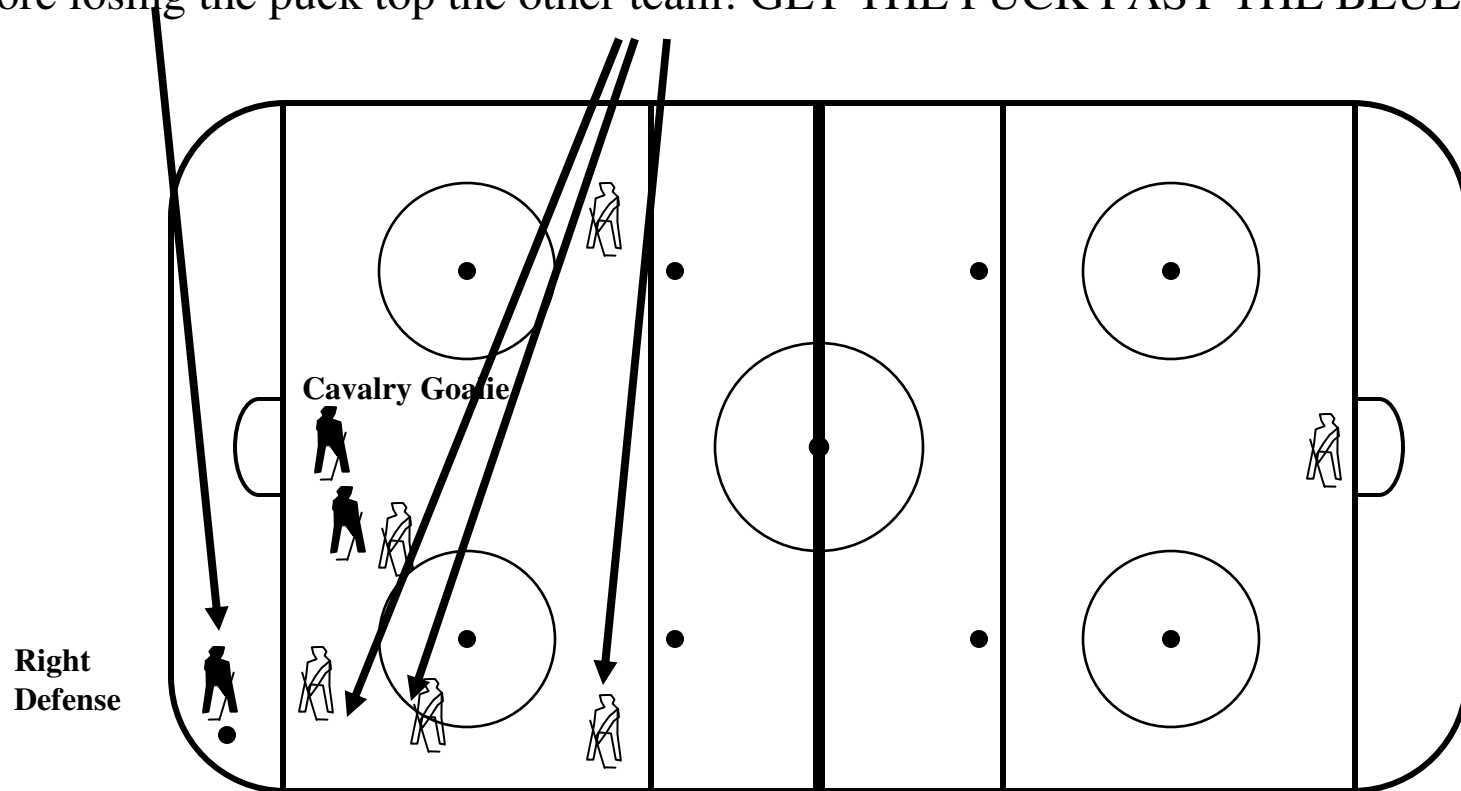


The #1 Rule in Hockey is getting the puck out your defensive zone
–Your Job is to get the puck out!

When you clear the puck from our defensive zone, the other team must leave our defensive zone or be offside.

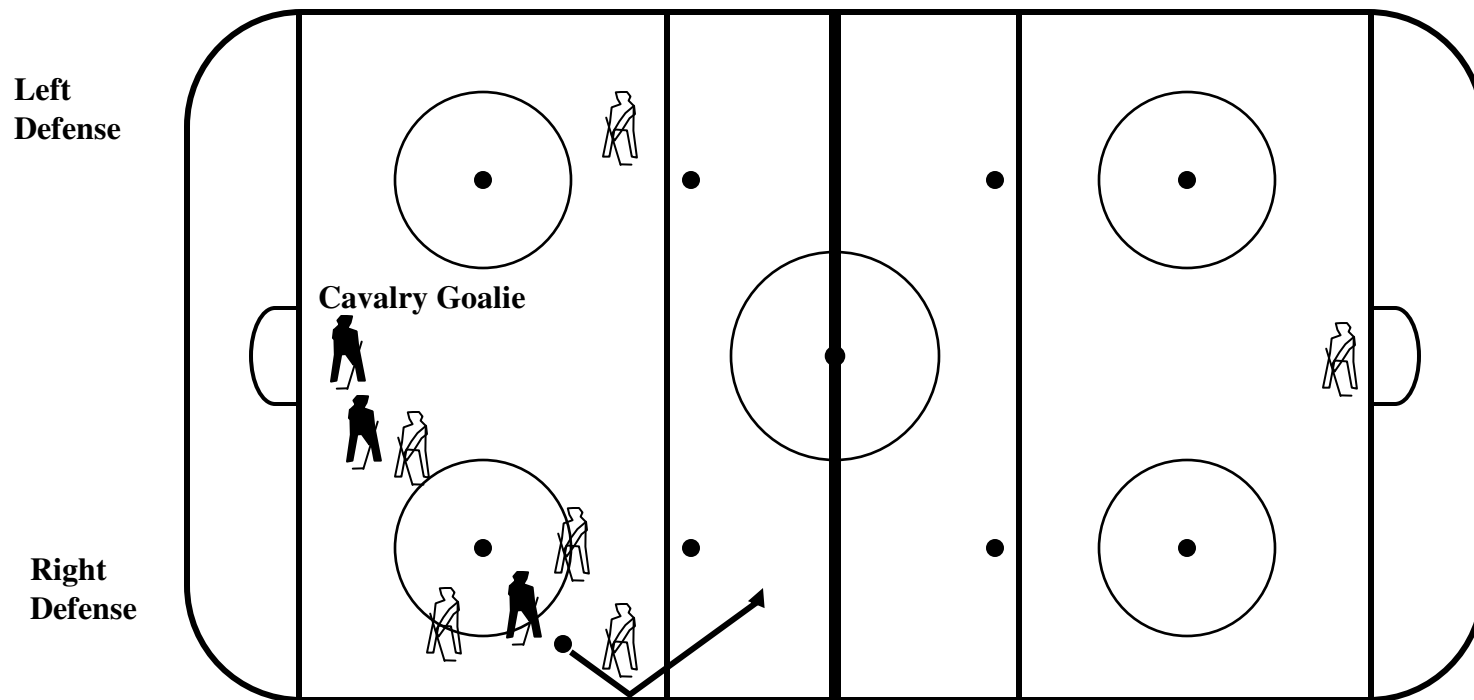
Always try to Shoot the puck up the boards OR SKATE THE PUCK UP THE BOARDS...

Although it's too hard to stickhandle past 3 players so shoot the puck off the boards before losing the puck to the other team! GET THE PUCK PAST THE BLUE LINE!



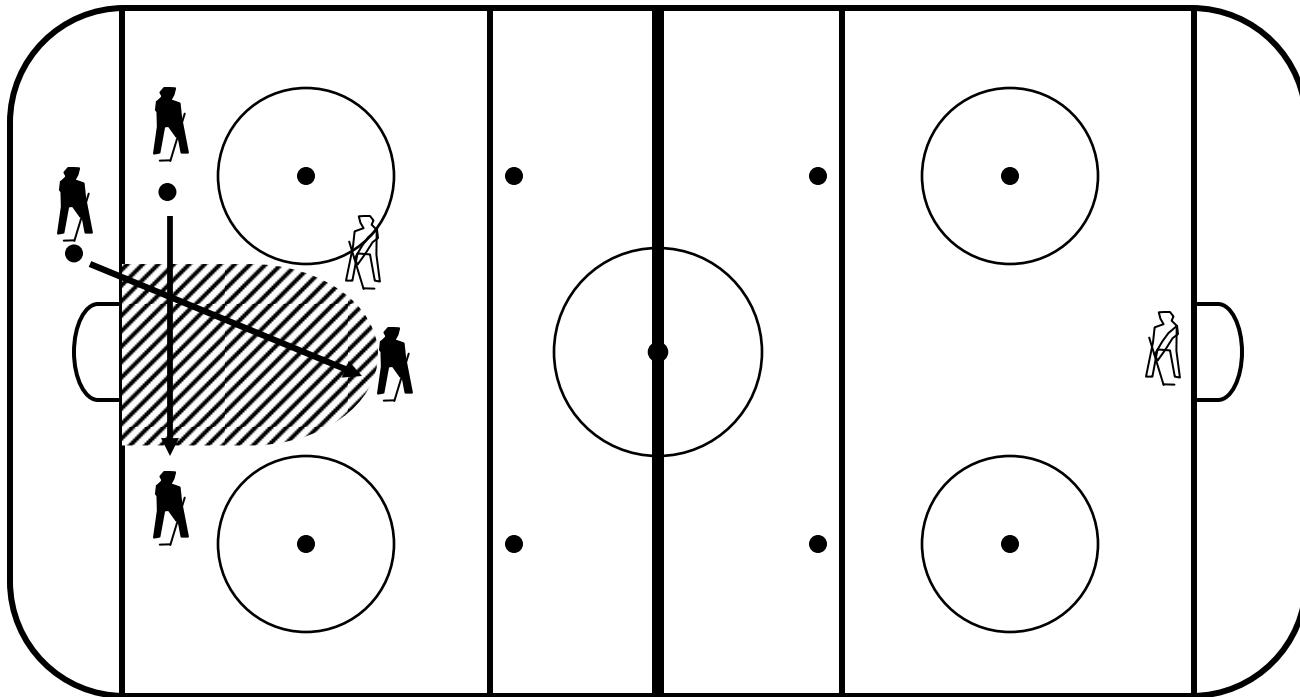
Getting the puck out

Shoot the puck off of the boards to get it past the other team!



Never Pass or move the puck through the danger zone

This is NOT GOOD!!



More Thoughts

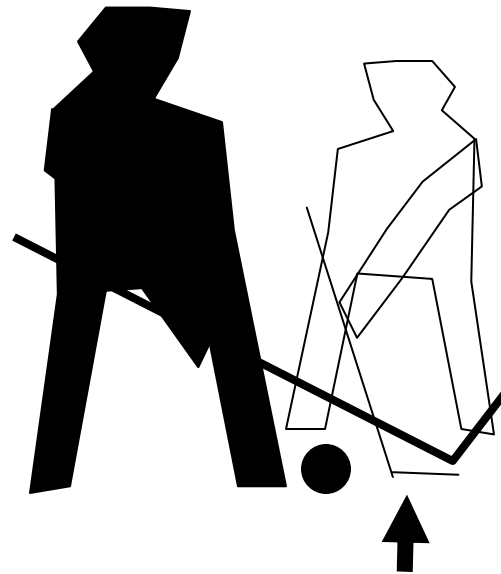
Defensemen are **super** important! Most games are won and lost by the defense!

- Good defense wins games!!

Fight, Fight, Fight for the puck!

- The team that wins the battles for the puck usually wins the game!
- Fighting for the puck wears the other team down!
- You don't have to just slap the puck, you can lift up the other guys stick too!

Hook this guys stick at the end and lift it up



Notes:

