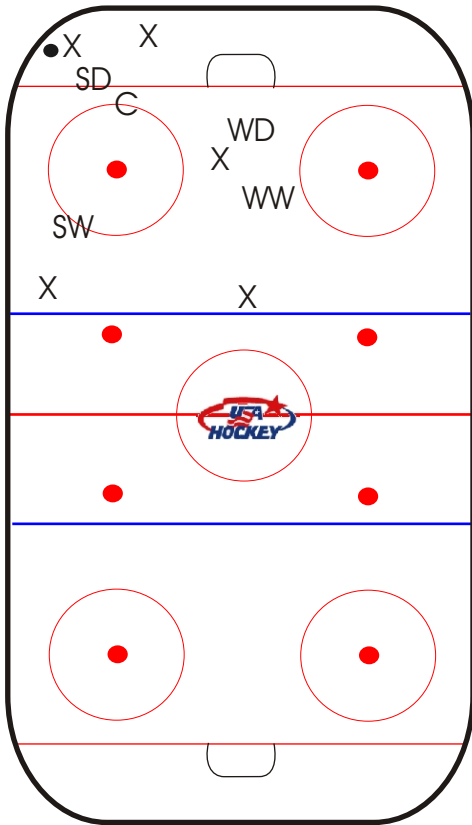




D-Zone



Strong Side D - Attack puck Carrier. Stay with that player.

Weak Side D - Front of net. Keeping an eye on F3. Ready For weakside breakout.

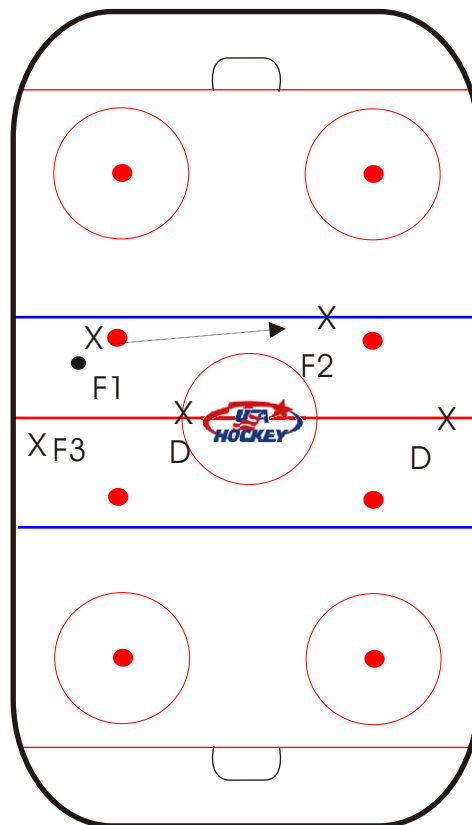
Center/Low Forward - Support SD, Watch for F2.

Strong Side Wing - Has Strong Side D.

Weak Side Wing - Slot

Drills: 3 vs. 3 low,
2 vs. 2 Wild
5 vs. 5 in zone

Neutral-Zone FC



F1 - Attack D, forcing pass

F2 - if they go D-to-D, attack D

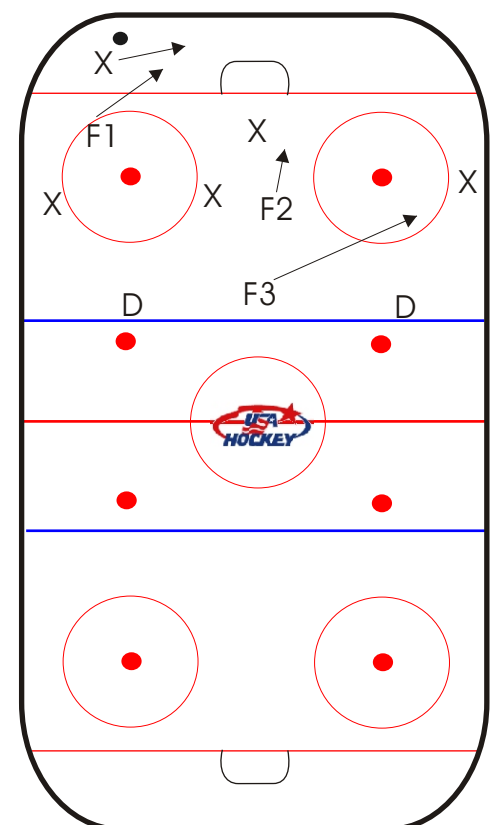
F3 - Pick a side & stay with that player.

D - Read F3, take other two lanes/players.

Drills: Controlled Neutral 5 vs.5 with game positions, starting in D-Zone.

5 vs 5 Forecheck/Neutral
4 Puck Drill.

Forecheck



F1 - Attack D, forcing Direction of Breakout.

F2 - Down middle of rink. Watch for D-to-D, Reverse, or cut D that F1 is chasing off at net. DO NOT Give up middle of rink.

F3 - Anticipate where breakout is going. Stay's high. If she can't get to winger, let D go and fill in.

D - Hold Blue Line, if F3 can't get to breakout winger and D can, go if F3 is high.

Drill: Forecheck/Neutral 4 Puck.