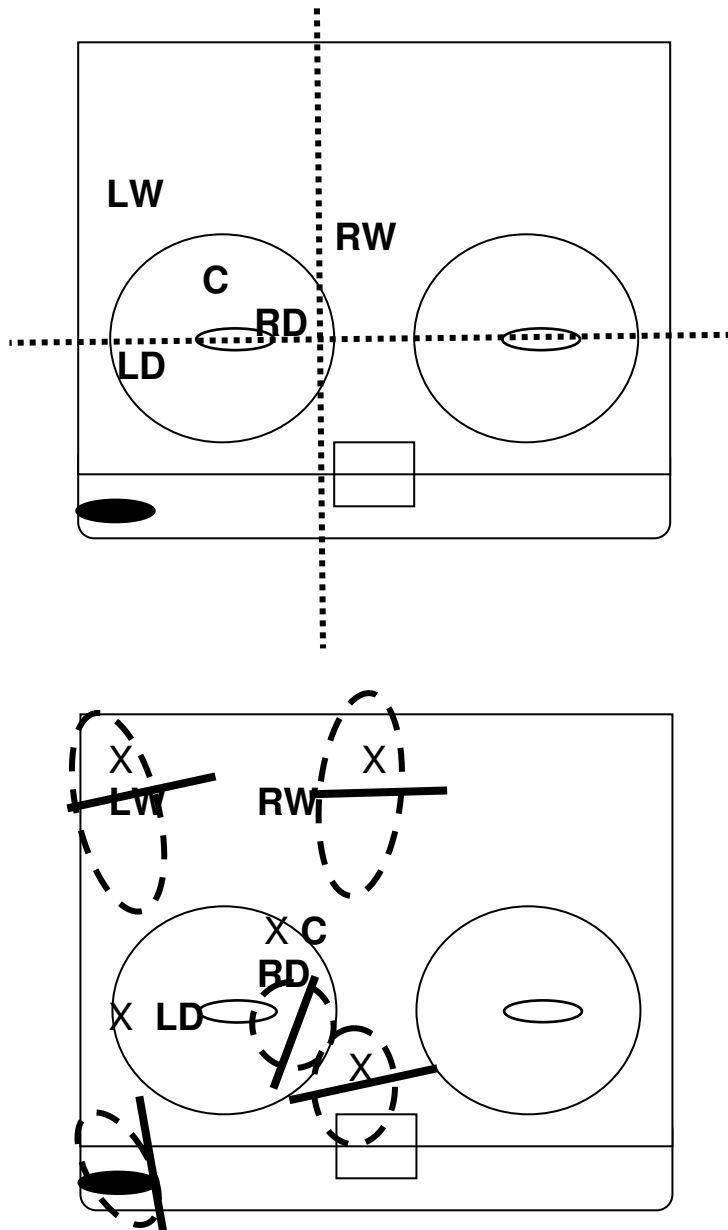


Express Defensive Zone Coverage and Breakouts

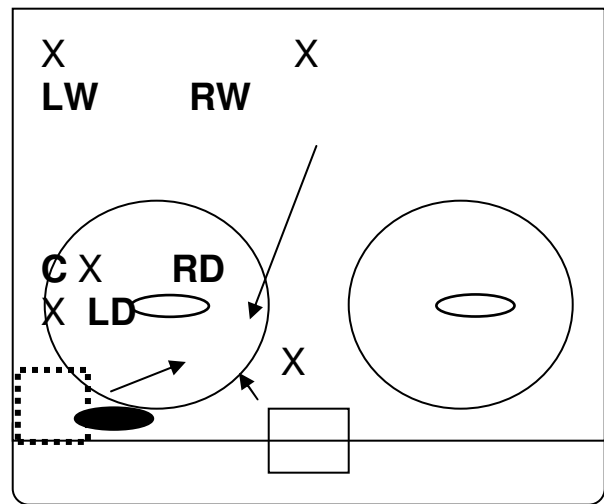
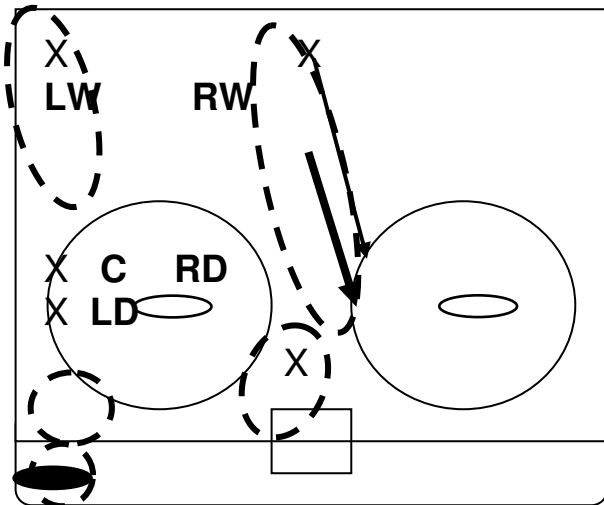
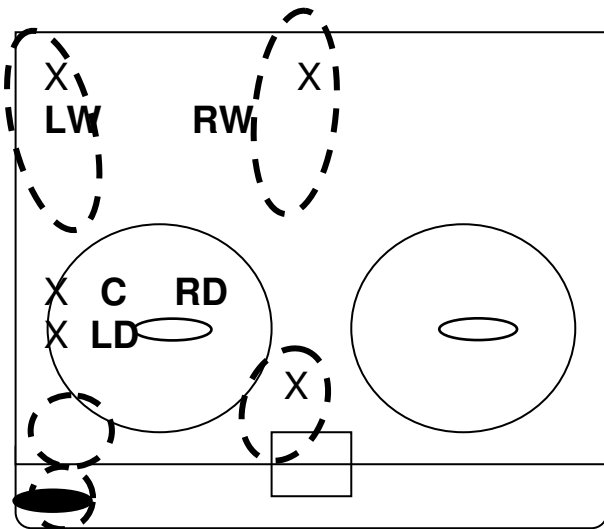
We will use a 2-3 coverage with the wings covering the other team's point men and our center and defense covering the other team's forwards. WE are hoping for a quick counterattack off any broken up plays.



LD covers the forward in the corner with the puck, RD covers the open man in front of the net, C covers the second man along the boards or in front of the net. LW and RW watch the points, but are ready to pick up loose pucks.

Rules of Defensive Zone Play

1. Cover all players inside out. Stay between your man and the slot.
2. Keep your head on a swivel: find the puck, read the entire play and know where your man is at all times.
3. Keep your stick on the ice and in the passing lanes. Use stick to deflect passes and defend passing lanes.
4. The wings cover everything above the top of the circles; the center and defensemen cover everything below the top of the circles.
5. The center is the second man into the corner to pick up the loose puck or cover a second offensive player.
6. Our Goal: pin the opposing puck carrier to the boards in the corner and recover the puck.
7. Be ready and interested in picking up loose pucks and leading a rush out of the zone.



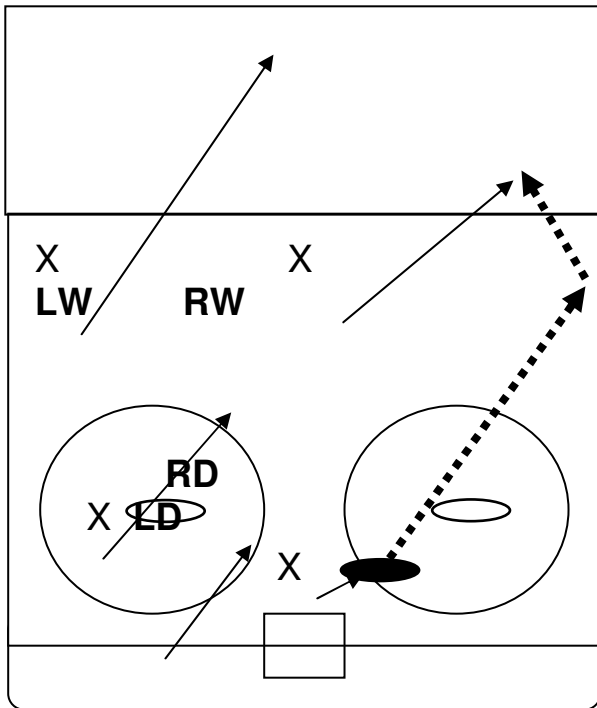
Defensive Zone Situations

If the other team puts 2 player in the corner, we will have 2 players, usually a defenseman and the center, defending the corner.

If the player RD was covering went into the corner, RD would have to move over to help. We may have both defensemen in the same corner for a bit, but we need to have everyone covered. For the C, LD and RD. Who ever you are covering is your man unless you switch with another player.

Wings, if your defenseman walks in from the point, you must go with him.

If our defender gets beat out of the corner, the weak side wing will come down to help and RD will play the 2 on 1, blocking the pass across the slot and forcing a bad angle shot.



RELEASE PLAY

If we get strong control of the puck in front of our net, instead of setting up a controlled breakout, RD can angle the puck out of the zone, while RW breaks out of the zone for the puck, trying to pick up the puck for a break away.

These plays are made by attacking open ice. Pucks must be angled so we do not ice the puck.

LD comes up with the loose puck and moves up ice. He can pass to either wing breaking up.

Either way, the defenseman must have time and space to execute these plays. The wings must sense the opportunity to attack and score and break to open ice for these passes.

