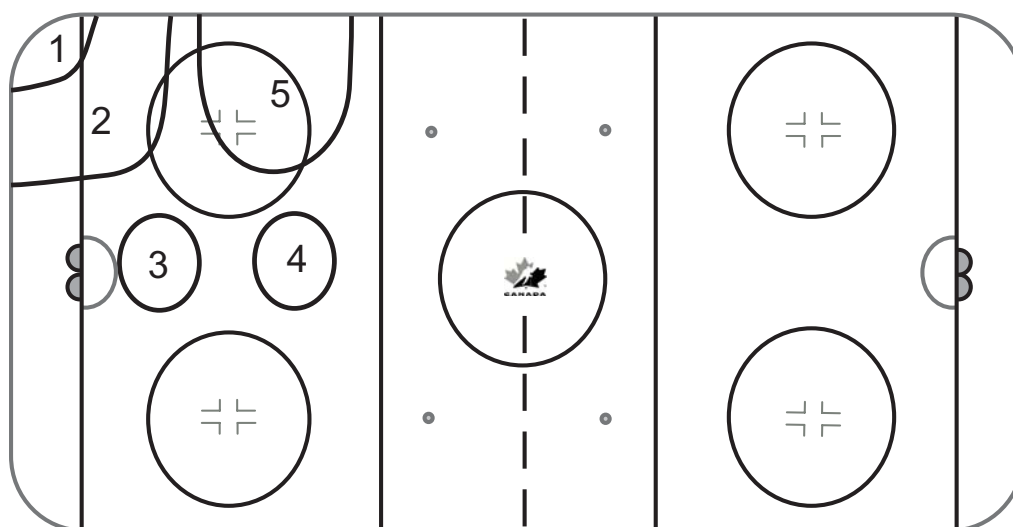


## Defensive Zone Team Play

### Part 2 of 5 – Wayne Fleming

#### *Zones and Roles*



#### **Zone 1 – contact or battle – usually a defenseman (D1)**

- Angle up and out from home base
- Time and space
- Hit, pin and seal
- Never beat back to home base
- Reload to net on a pass or cycle – ready to support the next battle

#### **Zone 2 – support zone – (F1)**

- 1<sup>st</sup> forward back
- Patient – let 1 on 1 take place
- On defensive side – block lane to the goal
- Ready to jump on loose puck
- Try to take away behind the net pass
- Always stay low unless, side to side transfer and weakside W gets loose puck low



### **Zone 3 – net front (D2)**

- Always a D man – if off rush D2 arrives in the corner, wait for forward to communicate the switch
- Facing up the ice – start at far post
- Move to position and read high/third offensive forward
- Head on a swivel for the backdoor play
- Box out on point shots
- Patient on side to side transfer
- Must arrive at puck at the same time at very least
- Support breakout low / weakside option

### **Zone 4 – slot coverage (F2)**

- Inside circles
- Facing side wall puck is on
- Aware of high slot and D sneaking in backdoor – head on swivel
- Communicate with net front D2
- Become point coverage on side to side
- Come down for puck if only 100% sure can get puck and protect it
- Support breakout on turnovers – fast break

### **Zone 5 – point coverage (F3)**

- Top of circle to point
- Play inside D man
- Ready to explode on pass to D, slot lane – finish check
- Stick support on high cycle
- Support for pucks up wall
- Becomes slot coverage on transfer
- Support breakout on turnovers – fast break