

## Defensive Zone Team Play

### Part 4 of 5 – Wayne Fleming

#### *Keys to Strong Defensive Zone Coverage*

1. Communicate and Talk – “I’ve got him”, “Take him”, “Switch”, “Backdoor”
2. Identify your role in D Zone Coverage
3. Take away time and space
4. Straight lines – stops and starts
5. 1<sup>st</sup> 1 on 1 battle is key – “Get the attack/cycle stopped”
6. Low coverage. The man closest to the puck carrier – jump to check if you see numbers, jump – shut down if you see crest
7. 1 on 1 checking technique
8. Hit, ride, pin, seal – watch turn backs
9. Do not get beat off the boards, do not get beat back to the net
10. Angle out and away from home base and away from behind the goal
11. Protect the lane to the net
12. Sticks on the ice – stick to puck checking, take away the passing lanes
13. Keep your body in the shooting lane
14. Ideally – D concentrate on own side of ice, always have a defenseman in the net front zone – stay loose at the net to block shots, clear rebounds, box out, support breakout
15. Head on a swivel
16. Board Battles – technique, defensive side positioning, work and battle like hell, positioning away from the battle/scrum
17. Composure if things get racing – protect home base – hold the slot
18. Puck races – take a hit to make a play
19. Composure with the puck
20. Minimize the time spent in your end!
  - Strong offensive attack game – forecheck and puck possession.
  - Strong defensively working back to your zone.
  - 10 second rule
21. “Almost everyone” can play defense – **perseverance, commitment, mentally tough to battle, smarts.**