

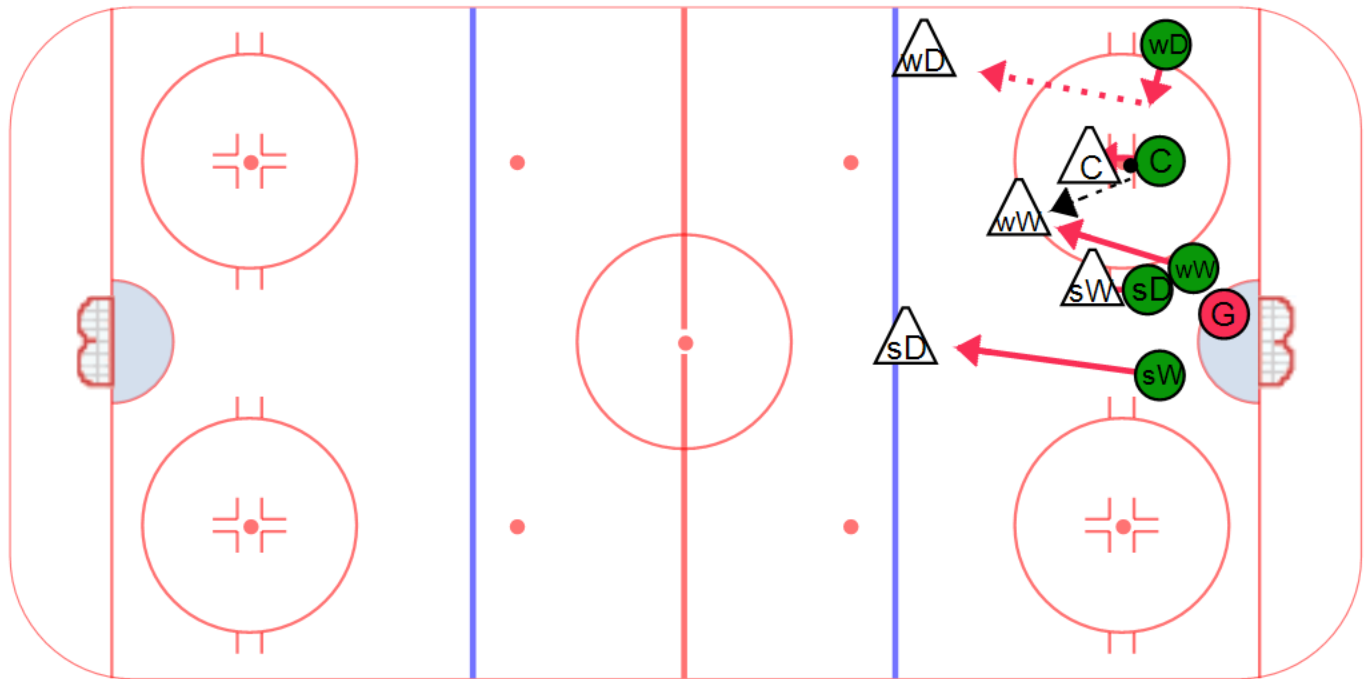
Category #1 :

Title : Defensive Zone Loss

Category #2 :

Content elements : _____

Components: _____



Key points :

Description

This animation and diagram show how to prepare for a face off loss in the defensive zone against a situation in which they line up with a player behind, or slightly to the net side of the center.

Center - The center should always tie up their man and make it tough for them to get to the net.

Board Side Defense - Their first step should be to the center to help out on a 50/50 puck. They then continue out to cover the opponent's board side defense.

Board Side Wing - They should line up on the net side slightly off the hash marks and behind the net side defense. They should have a direct line to the opponent that lines up behind the center. Their first step is towards the center to help out on 50/50 pucks and then straight to ccover their shooter.

Net Side Defense - They should tie up any opponent who is trying to get to the net.

Net Side Wing - Their first step should be out to cover the opponents net side defense and in the case of a face off loss they try to eliminate this player as an option. They have to stay on the defensive side and watch for players trying to go to the net from this position.