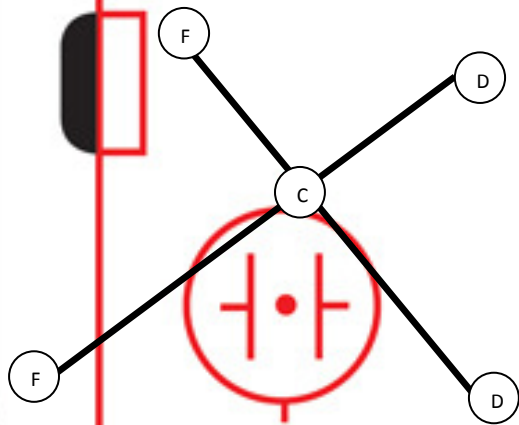
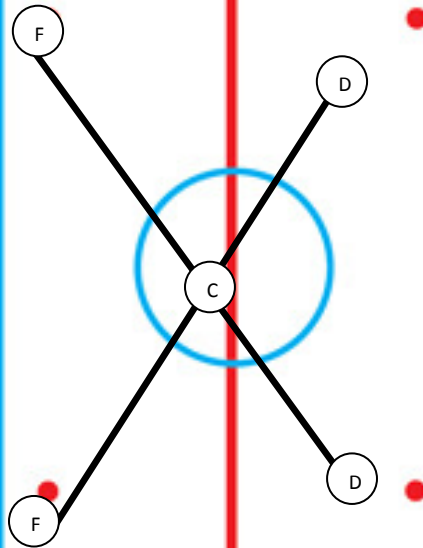


Three Zone X

The Offensive Zone-when we have the puck. Players make multiple triangles!



The Neutral Zone S-used to regroup to re-enter the Offensive Zone.



The Defensive Zone X-when the other team has the puck in our zone. The center stays in the middle, supporting and the wingers stay high. The "weak side" D-man covers the slot.

