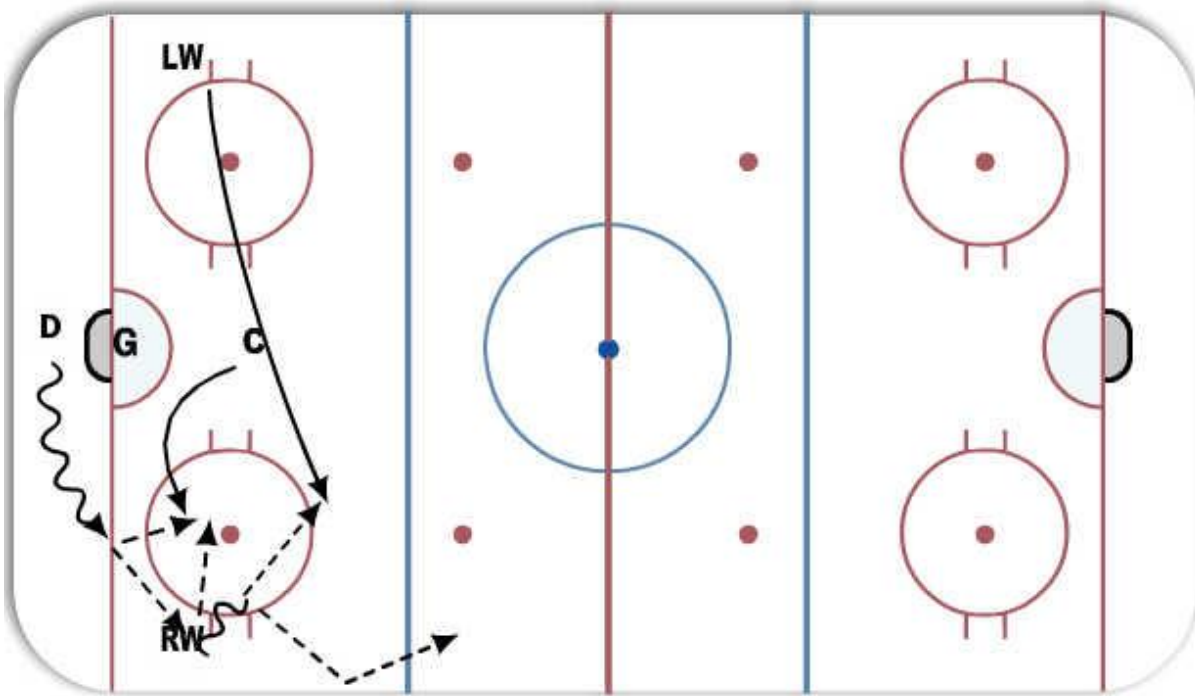


D-zone Winger Options



Description

Winger options on the defensive zone breakout.

Dman controls puck from safe zone and reads which side has the least pressure and initiates breakout.

Dman Options;

1. Dman to winger direct pass.
2. Dman to centerman.
3. Dman carries out of zone if not pressured.

Winger Options;

1. Pass to supporting centre. Can be direct pass or saucer pass to moving player.
2. Takes one or two quick strides away from boards (to allude pinching Dman) and makes bank pass off boards to neutral zone for opposite winger or centre.
3. Direct pass to opposite winger coming across to support.
4. Dump out high and hard off of boards to neutral zone or down the ice. SAFE

Centre Options;

1. Carries puck out of zone.
2. Bank pass off boards for winger.
3. Direct pass to winger.

Key Points: Know your options., Read and react., Communicate., Puck possession.

Notes

Communication is key.