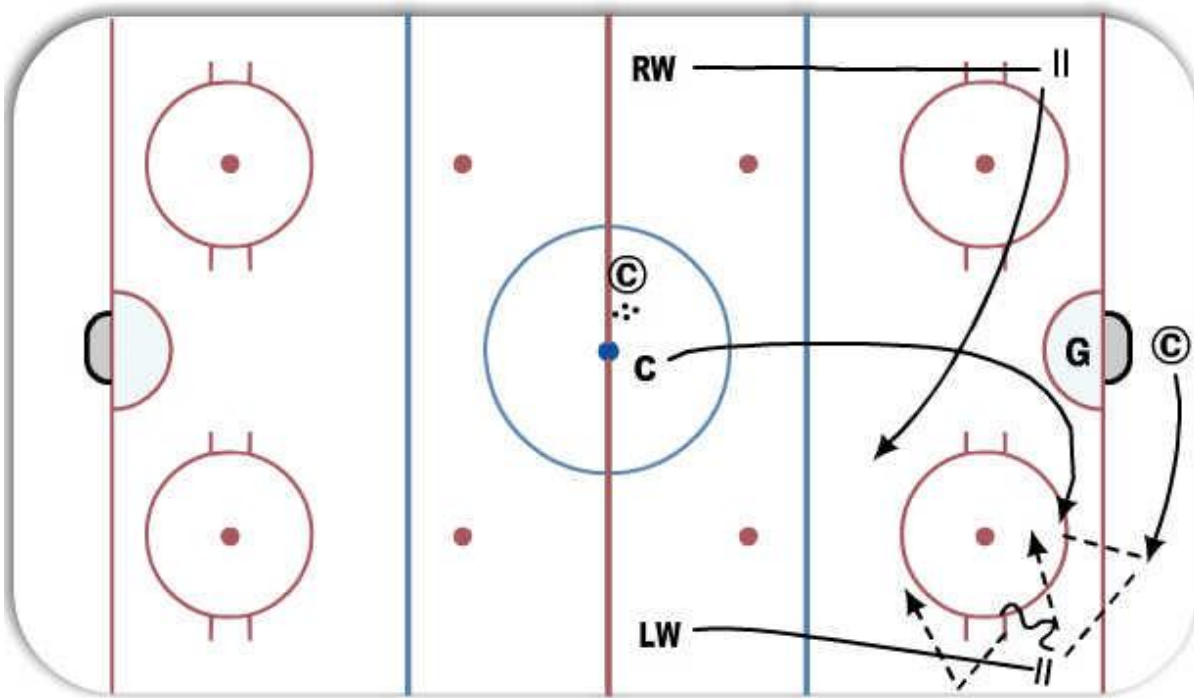


DZ Support



Description

Coach initiates dump into zone (on gaolie to play it).

Coach sets up behind net in safe zone.

Wingers skate to support areas.

Centre mirrors coaches movement behind net.

Options for passes are there. To center, winger on half wall.

Winger must react to pressure and make good initial pass to centre or opposite winger cutting across to support.

Walk through the options on both sides.

Progression

1. have second coach place pressure on winger.
2. use defensemen.
3. reverse outlet pass.

Key Points: Support puck, Read and react, Short accurate passes, Head on a swivel, Communicate

Notes

Discuss all options with wingers so they understand when to use them in certain situations.