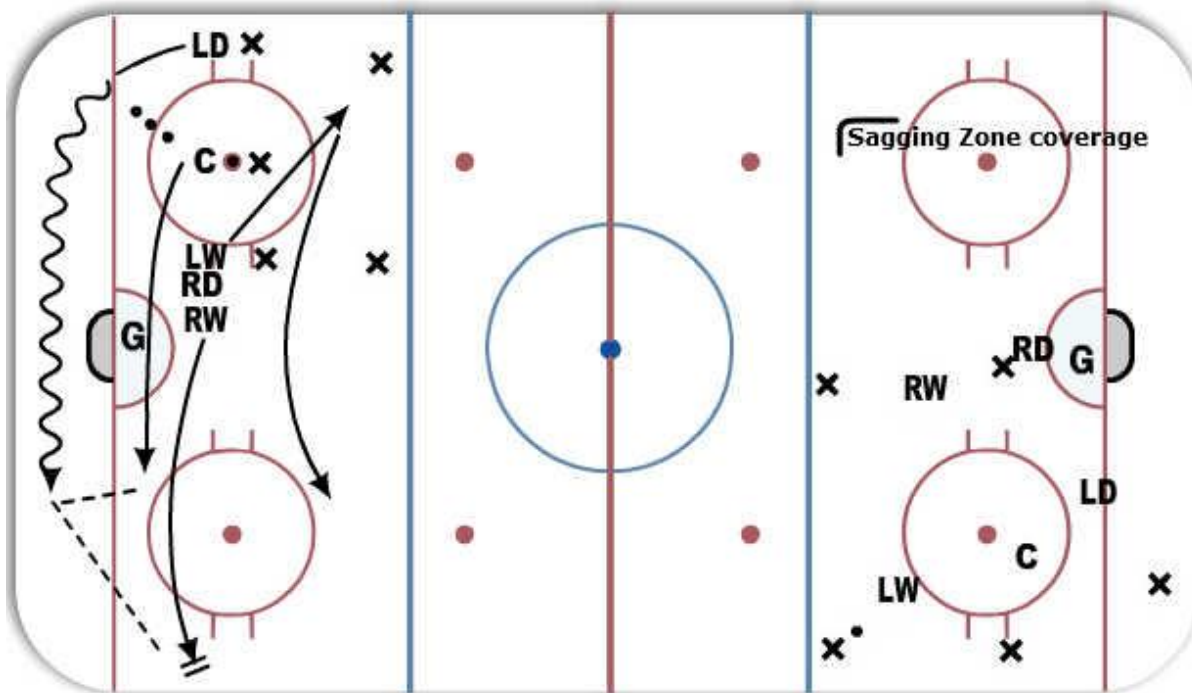


## Defensive Zone



### Description

LD - Be ready to get puck when we win draw. Continue to other side for breakout OR reverse the puck to near side LW.

LW - As soon as puck is dropped, shoot through looking for loose puck. If other team wins draw get out to shooting lane. If we win draw, get to breakout position.

C - Pull puck back to corner for LD.

\*Never let their centre go through you!\*

RD - Cover slot area. React to puck position.

RW - If we win draw get ready for breakout.

If we lose, get to Sagging Zone coverage position.

### Sagging Zone

LW Strong side winger - Top of circle, head on a swivel, need to cover D and other team winger. Get in shooting lane, active stick.

RW Weak side winger - Position in slot to pick off any attempted passes to opposing team far side Dman. Support weak side Dman (RD), pick up any loose men in high slot. Be aware of "puck ringing around boards" beat opposing Dman to puck.

Center - Position to support LD or strong side Dman. First man to the puck if Dman makes hit. Cut off outlets behind the net. If Dman is out-manned (2on1) you must come in to support.

LD Strong side Dman - Pressure puck carrier if down low. Read "force" and "contain", want to force pass. Look to recover after pressuring, beat your man to the net.

RD Weak side Dman - Position off of weak side post. Cover front of net down low.

**Key Points:** Attitude, Alignment, Assignment

### Notes

Attitude - Cman and all players have attitude to win every draw. Cman must ensure everyone is ready and aligned, especially goalie. He must focus on puck in referee's hand.

Alignment - Every player must ensure they are properly aligned before puck is dropped.

Assignment - All must understand their role and responsibilities if draw is won or lost. All players need to know game situation i.e. last 30 seconds, short handed, power play etc.