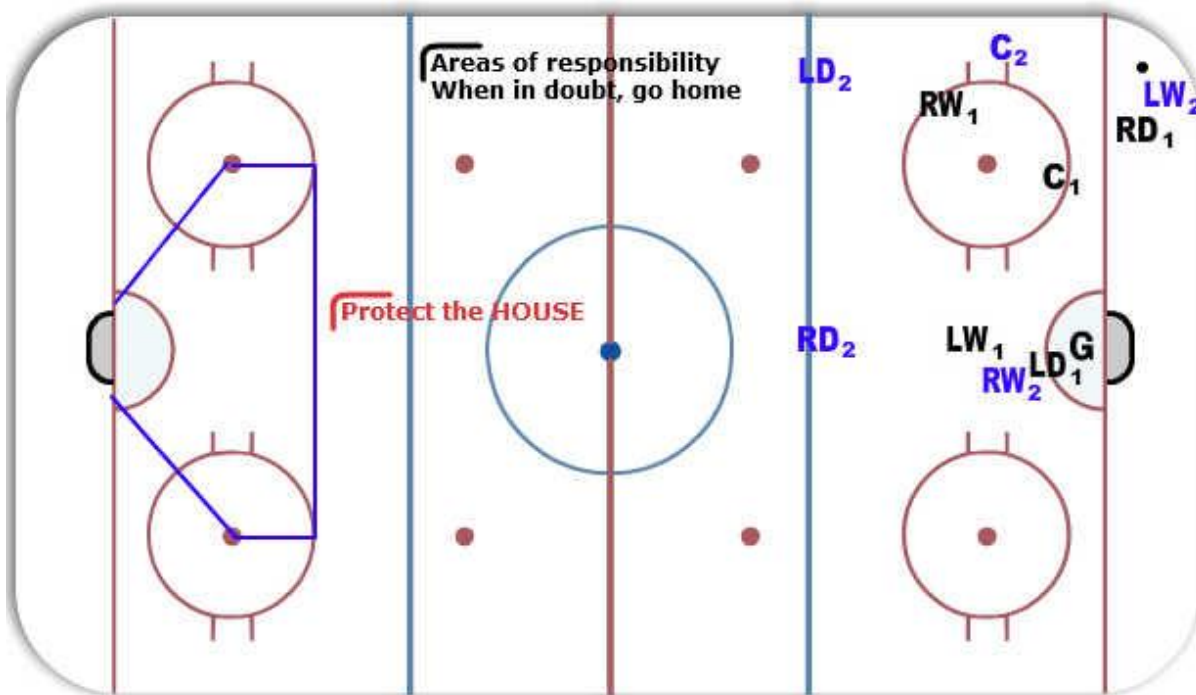


Home Zone



Description

Strong side winger (RW1) - Top of circle, head on swivel, need to cover D and other team winger, get in shooting lane, active stick-pound anchor.

Weak side defenseman (LD1) - position off of weak side post. Cover front of net down low.

Puck side defenseman (RD1) - Pressure puck carrier. Read "force" or "contain". Should try to force pass. Look to recover after pressurizing, beat your man back to the net.

Center - Position of support for RD1. First man to the puck if defenseman makes a hit. Cut off possible outlet behind the net. If defenseman is outmanned (2 on 1) Center must come in and help (provide support).

Weak side winger (LW1) - Position in slot, in position to pick off any attempted passes to opposing far side defenseman. Support LD1 on far post (pick up any loose men in front of the net in mid to high slot area, Defensemen will pick up loose men in low slot. Be aware of "Puck Ring" around boards to weak side (you need to anticipate and beat opposing defenseman to the boards). Cover slot and weak side opposing defenseman.

Key Points: When in doubt go home., Head on a swivel., Communicate, communicate, Communicate