

T2-T4 Defensive Zone Coverage or Offensive Zone Attack Practice

Key Points:

It is a combined man to man – zone defense. Tight man to man on the player with the puck and any player in the slot. Zone defense with the head on a swivel, stick in the passing lane and a Man-You-Puck triangle to stay aware of your man. If someone loses a 1-1 then the support player plays a 2-1 defending the puck carrier and his man.

Description:

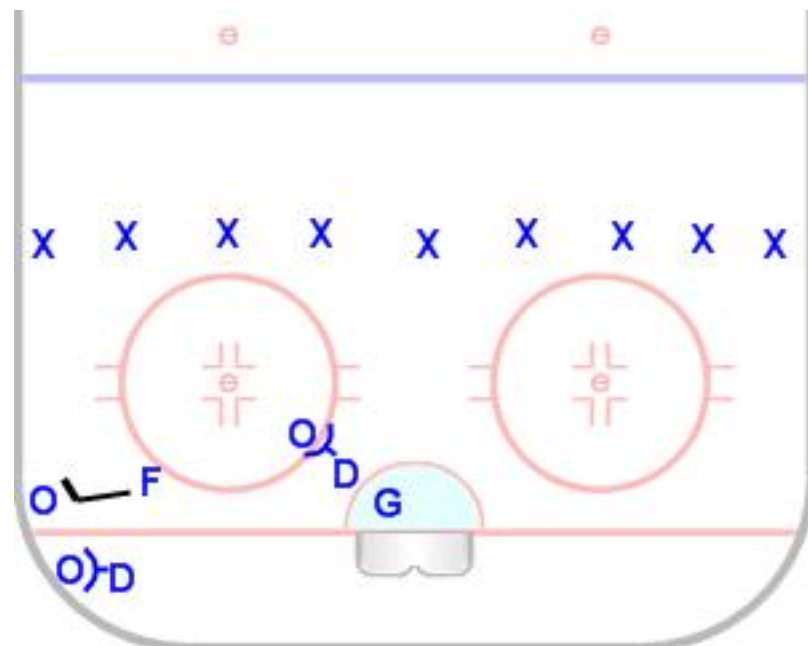
1. On the 3-3 the players line up at the top of the circle and shoot in any puck that is dumped out or if they can't the coach shoots in another puck for a 30 second shift.

Players must communicate all of the time.

2. On the 5-5 the players keep the puck in from outside of the blue line and coach add a new puck if it is fired down the ice. Play 30 second shifts and switch.

The players freeze where they are if the coach blows the whistle to give instruction.

3 on 3 Low Zone



5 on 5

