

T4 – B500 - Defensive Zone Skating - RB Pro

Key Points:

This is the easiest way to introduce defensive zone coverage. Move the puck to each corner, each point, at the half wall and behind the net. Players rotate so they have sticks in passing lanes and toe caps facing where they can have a Man-You-Puck triangle so with the head on a swivel they see their man and the puck.

Description:

1. Players start off with a box and one in the middle.
2. Coach points to where the puck is and the players hustle to the proper defensive position.
3. Sticks in the passing lanes and a man-you-puck triangle for role 4.
4. Skate to 5 spots.
5. Straight line stop and start skating.
6. Create a man on and box behind.
7. Low forward (often centre) support when puck is in corners or at point.
8. Low forward pressure puck at the hash (half wall).
9. Wings cover points and come down to hash if puck is below goal line.
10. D pressure in their corner, in front and half way to the high F3.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090817105908648>

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<https://youtu.be/SkXnlmn6IXk>

