The background features a large, faint watermark of the New York Rangers logo. The logo is a shield with a red and white design, containing the words "NEW YORK" at the top and "RANGERS" at the bottom. The shield is outlined in white.

**DEFENSIVE ZONE
COVERAGE
IN THE
“NEW” N.H.L.**



EMPLOY A SIMPLE PHILOSOPHY

Protect the Middle of the Ice

- The rink inside the rink
- Define 'your' prime scoring areas

Play Zone Defense

- All five skaters defend an assigned area of the of the defensive zone
- The one on – box behind philosophy

Support the Critical Component to Good Defense

- Create the confidence to be aggressive
- Position to allow for transition to offense

Create Simplicity and Clarity in Role (Job) Assignments

- Clear uncomplicated jobs in each zone of coverage

The Goaltender Effect

- Expectations for helping the goaltender
- Define areas of protection
- Goaltending philosophy's effect on DZC



Hit Zone

- Create as much pressure as possible on the puck carrier
- Keep your stick on the puck
- Play the man
- Separate (if possible) the man from the puck



BASIC ZONE DEFENSE

Hit Zone

Support Zone

Net Zone

Slot Zone

Point Zone



Support Zone

- Keep your self between the puck and the net
- Two key reads:
 - 1) Hit Zone teammate
 - 2) Your opponents support man
- Two main roles
 - 1) On a finished check by your teammate (hit man), take possession of the puck
 - 2) If your team mate (hit man) is beaten 1 vs. 1 steer and play his man (take over the hit zone)

NOTE: Communication is a crucial tool in successful execution by the “hit” man and the “support” man. Their roles are interchangeable and dynamic.

Net Zone

- Protect the “middle” of the ice
- Position so you can see the whole defensive zone (feet up ice)
- Two reads
 - 1) Oppositions 3rd forward in the attacking zone
 - 2) Hit zone/support zone – know when there is a threat of attacking the middle of the ice
- Half way concept – halfway between their 3rd forward and your net
- Lined up to take away a potential shot (i.e. penalty killing)
- Awareness of any threat from the backside (especially weak side defenseman)

Slot Zone

- Responsibility for weak side defenseman but also positioned to help deny entry to prime scoring area in the slot
- Reads
 - 1) Where oppositions high (3rd) forward is positioned
 - 2) Who are puck carriers passing options
 - 3) Where is the weak side defenseman (means head on a swivel)
- Will collapse deeper versus imminent danger, will expand as threat against the middle of the ice subsides



Point Zone

- Responsibility for strong side (puck side) defense man but also positioned to discourage entry into the prime scoring area
- Can collapse deeper when there is no passing threat to the strong side point, must close the gap as the passing (to the strong side point) threat grows
- Reads
 - 1) Position and aggressiveness of strong side D man
 - 2) The puck carrier and hit zone team mate
 - 3) Shows awareness of high man (3rd opposition forward)

SIMPLE DEFENSIVE ZONE ROTATION

- Side to Side Low
- Low to High
- Side to Side High
- **Explanation of Grey Areas**
 - Face off hash marks to just above top of the face off circles
 - Behind the net (Gretzky plays)



TRACKING BACK TO DEFENSIVE ZONE

- Protect the middle of the ice first – pressure the puck second COVERAGE
- Understanding the rink inside the rink
- We can afford to give up space in the outside rink – we must take away space in the inside rink
- Pressure is put on from the inside out
- Collapse first–expand as pressure on the puck increases and support is positioned
- Stop and start in “D” zone coverage
- Face the play (allow yourself to read the situations)

TRANSITION

THE PURPOSE FOR PLAYING GOOD DEFENSE

- Away from Pressure
- Short Side
- Connecting the dots – good defensive position leads to speed in transition
- Moving the puck away from pressure
- Generating support in transition



THE CHALLENGE OF NEW RULES IN THE NHL

- **Obstruction as it pertains to sticks and to pinning in the hit zone**
- **Bigger Offensive Zone (more space from the top of the face off circle to the blue line)**
- **Support the Critical Component to Good Defense**



Obstruction as it pertains to Sticks and to pinning in the hit zone

- Teaching hit and release technique
- The importance of stick on puck technique while playing 1 vs 1's in hit zone
- Positioning of support man, freedom to react to all situations



Bigger Offensive Zone (more space from the top of the face off circle to the blue line)

- **Playing a collapsing – expanding zone defense**
- **Point zone – slot zone, don't over react and create space behind you (rink inside the rink)**
- **Playing point possessions like you might killing penalties – LINING UP!**



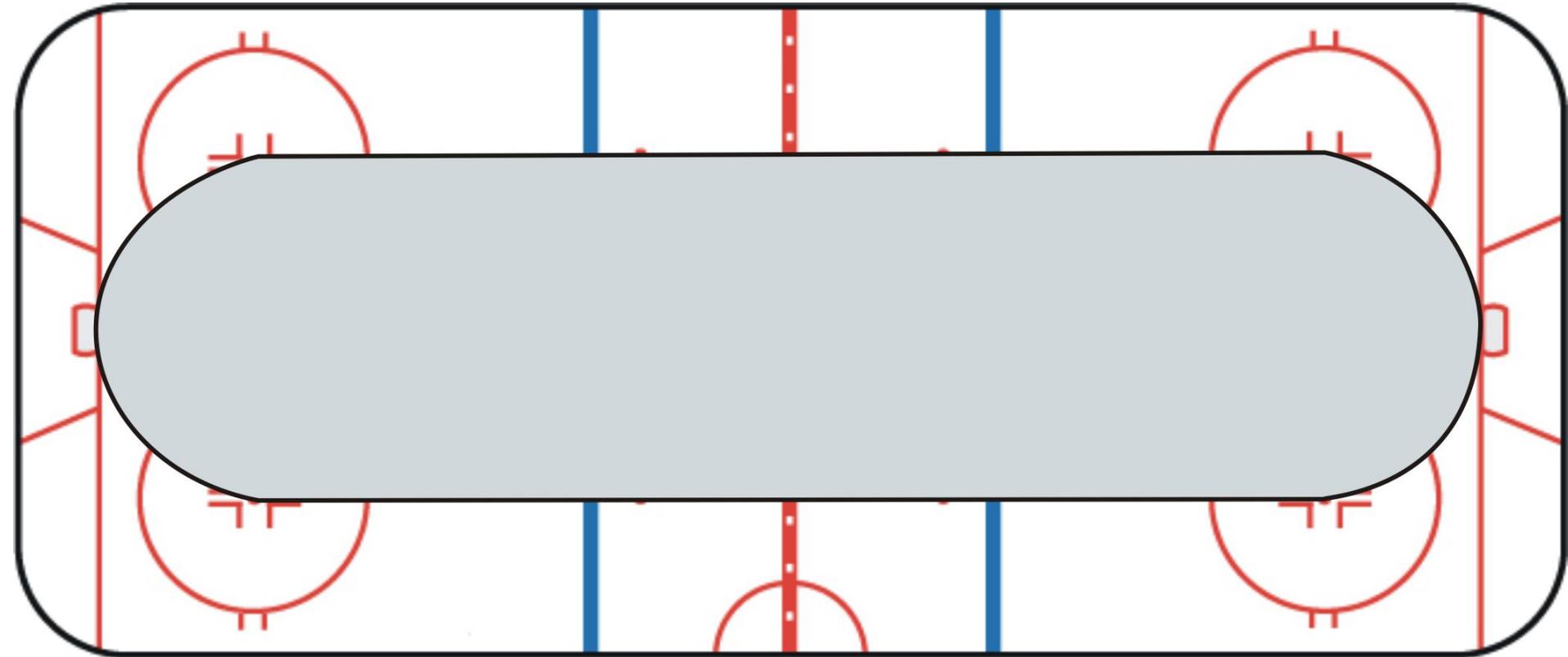
Playing the front of the net on point shots

- Goalie philosophy (front shots or not)
- Positioning, key challenge is denying rebound shots

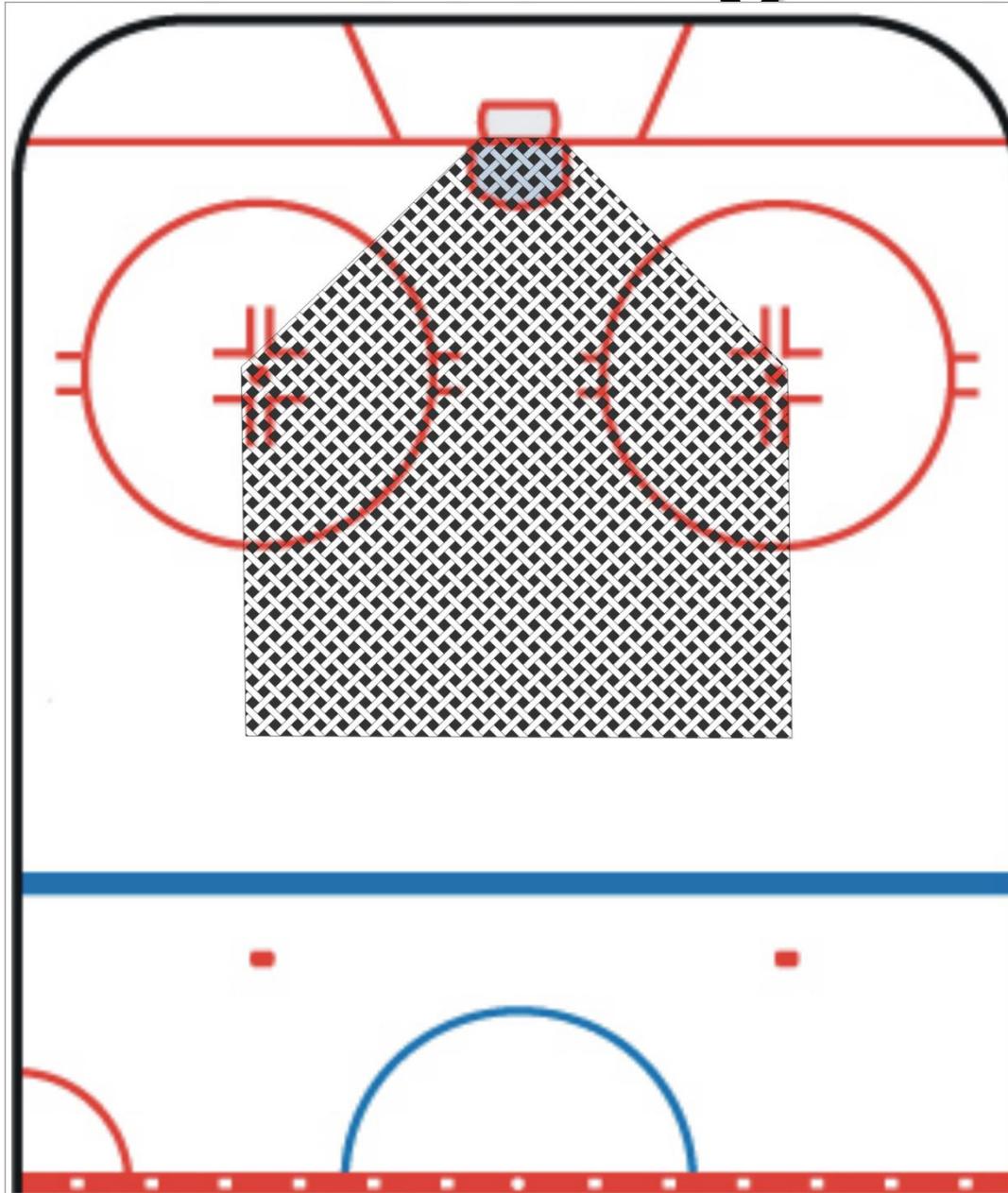




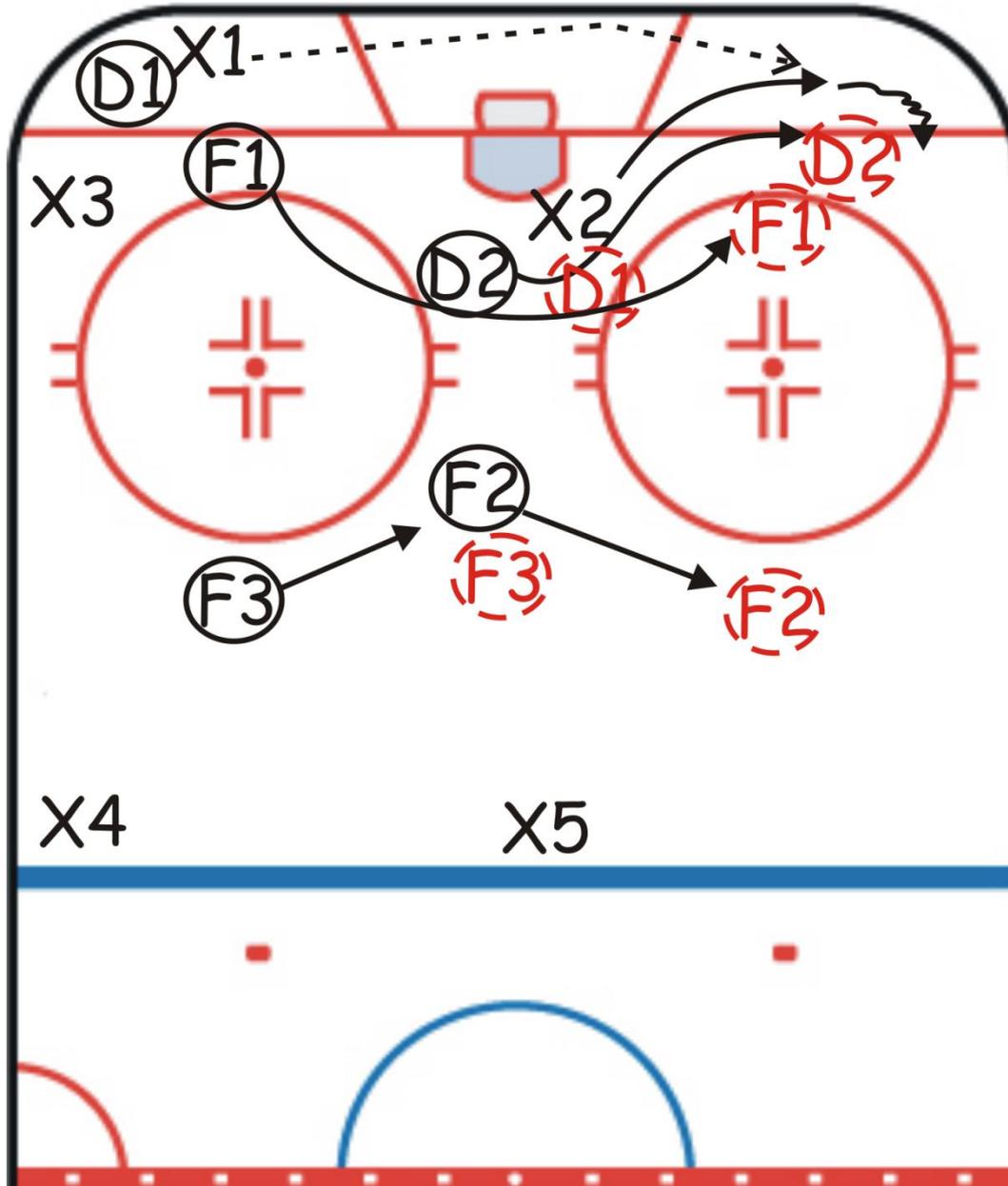
The “Rink” Inside the Rink



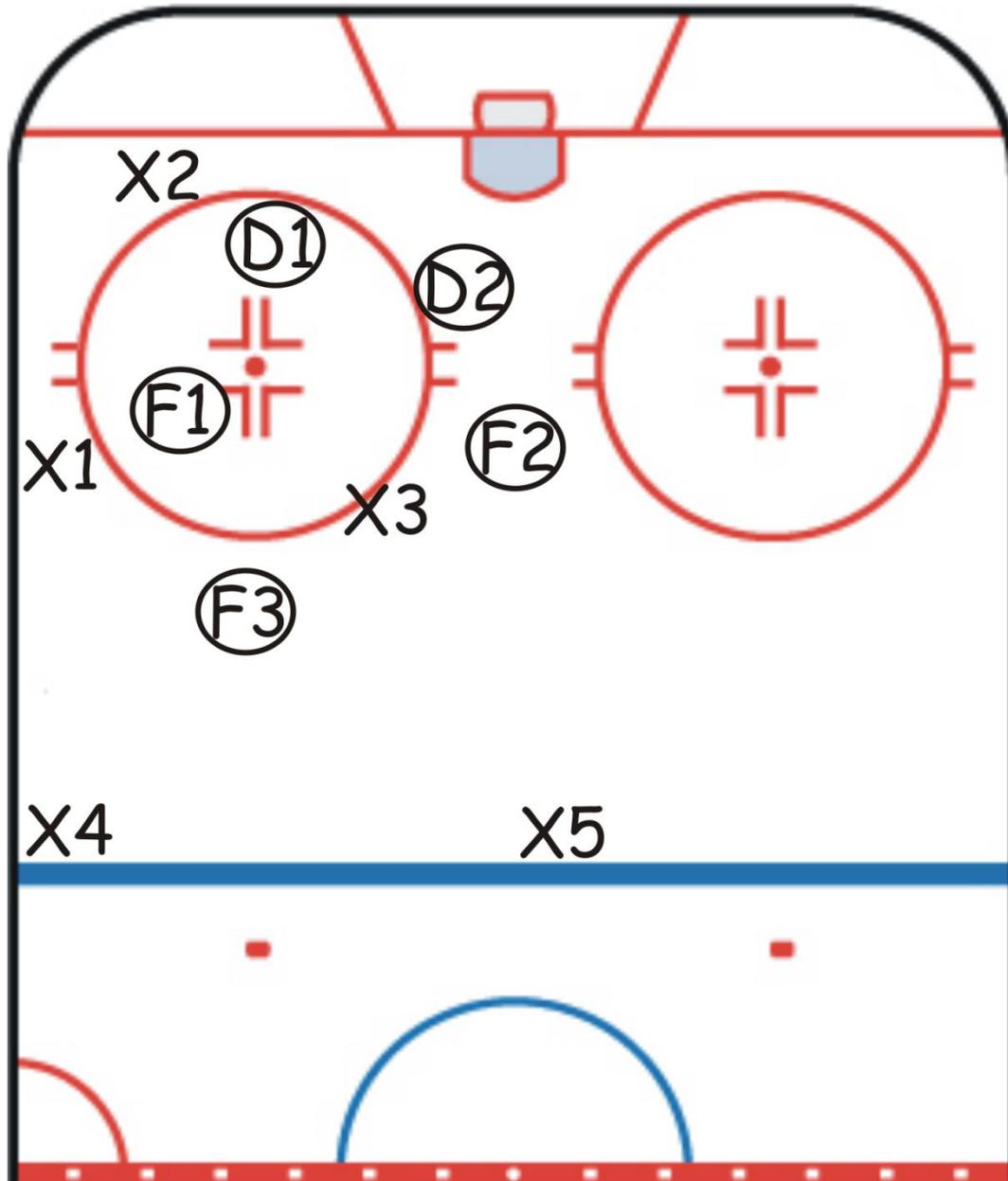
“Prime” Scoring Areas



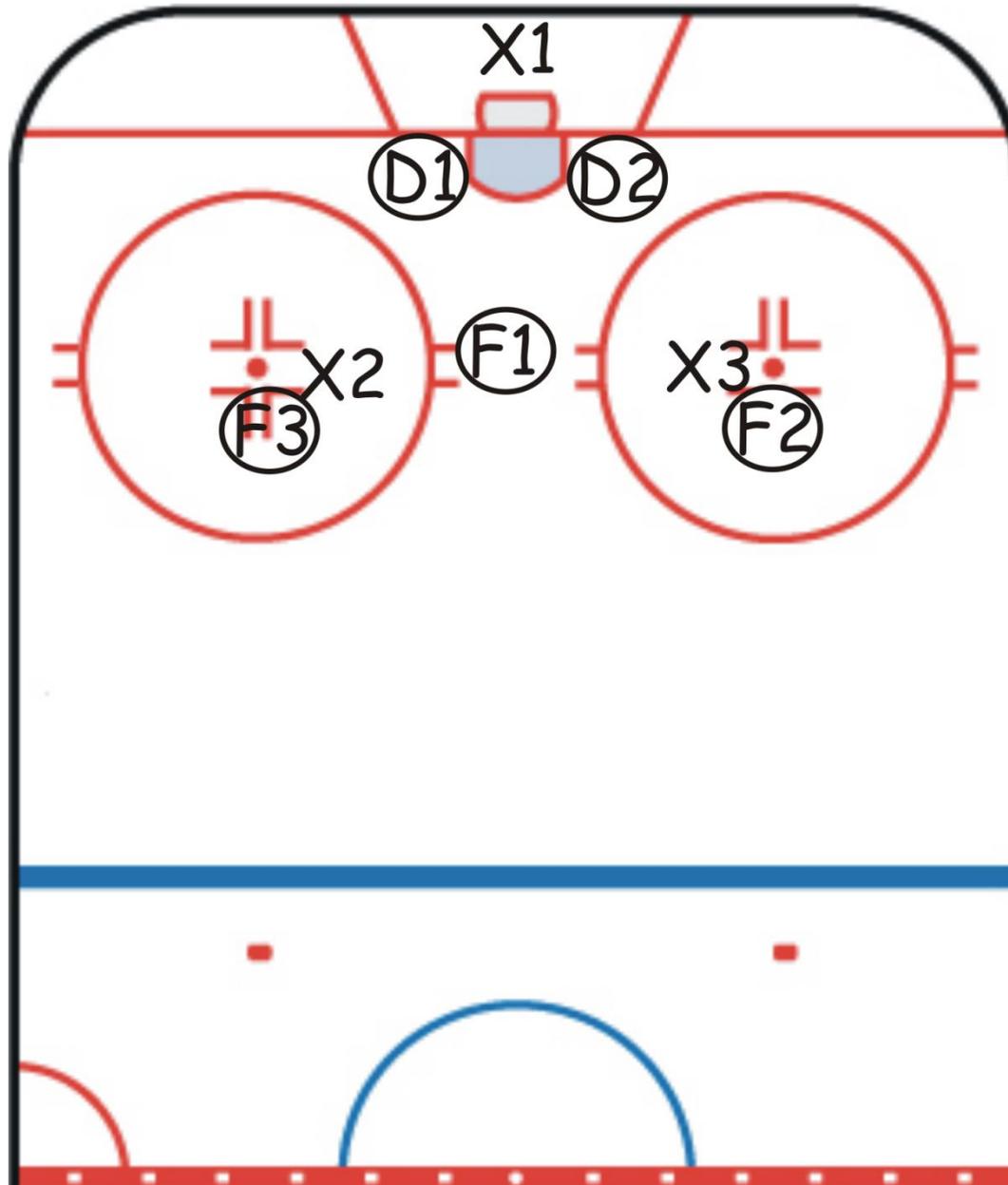
Side to Side Low



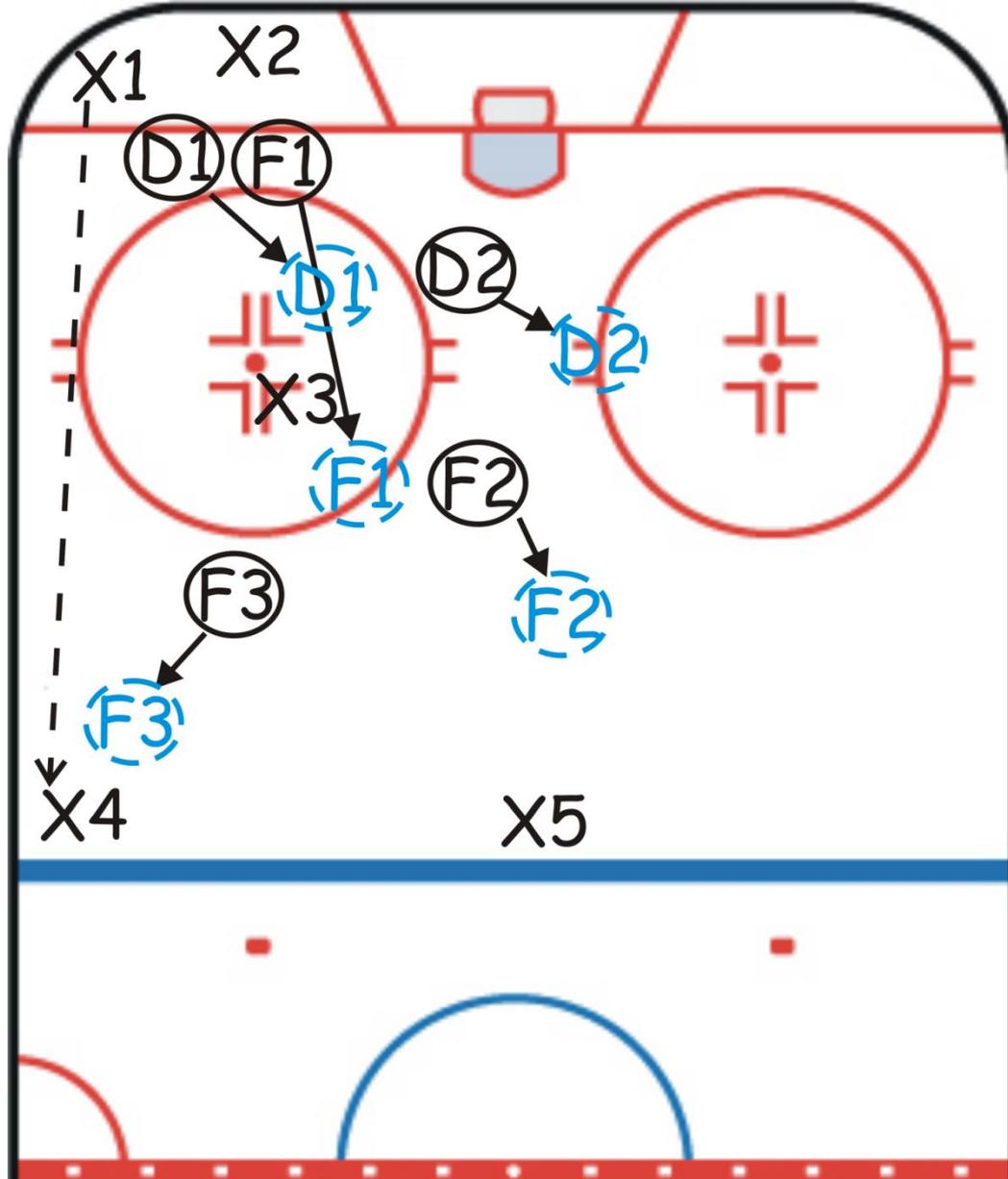
Grey Areas



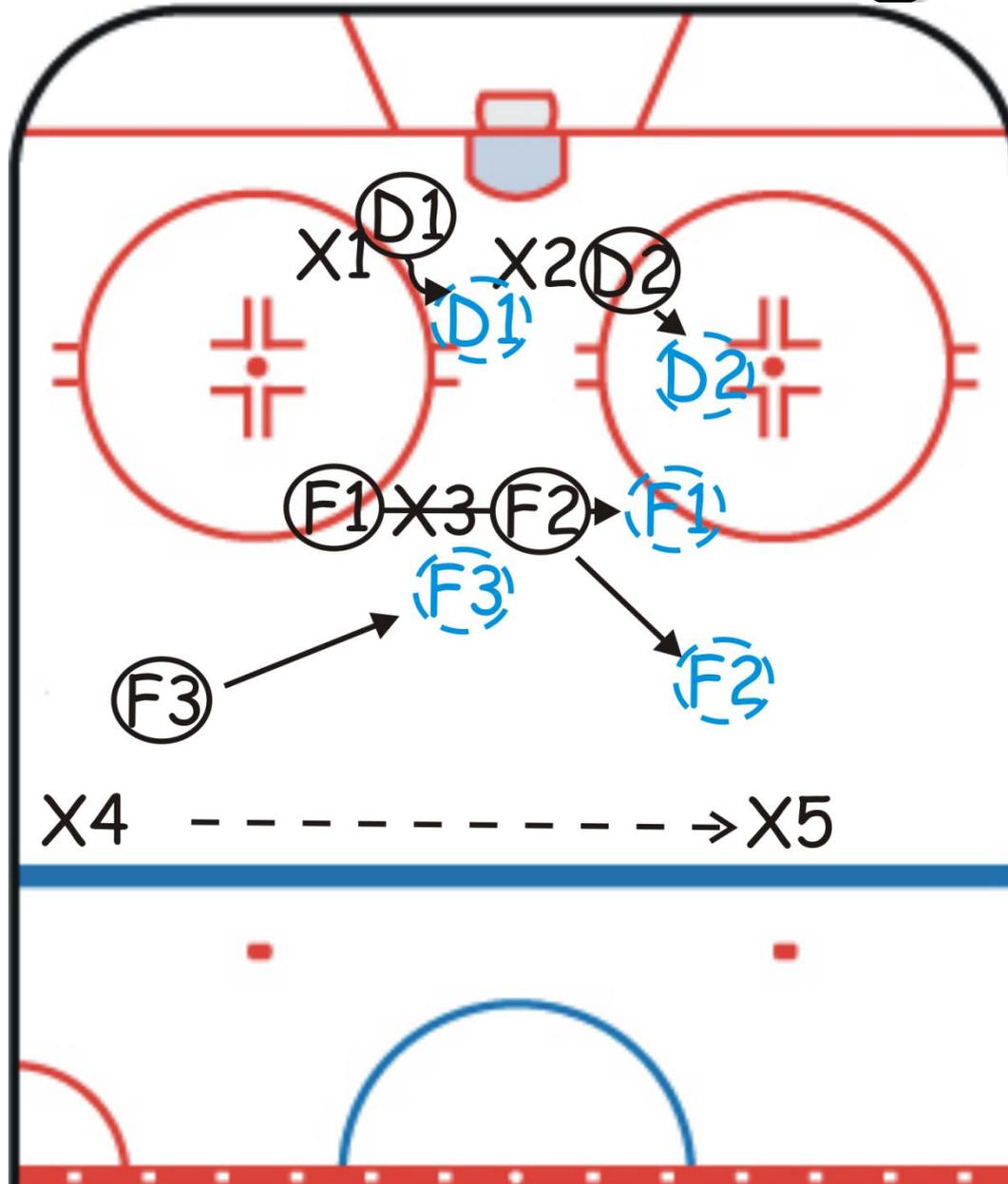
Grey Areas



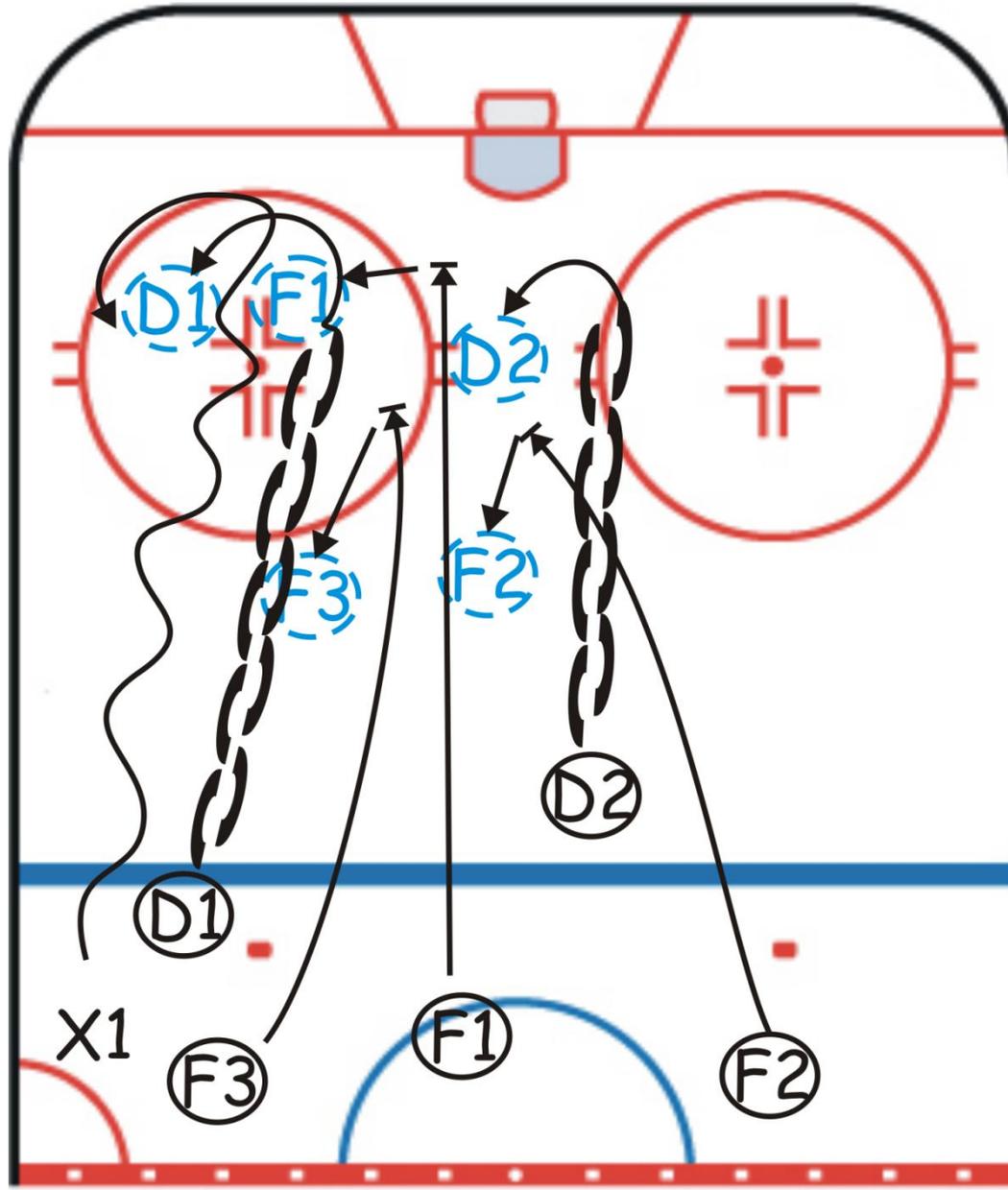
Low to High



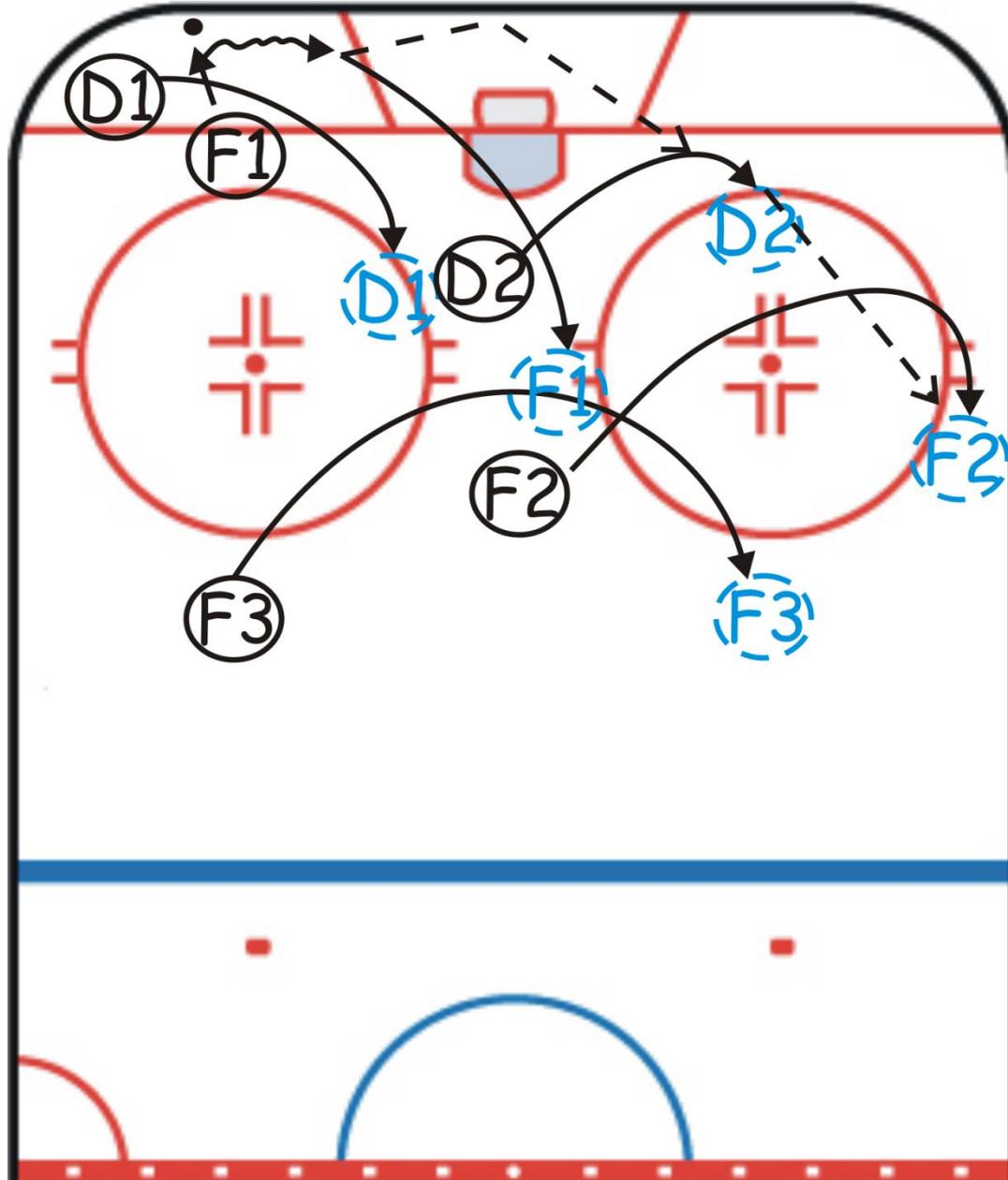
Side to Side High



Tracking Back to DZC



Transition - Far Side



Transition - Near Side

