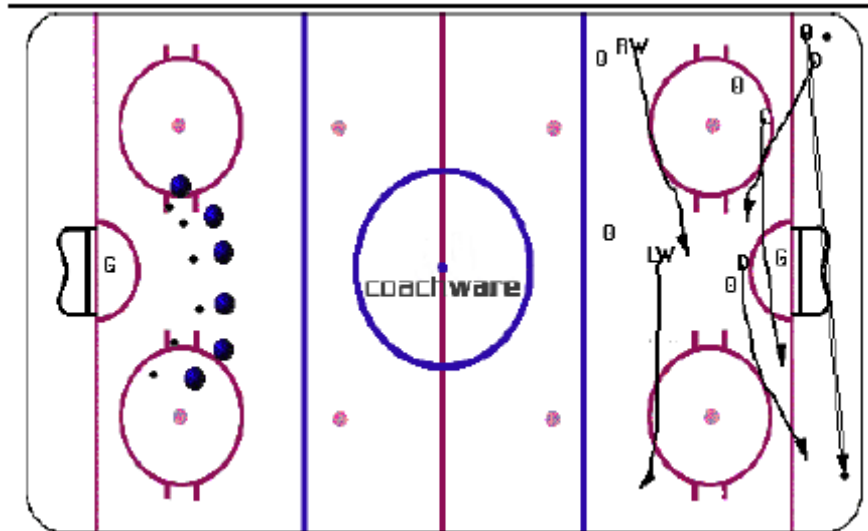


Defensive Zone Coverage - Zone Defense



Description

Players will be split up into two groups. One group will work on D zone coverage, walking through responsibilities with coach moving puck below icing line and having players react accordingly. Increase to full speed so that players move and react at game speed. Change players accordingly. Other group is working with goaltender in other end on shooting, working the goaltender on different aspects of skill development (rebound control, reaction, glove, etc.)

Key Teaching Points

Players will be split up into two groups. One group will work on D zone coverage, walking through responsibilities with coach moving puck below icing line and having players react accordingly. Increase to full speed so that players move and react at game speed. Change players accordingly. Other group is working with goaltender in other end on shooting, working the goaltender on different aspects of skill development (rebound control, reaction, glove, etc.)

Key Execution Points

- Use of edges
- Communication
- Proper execution at game speed of standard defensive zone coverage
- Ability to change coverage quickly