

Defensive Zone Coverage

Presented by

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"Defensive zone coverage is simply a matter of concentration and sweat.

Defensive zone coverage means a lot of hard work in practice."

-Dave King

Tactics & Concepts

- Head on a swivel
- Staying between opponent and the net
- Heels to the net for defenseman
- Gap control
- Angling
- Communication
- Contain when eye-to-eye, aggressive when not eye-to-eye
- Move feet and don't reach
- Always outnumber the puck

D Zone Strategies

- Compare your team with opponent
 - We are better
 - They are better
 - The same
- Who can play down low?
 - Start practice with a 1 on 1 out of the corner drill
 - "It's tough to teach a pig to whistle"
-Tim Taylor
 - All forwards should be given experience playing down low in the defensive zone.
- Common System: C and 2 D low, wings high

Question: *Do we need both our ssw and our wsw covering their points?*

The Wings Low, Center High System

As with any defensive zone system, success is dependant upon the ability of players to execute the fundamentals of good defense.

A good d-zone system should encompass the principles of pressure, outnumbering, containment, support and transition into breaking the puck out of the zone. The wings low, center high system does this.

Defensive Zone Coverage, page 3

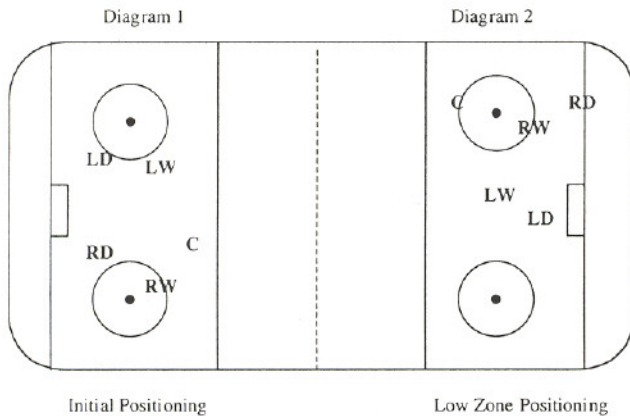


Diagram 1: Initial Positioning

Diagram 2: Low Zone Positioning with puck in corner.

RD is in corner, forcing the puck carrier (angling)

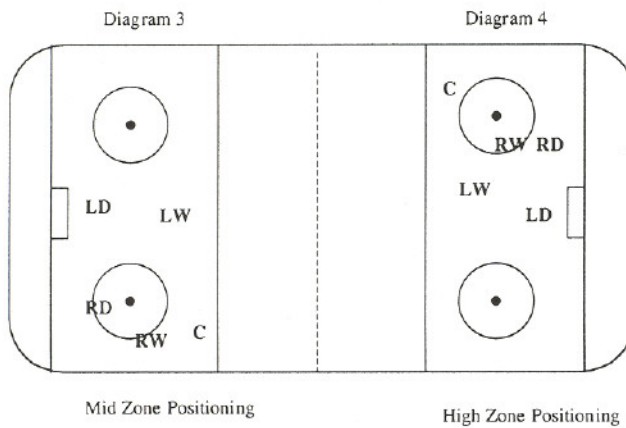
RW supports RD from the inside-out

C covers their SSD - blocks passing lane

LD covers front of net (heels to the net, swivel head)

LW covers passing lane to their WSD

Defensive Zone Coverage, page 4



Diag. 3: Mid Zone Positioning (puck at the hashmarks)

RW covers puck carrier on the half boards

RD supports RW from the goal side

C covers their SSD

LW covers high slot and blocks passing lane to their WSD

LD covers front of net (heels, swivel)

Diag. 4: High Zone Coverage (puck at strongside point)

C covers their SSD

LW moves out to cover their WSD

RW, RD and LD play “man-on-man” down low

Defensive Zone Coverage, page 5

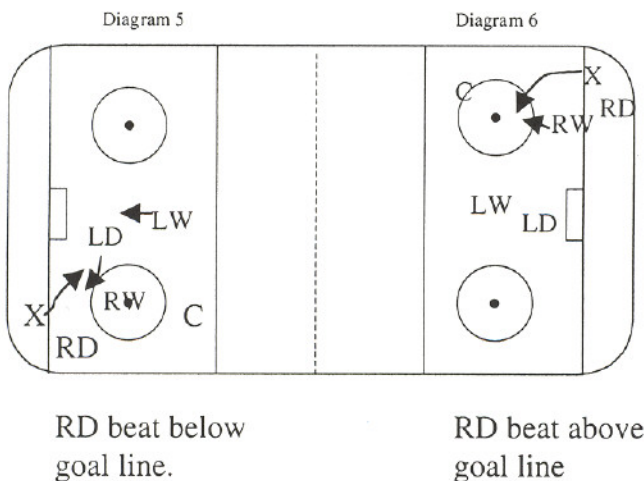


Diagram 5: RD beat below goal line-

RW holds inside position

C covers their SSD

LD angles puck carrier behind net

LW drops down to low slot for coverage

Diagram 6: RD beat above goal line-

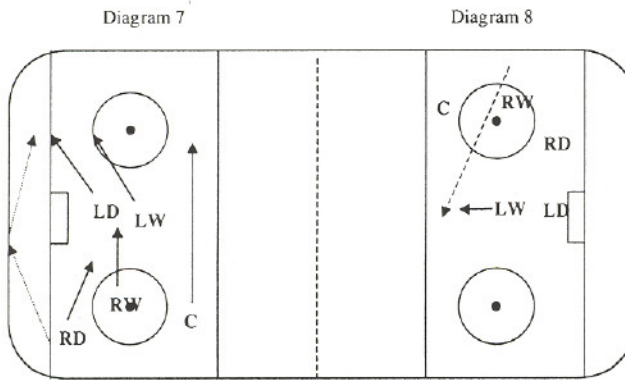
RW takes puck carrier

C covers their SSD and seals slot area near top of circle

LW blocks passing lane to their WSD

LD covers front of net

Defensive Zone Coverage, page 6



Puck at the point

Diagram 7: Puck moves across ice below the dots

The four low players just switch; they do not chase behind the net unless they are in contact with the puck carrier.

C mirrors the puck

LD must get on the puck quickly and LW should position herself to be goal side.

Diagram 8: Puck moves across ice above the dots

C stays on their SSD

LW moves out to either block pass or take their WSD

LD, RD and RW play "man-on-man" down low

Defensive Zone Coverage, page 7

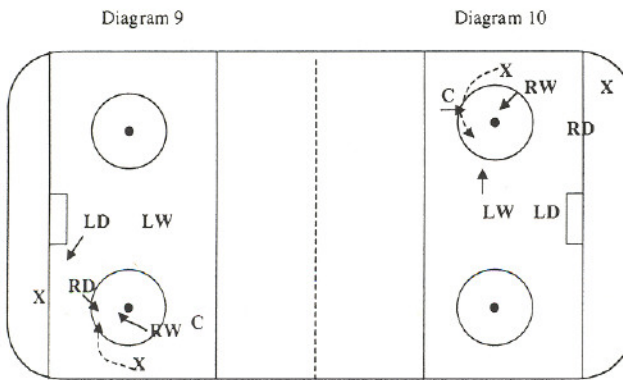


Diagram 9: RW beat moving down midboards

RD moves up to take puck carrier

C holds SSD coverage

RW moves to cover slot and/or support RD

LD watches corner in case opponent has a forward in a low support position

LW communicates with LD on slot and backdoor coverage

Diagram 10: RW beat moving up midboards

LW moves across to seal the slot and block pass to their WSD

RW moves into low support area

RD and LD protect front of net and low zone

C takes away puck carrier's space in the high slot