

T4 Teaching Defensive Zone Coverage 2-1-2

Key Points:

Tie up sticks in the slot, keep sticks in the passing lane and shin pads in front of the puck.

When doing man on and box behind closest player is aggressive from the inside to the outside body on body and stick on the puck.

Description:

Teach defensive zone coverage by giving the offense 45 seconds to score.

A. Play a tight box and one in the low slot area. Players can only move a few strides but stay in a tight 2-1-2 formation.

B. Closest defender pressure the puck right away while teammates form a box behind. When the puck is passed away drop to a corner of the box or take the player to the net. If the offense has three attackers cycling on one side D2 must move to that side and F2 drops to the hash marks to cover the front of the net.

