

Teaching Defensive Zone Coverage: DECISION MAKING IS KEY. “FIGURE IT OUT”

Hockey Alberta Off ice DZC:

<http://www.youtube.com/watch?v=sQzg9BfAmaM>

Off ice walk through for learning Defensive Zone coverage. Video produced at Alberta U18 camp 2009 help players “get the picture”. Game like 3 vs 3 and 5 vs 5 on a tennis court shows the “thinking” – anticipation and shading that happens during a game.

The process of Teaching DZC is to let players "get the picture" of the system. This shown on a video link with a provincial team a team do a run through on a tennis court. It takes a few tries for a coach to learn how to do it and many coaches have shared the link with their players so they get the idea. FIO is an acronym which allows players to Figure it Out rather than have coaches tell them what to do. Once they get the picture letting them play and reinforcing Key teaching Points will do the job. Enjoy the attached document with video links.

Defensive Zone Coverage Team Work:

<http://www.youtube.com/watch?v=1AGxbzYINg0>

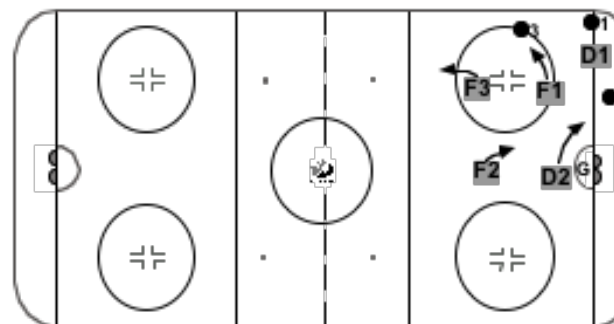
Defensive Zone Coverage

MAN ON BOX BEHIND- MAN ON MAN AWARE

- D1 actively pressures and contains to check (O1)
- F1 is aware of (O3) and play close (shade) – Stick length
- D2 is aware of (O2) plays ½ way to O2 - near post.
- F2 sags to the slot / net zone
- F3 shades the puck side point
- In some situations it will become a man on man (stick on man) with 2 or 3 players
- How close one plays to players in their zone of cover depends on the situation – they will figure it out!

All Players are aware of players in their zone of coverage

Maintain Defensive side Position



DEFENSIVE ZONE COVERAGE:

“STAY TOGETHER”

<http://www.youtube.com/user/wkozak2009#p/u/218/qlZyG3ATJTw>

The Magic Puck

DZ POSITIONING

- Coach has pucks in pocket and calls imaginary puck locations: corner-point-hash-behind net
Players move to imaginary puck and maintain shape of the DZC. Coach calls double pin and drops a puck for breakout

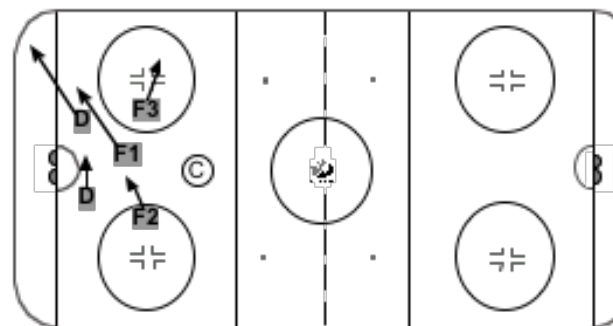
Corner and points = Man on box behind

Hash = House at hash – Fw at hash. D must finish check before hash or switch with Fw

Corner to corner = F1-F2-F3 rotation to support

Behind Net: D Hug post, F1 crease, F2 F3 to hash.
SAG.

D flushes puck carrier to BH and switches with partner



It is critical that you continue to develop the skating skills (all direction agility) necessary for D Z Play. *Stopping and starting* , *Straight Line skating and always facing the puck are critical*. *Players must swivel their heads in the D Zone to be aware of* Players in their area.

Players will **DEVELOP PK** defensive skills and thinking by progressive competitive
1 vs 1 > 2 vs 2 > 3vs 3 defensive zone scrimmage.

DZC SCRIMMAGE – below top of circle

- 1 vs. 1, 2 vs.2, 3 vs 3 - Individual and Team Tactics
- O tries to score, D contains /pressures, create transition to breakout. Carry or pass out of Zone.
- Drill Execution points*

Coach “places” pucks to run the drill.

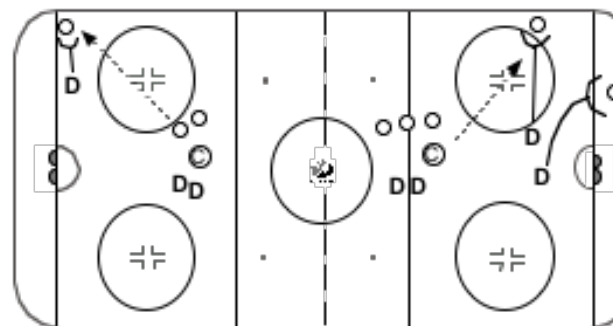
Teaching points: O - speed, deception, battle, to score,

D pressure vs. contain - support,

1 vs. 1 toecaps square, Pressure / contain. Pin.

2 vs 2 support (shade), swivel the head, talk> Switch.

3 vs 3 D man on, F1 stick on man D2 ½ way.

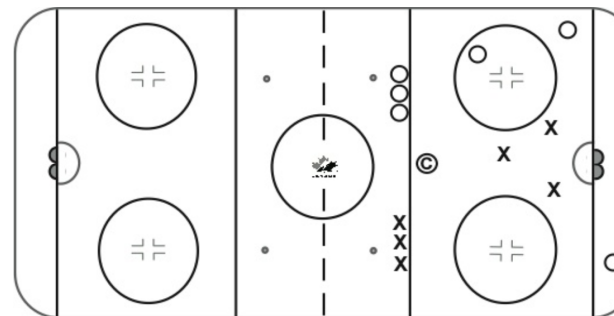


3 vs 3 - ¾ D zone Coverage

- 3 X. on knees 3 O players spread below the blue line. Coach places pucks from inside blue. Defensive players play Man on the puck carrier and shade to cover the player in their area. . Man on the puck carrier, stick on closest player and ½ way to the 3rd. Read and Act. Switch.
- Defensive players create Pin or transition > breakout.
- FINAL STAGE – 3 ON 3 ALL MAN ON MAN and “aware”

Drill / Game Progression: Man on Man

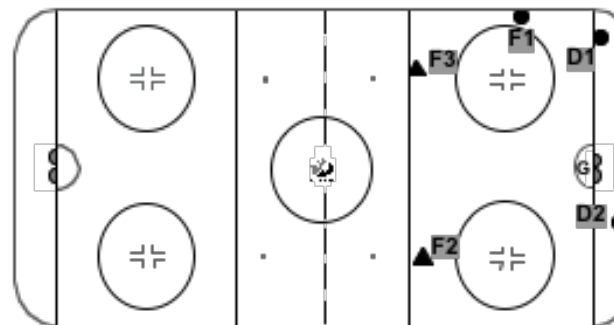
Practicing Man on Man Coverage improves Man / Zone play



Defensive Zone Coverage

MAN ON MAN COVERAGE

- Beginning with man on man on all 5 players coverage does not develop read and react “awareness”
- The NWT begins with Man on Box behind coverage and Players learn to read and act more effectively
- When using Man on Man coverage terminology players need to be out “aware” and have a broader focus.
- Tighter coverage requires 1 on 1 skills.



COMBINATION COVERAGE

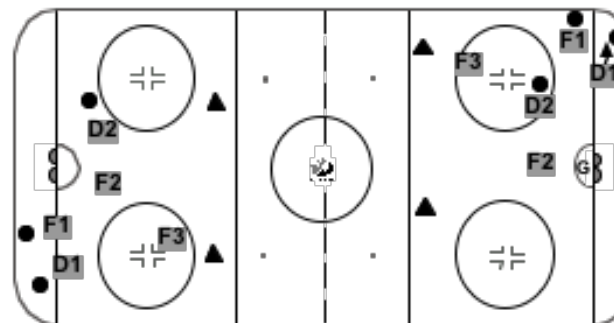
Ultimate coverage is a combination of man on man and zone coverage. Starting with “man on box behind” teaches defensive awareness/read and act. Players will instinctively play man-on-man on the puck carrier and closer (shade) and play “stick on Man to the closest support player and ½ way to the 3rd player. This system provides tighter team coverage. Using zone coverage will develop defensive hockey sense. Man-on-man coverage will develop individual defensive skills and tactics. Combination coverage (Man/Zone) is most effective.

Defensive Zone Coverage

4 LOW: 3 PLAYERS MAN-ON-MAN

ULTIMATE COVERAGE

- When a team plays man on man with the low players, the slot zone player F2 needs to cover the slot / net zone
- F2 is available for low zone support and transition
- F3 helps cover the seam and the passing lane to the point.
- If the puck gets to the point F3 will get to the shooting lane and pressure the D
- The far point is the least dangerous option in 5 on 5 hockey



DEFENSIVE TACTICAL SKATING

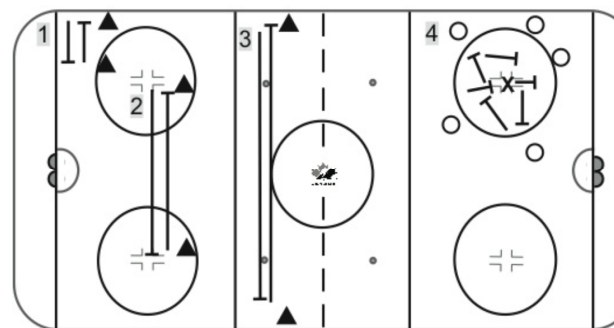
D ZONE SKATING

STOP AND START “V” START –

1. Dot to Boards – face both ways -Deliberate
2. Dot to Dot – Quick Start>lead with stick>V and crossover start
3. Wall to Wall - with / without puck
4. In Circle - dot to teammates back to dot-
5. In Circle Stop<>Start to pass. Lead with stick,

Stop and Start progressions:

Use edges > 1.snow plow stops 1 ft.- 2 ft. 2.slide sideways balance on edges . 3. Control strides – balance >turn sit > stop.



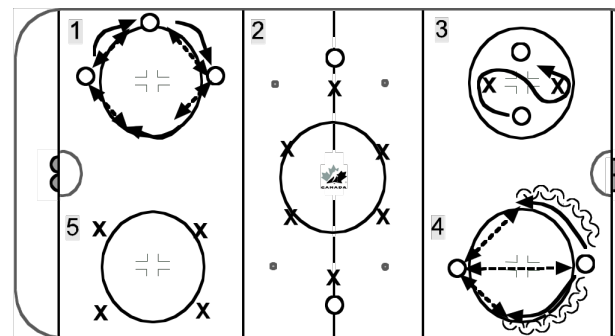
AGILITY SKATING

Skills Stations 1

Split into 5 groups, rotate through the stations after 2 -3 minutes

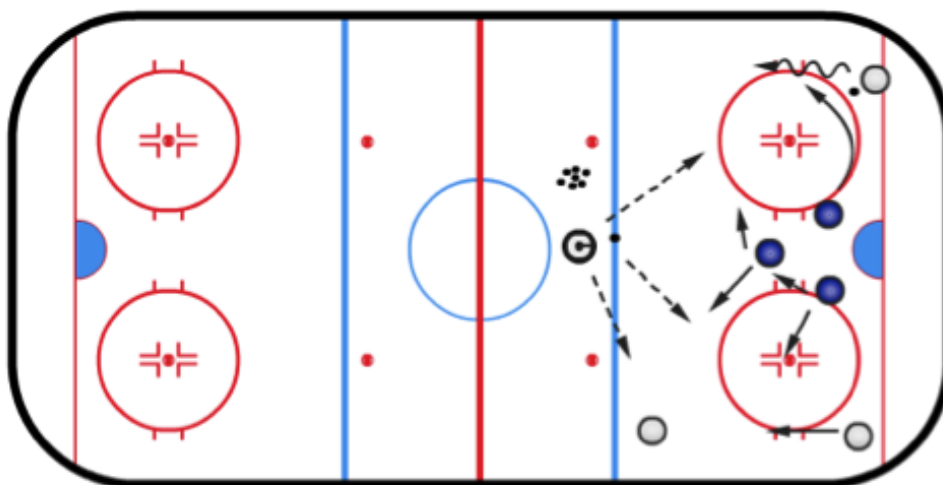
- 1) 1 touch face the passer
- 2) Mirror skating / passing
- 3) Figure 8 passing agility
- 4) 1 touch pass and move
- 5) 4 pylon agility

Progress from Skating without a puck. Teach Skating Technique.
Progress to carrying and passing a puck.



Newf. POE 3 vs 3 D zone Scrimmage “thinking and Execution”:

<http://www.youtube.com/watch?v=-AzW2wG1gC0>



Objectives

Players progress from 1 vs 1 to 2 vs 2 and 3 vs 3 learning to play defensively.

Defensive Zone Coverage Team Work:

<http://www.youtube.com/watch?v=1AGxbzYINg0>

Explanation

3 Offensive players spread out in the Offensive Zone.

3 Defensive players stand in a triangle in front of the net.

The coach passes a puck to 1 player and the closest Defensive player plays the 1 on 1 while the other players watch the play.

The coach blows a whistle and passes a new puck to the second offensive player to initiate a 2 on 2 with the previous 1 vs 1 players joining to make it a 2 on 2. ON the next whistle the coach passes to the 3rd offensive player and all players play 3 vs 3 in the the Zone until they pass or carry the puck out or the coach blows the whistle.

Coaching Points

All defensive players protect the scoring area and never lose their Defensive side.

The 1st man on the puck carrier pressures or contains while the other defensive players swivel their head and position closer to their offensive player.

The 2nd defensive player will shade and play stick on the second aware and able to switch if needed.

The 3rd player positions 1/2 way to the 3rd offensive player.

Progression

1 vs 1

2 vs 2