

T3-4 King-Kozak Defensive Zone

Key Points:

Defensive player must quickly close the gamp and maintain defensive side and with stick on the puck, body on body.

Description:

1. Defender or defenders start on two knees in front of the net.
2. Attacker stands waiting for a pass from the coach. If multiple attackers then spread out.
3. Coach passes to the attacker and defender stands and defends.
4. Add another attacker and defender.
6. Add a third attacker.
7. If the puck is cleared, frozen or a goal the coach quickly passes another puck to an attacker and the play re-starts.

**Option is to have uneven situations and add attackers and defenders as you go.*

**To create more space the coach and waiting players move back to the blue line. You can go up to 5-5 with this drill.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150202092547285>

<https://youtu.be/3BOJrO7rjRU>

