

T2-4 Teaching Defensive Zone Coverage 1-1, 2-1, 2-2, 3-2, 3-5 - Pro

Key Points:

Defenders must communicate situation and switch from man on man to 2-1 to man on man to 3-2 then man on man 3-3. Forwards must quickly take advantage of the 2-1 and 3-2. Defending forwards have to come back to low slot, mid-slot and puck side point.

Description:

1. Players line up outside the blue line and wait for a Coach dump-in.
2. One D starts skating backward and one F forechecks 1 on 1.
3. A second forward makes it a 2 on 1.
4. Another D joins creating a 2 on 2.
5. A third forward makes it 3 on 2.
6. Three defending forwards join and make it a 3 on 5.
7. F2 back defend the mid-point and collapse into the middle if the puck is in far corner.
8. F3 cover the strong side point and collapse lower when puck is low in the zone.
9. F2 has net front when 2 D and F1 play man on man on one side.
10. Coach put in a new puck if the original puck is out of play.

* This is a chance to actively coach coming back into the defensive zone.

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<https://youtu.be/aTyLROgbRzw>

