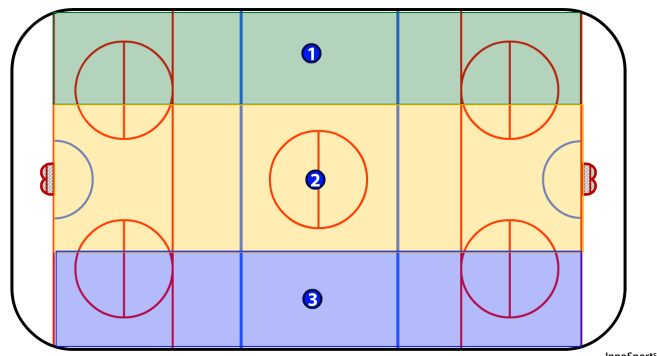


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Concepts

3 Lanes

Shows the 3 lanes on the ice. Generally, it's best and easiest to make a pass from the middle lane because you have more options. It's very unlikely that a pass made from one outside lane will be successful all the way across to the opposite far lane, so the ring carrier should always try to get to the middle of the ice.



Quiet Zones

Quiet zones are areas on the ice where there's less traffic. That means that there's a higher percentage of completed passes and continued possession for your team.

If the direction of play follows the arrows, the quiet zones are in grey.

Players aren't going to ignore the possibility of a breakaway in order to receive the ring in a quiet zone, but since breakaways don't happen that often, it's important to know where the best places are to receive the ring.

The quiet zones are less likely to have defenders there, since it's further away from their net and they don't want to get caught wide. They're also a good location for the receiver to see everything that's happening on the ice - they have no blind spots.

