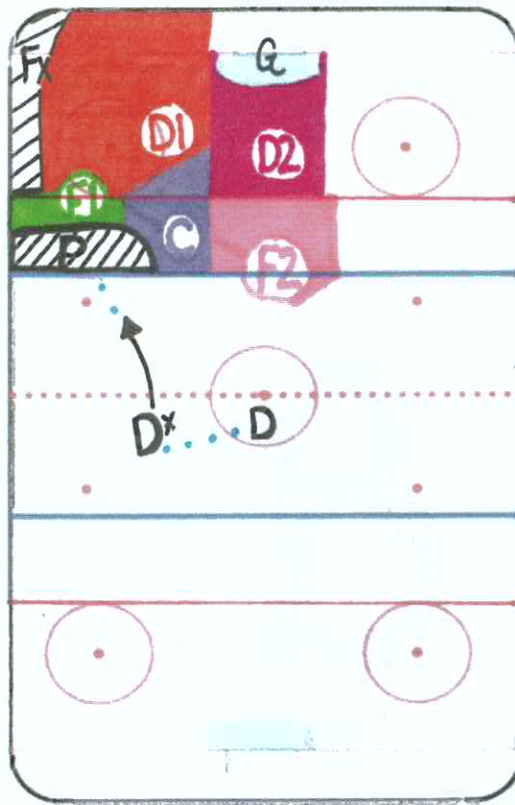


# Zone Defense

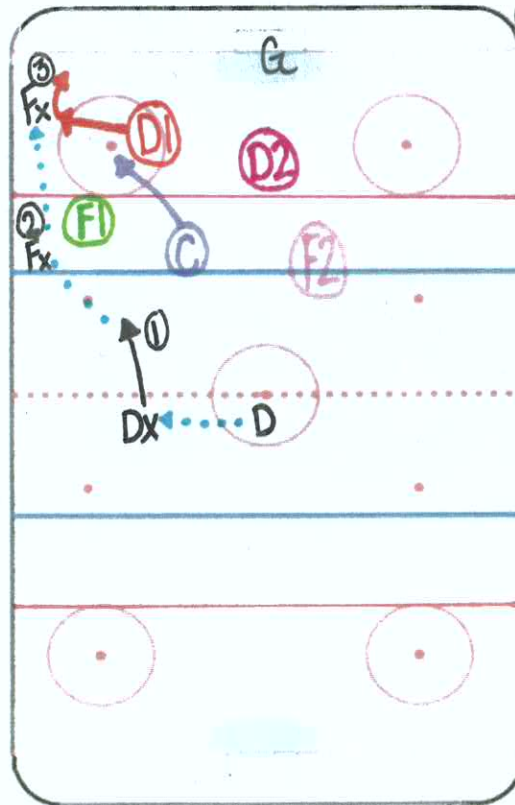
• Areas of responsibility



(F1) and (C) want to create a "Pocket" for the attacking team to pass to. If the ring is passed into the pocket (F1) and (C) can force ring carrier wide. When (F1) (C) and (F2) create this pocket and force (Dx) to one side of the ice, (Dx) is forced to pass the ring deep along boards where (D1) can safely leave the front of the net and attack (Fx) on boards or try to cut off pass before it gets there. (D2) protects front of net and (F2) protects passing lane down middle of ice.

# When they attack

• Pinch and Check  
• Protect the middle, push them wide



① When (Dx) begins to skate towards blueline (F1) takes 2 steps backwards to create "Pocket." (C) moves towards (F1) and uses her stick to block middle passing lanes. (F2) fills in middle ice to block passing lanes.  
② If pass goes to (Fx) in the pocket (F1) pinches her against boards to check. (C) can check if the opportunity is there.  
③ If ring goes deep (D1) either blocks the pass or pushes (Fx) down boards and pinches her against boards to check. (C) drops back (D2) covers middle ice.

