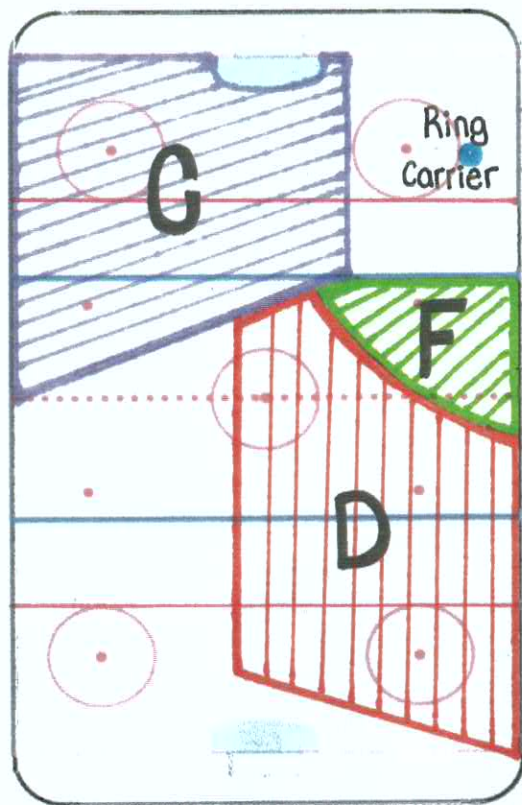


ZONE Defense



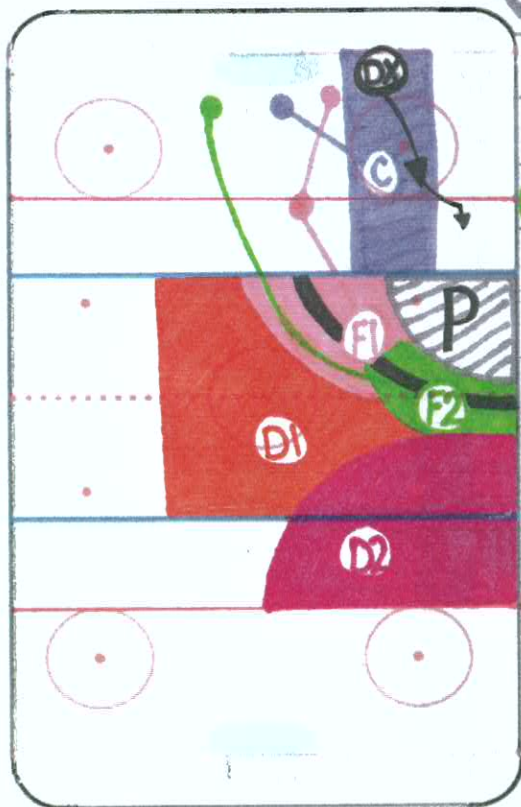
Areas of responsibility

Centers - push ring carrier to one side of the ice.

Forwards - create a pocket on the boards for the ring carrier to pass to.

Defense - protect net first! If ring gets through forwards, protect middle ice and push offensive player to boards.

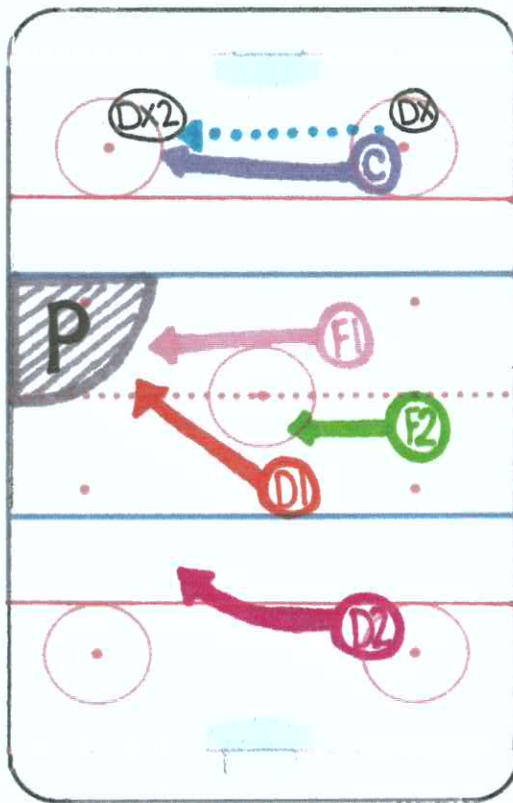
Specific Jobs



P the "pocket" where we want the ring to go. **C** job is to push the ring carrier to the boards so she can't pass to middle ice. **F2** needs to move fast to reach the high position. **F1** skates in front of **C** to cut off middle passing lane (create a wall). Once ring is passed into the pocket, both forwards push ring carrier to boards and check. If ring is passed through forward **D1** jumps to ring. **D2** is a safety, covering middle ice and pushing offence wide. **C** skates back to defensive end.

Shifting the Zone

• If a support pass is made



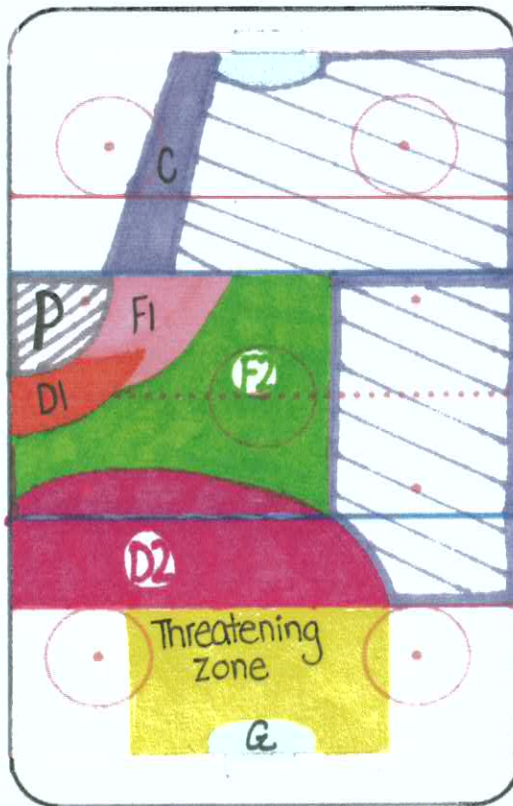
If ring switches sides (if D make a support pass)

We create a NEW pocket.

(C) hustle to push (DX2) as close to boards as possible. (D1) takes the role of (F2) at the top of the pocket.

(F1) skates across ice preventing pass to middle ice. Once ring is passed into pocket (D1) and (F1) attack. (F2) covers middle ice and (D2) protects net.

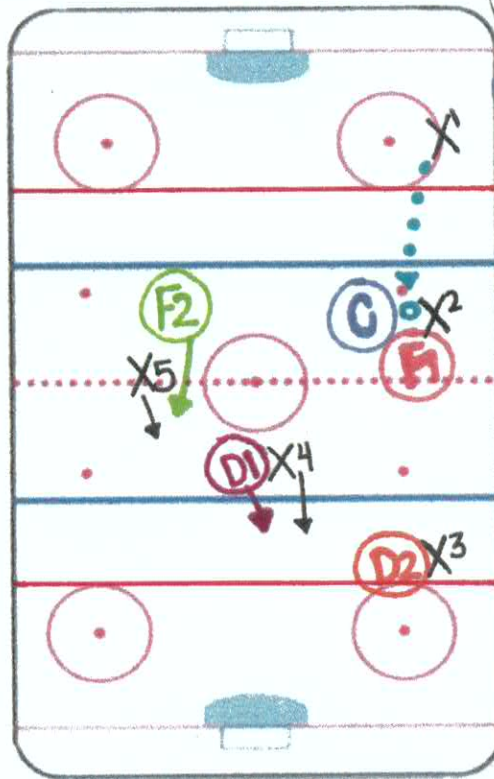
Center and Defense Roles



Centers - once ring is in neutral zone, she must identify the biggest threats attacking over our blue line and cover them.

(C) and (D2) - your job isn't to turn over the ring exactly, it is to push offensive threats to the outside lanes. If attacking threats are in the middle of the ice we play them tight GOALSIDE. If they are outside of the **threatening zone**, we play a zone style defense giving them the outside lanes.

When a pass is made



When ring is passed into the pocket, **C**+**F1** attack 2 on. **D2****D1****F2**
MUST pick up the biggest threats on the ice. **C**+**F1** continue to check the ring carrier until the ring is turned over. **IF** the ring carrier makes a support pass **F1** will jump to the new ring carrier and **C** will stay on her initial check so **EVERYONE** has a check and we are now **MAN ON!**

If a support pass is made

