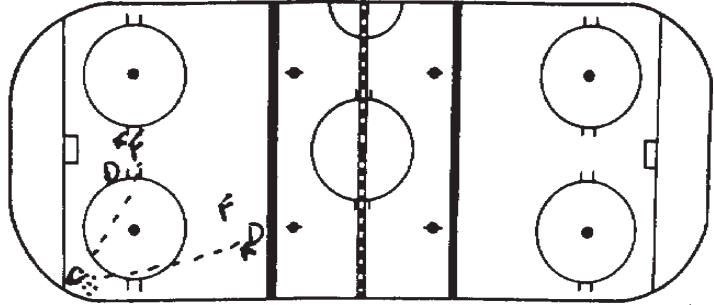


## DEFENSIVE ZONE POSITIONING

---

**PURPOSE:** To improve defensive zone awareness and positioning of defensemen and forwards.

**SET-UP:** Offensively, a forward is positioned in front of the net between the hash marks and a defenseman at the blue line. Defensively, a defenseman will cover the forward and a forward is responsible for the defenseman. The coach has pucks in the corner and tries to



complete a pass to the forward who is trying to get open in front of the net, or to the defenseman at the point (or as he breaks to the net). Defensive people are forced to maintain positioning to break up the pass and deny a scoring chance. Offensive people work to get open for a shot on net.

**situations/#24 dzonepos**