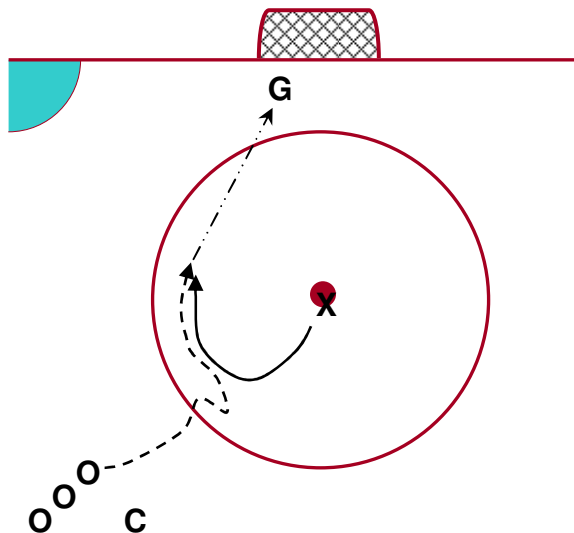


Concepts: Game situation roles, defensive positioning, attacking the scoring area

1v1 Defend the House

The defensive player X begins on the face-off dot. Throughout the drill player X must stay inside the face-off circle. The offensive player O must attack the grade A scoring area by moving inside the face-off circle. Player O can only shoot from inside the circle.

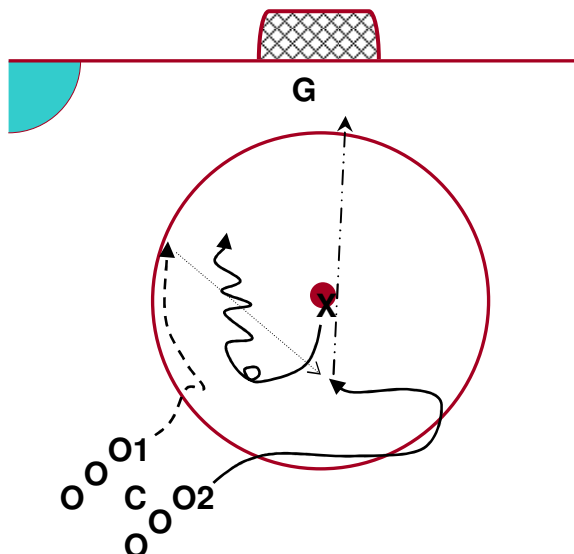
Attacker focuses on deception, 1v1 attack, puck protection and shooting in traffic, while the defender works on defensive body and stick position, defending a defined area (house) and working with the goalie to deny a goal.



2v1 Defend the House

The defensive player X begins on the face-off dot. Throughout the drill player X must stay inside the face-off circle. The offensive players O1 and O2 must attack the grade A scoring area by moving in and around the face-off circle. Players O1 and O2 can only shoot from inside the circle.

Players use the same skills as in the 1v1 version but now must have awareness of additional offensive support player. This modifies the defensive situation to decide when to pressure and when to contain. The attacking players learn to create better passing lanes and to attack in a confined space.



2v2 Defend the House

The defensive players X1 and X2 begin inside the face-off circle. Throughout the drill one of the two defending players must always be inside the face-off circle at all times. The offensive players O1 and O2 must attack the grade A scoring area by moving in and around the face-off circle. The offensive players can only shoot from inside the circle.

Players use the same skills as in the 2v1 version but with additional defensive pressure. All 4 game situational roles are included in the play (puck carrier, offensive support player, defender at the puck, defensive support player). The defensive players now work together with the goaltender to guard the net front area. The two defenders switch off protecting the net front in the same fashion two defensemen may work together in DZC.

