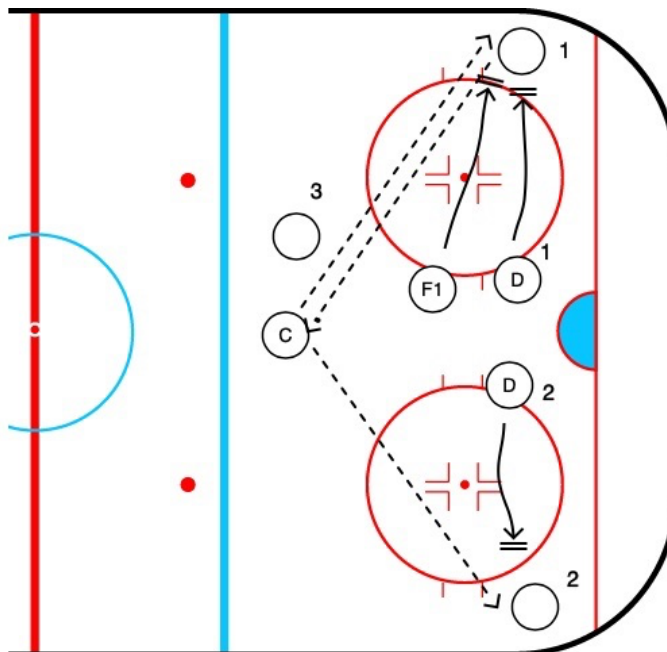


## DRILL & PLAY DIAGRAMS

**DRILL**      **SWARM PROGRESSION**

**SKILL**      **DZ Coverage**



### EXPLANATION

#### **1. 1 v 1 x 2**

Coach passes to corner forward O1 (receives pass and turns to protect the puck) and is met by D1 and F1 who overload pressure to win the puck. F1 passes back to the coach who now passes to O2 and likewise he is met by D2 and F1 until the puck is won and returned to the coach.

#### **2. 3 v 3**

Final pass to either O1 or O2 - their 1st pass is to bank off the boards behind the net. The instant the pass is received from the pass - the 3 defenders play 3 v 3 low vs 3 offensive zone forwards.

### KEY POINTS

- Communication
- Stick position
- Read and act in small spaces