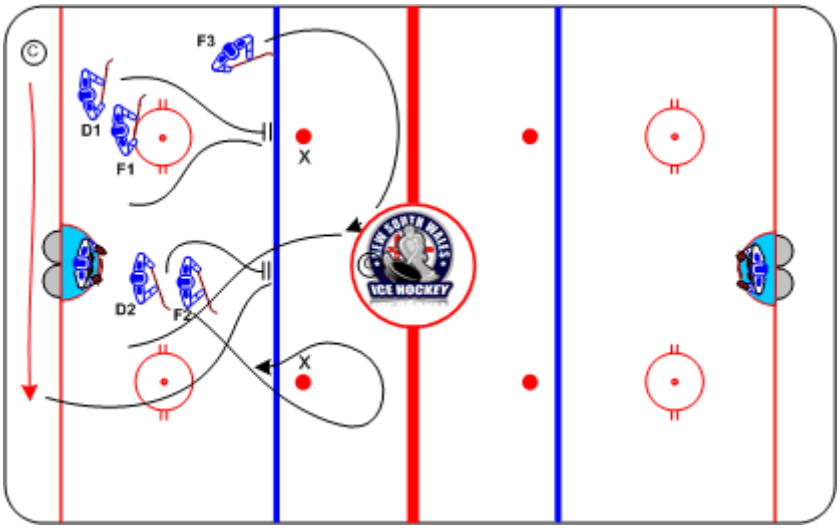
Defensive Zone Walk Through

Duration: 8 mins

- 5-man unit assumes proper defensive zone coverage
- On whistle, Forwards skate around pylons, Defense skate to blue line, unit sets up new defensive zone coverage
- Repeat 3 times and begin next group



Coaching Tips

- Communication
- Position of skates
- Hit zone, support zone, net zone, slot zone, point zone

Execution Tips

- Players "tag up" on whistle
- © provides feedback before next whistle