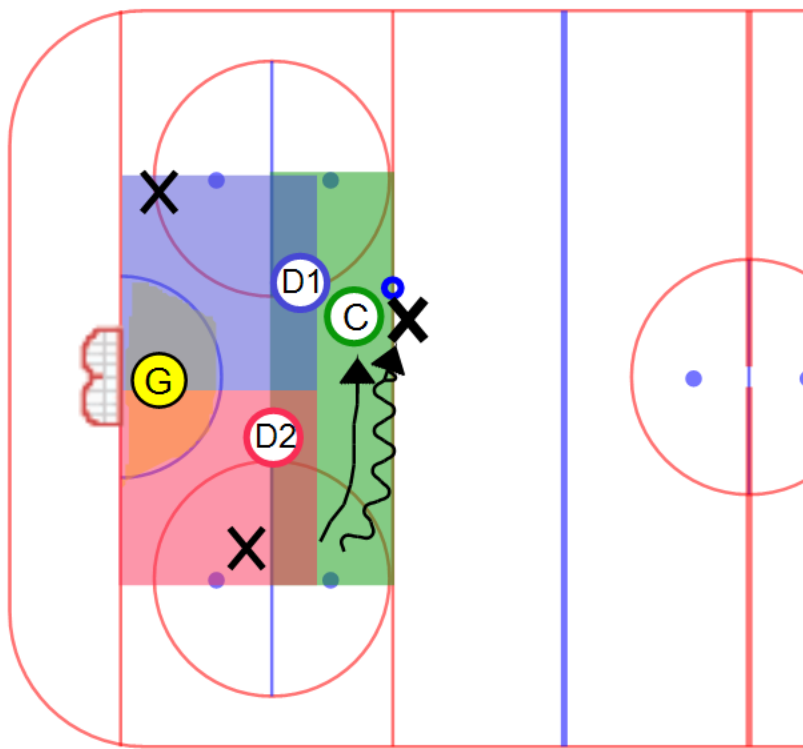


Category #1 :

Title : Triangle positioning - scenario 3

Category #2 :

Content elements: _____ Components : _____



Key Points :

Description

It's important to think of the scoring areas you're trying to defend. Try approaching the defensive zone as 3 areas which need to be covered. If at any time one person is in each zone (as they should be) they will naturally be forming a triangle. Your players should not be thinking of a SPOT they have to go to, but rather an area that they are responsible for.

These zones are intended to be a guideline. Depending on the age and skill of your team, you can make these zones smaller.

Players should mark any opponent in their zone, and trade off with the next zone as that opponent moves around.

In this example, X has the ring and is cycling. C is skating with them, pushing them out as far as possible. D1 is ready at the edge of their area anticipating trading off with C. They keep their stick down to prevent a pass to the X on their side. D2 moves in towards the middle, while keeping an eye on the X in their zone and their stick down to prevent a pass.