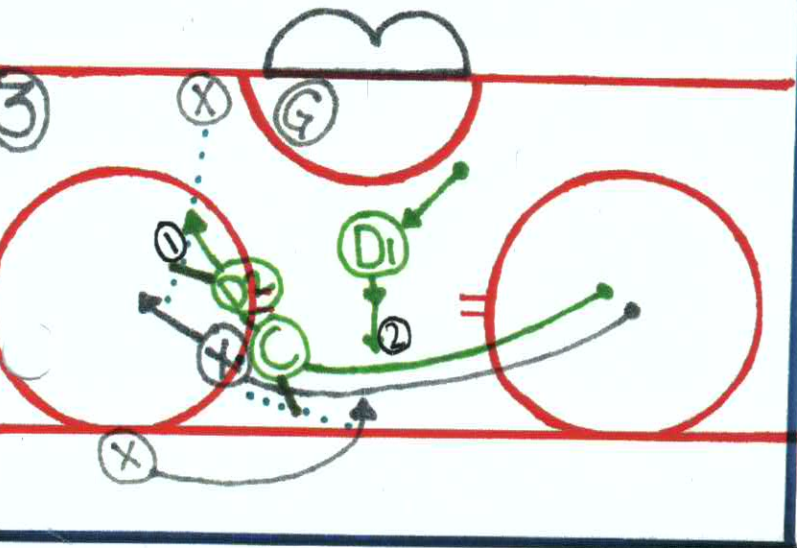
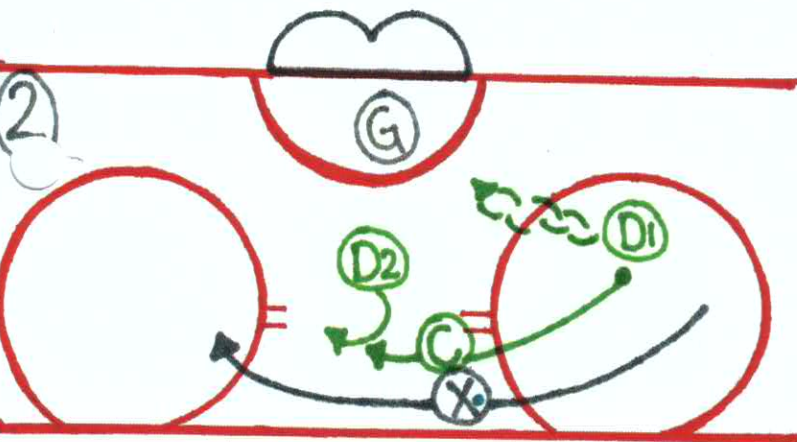
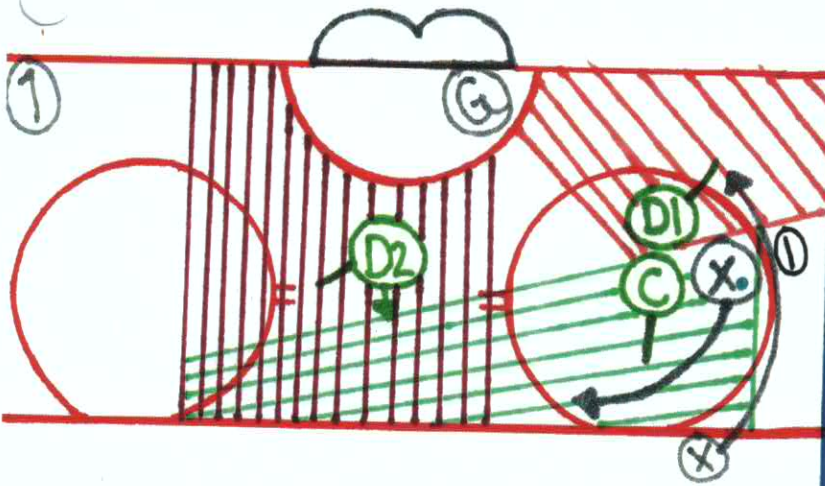


Moving as a UNIT.....



① Areas of responsibility

① **D1** your main focus is to push **WITH** the center to close up the driving lane. She must also react quickly if there is a low walk drop pass ①

② **C** your main focus is to prevent all middle lane drives and push ring carrier out high. **D2** your job is to read the ice and be ready to react quickly if a pass is made across the ice or thru the triangle

③ As ring carrier moves across the top, **D2**'s main priority is to close the driving lane around our center and down the middle. You do this by stepping up behind the center then curling out with her. (Inside then out) You should be able to reach out your inside hand and touch the centers outside hip. ③ As **C+D2** push ring carrier wide - **D2** keeps her stick down to prevent low post pass ① **D1** becomes weakside D and is ready to step up if a drop or back pass is made. ② **C**'s main focus is to stay square to ring carrier and not let players drive to the inside.