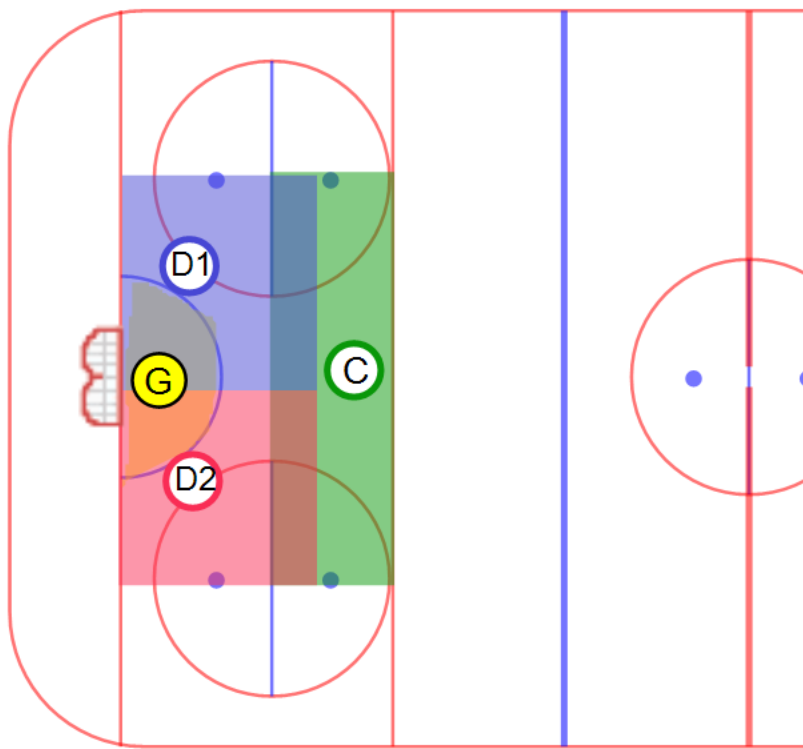


Category #1 :

Title : Triangle positioning - general

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.

Remember that starting in U12 there is a shot clock so your team does not need to attack the ring in your own end, the other team will need to create their own changes, and if you play in these zones you will force the other team to make mistakes.

If an opponent has full control of the ring outside the zones, leave them there. If there is a loose ring, the nearest defender should pursue, while maintaining goalside positioning. If a defender falls, then one of the others in the D zone should move to cover their position.