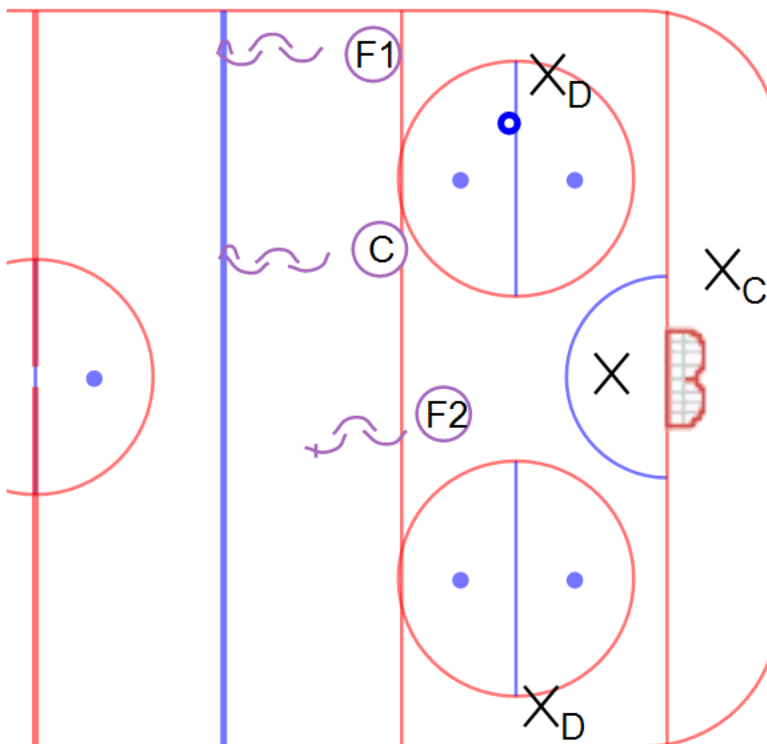


Category #1 :

Title : Forecheck - zone (no D)

Category #2 :

Content elements: _____ Components : _____



Key Points :

Description

This is a less busy drawing showing positioning for the F and C on the Zone defense.

The forward closest to the ring-carrier needs to close off the boards, the centre comes to the middle, and the far side forward cuts off the angle. It's important NOT to go towards the ring-carrier but to back up at the same pace that they are advancing. This can lead to the ring-carrier not realizing how close they've gotten to the barrier of the blue line.

The D are marking up on the opponent's forwards, therefore taking away quick outlets.

If team X makes a support pass D to D, then F2 would get into the boards position, and F1 would cut off the angle.

As soon as the ring gets past the wall, the C turns to find the breaking player, while the two F chase down the ring.