

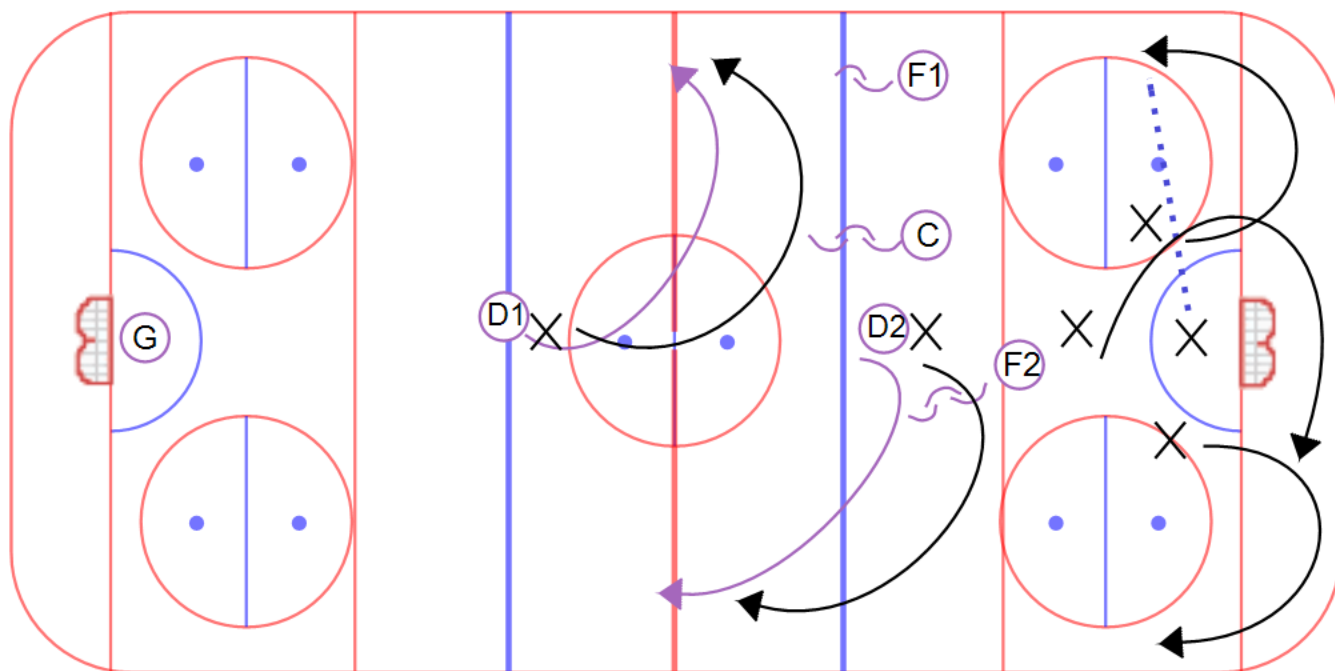
Category #1 :

Title : Zone defense

Category #2 :

Content elements : _____

Components: _____



Key points :

Description

Once the goalie has the ring, the two D mark up on the forwards and stay with their player the whole time.

The F and C will back into their umbrella, forcing the opponents to play the ring low. Whichever side the ring comes to, they shift their umbrella to keep that player in a specific area. As the player skates towards them, they back up, keeping the same distance. One of the F stands a bit in front to cut off the angle across the ice.

If the D are doing a good job marking, then it will be difficult for the other team to find an open player and can lead to pass interceptions. When the opponent beats the ZONE, it's usually because of a support pass to switch sides, then quickly up to their F.

As soon as the opponent gets past the ZONE wall, the C needs to turn around and find whoever is breaking up the ice, usually their C. The F then backcheck 2-on the ring carrier until the opponent has possession over the ringette line at which point the F can make a line change.