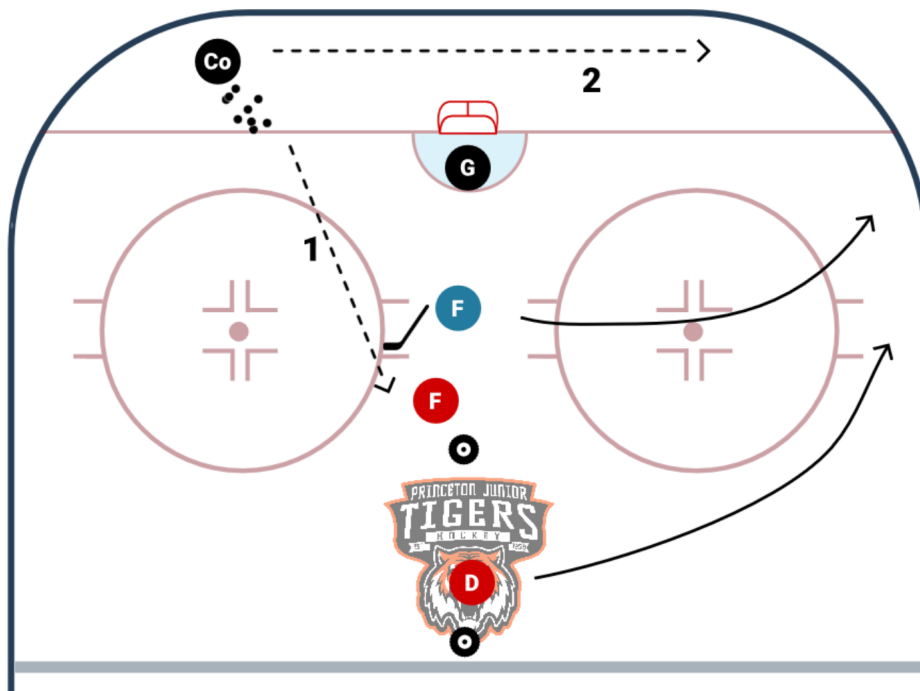


# WINGER D ZONE WORK



Time:

Station:



## SETUP & OVERVIEW:

Coach and pucks in corner.

Attacking forward in high slot and attending defending on blue line.

Defending winger covering attacking forward.

Drill starts with attacking forward working to get open in the high slot.

Coach is trying to feed attacking forward, defending forward is trying to box out and cut off passing lane.

Coach will feed 2-3 pucks to attacking forward.

At some point, Coach will put a rim around the wall. Defending forward must quickly adjust and beat the attacking d-man (who is pinching) to the puck.

## COACHING POINTS:

Defending forward must adjust positioning when the puck is on the other side of the ice.

Defending forward must sprint to the puck when it changes sides.