

Zone Entry

Developing a Zone Entry Identity

Presented By:

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Introduction

- Playing Experience

- Two years at Simley High School
- Two years at White Bear Lake High School
- Two Years with Twin Cities Vulcans (USHL)
- Four years at Bowling Green State University (CCHA)
- Five Years of semi-pro (where do I begin?)
 - Final 2 years in England (Coventry Blaze)

- Coaching Experience

- Two years at Sioux Falls USHL
- Two years at Bowling Green State University (NCAA Division I)
- 19 years at Saint John's University (NCAA Division III)

- Coaching in the blood

- Dad was long time coach in MHCA (25+ Years)
 - Simley – Hill Murray - North St. Paul - Burnsville

Importance of Zone Entry to Offense 2023-24 Season

- Total Goals – 62
 - GPG – 2.5
 - **PP Goals – 7**
 - SH Goals – 4
 - EN Goals – 3
- **Total Even Strength Goals – 48**
 - Even Strength GPG – 1.9
- Missed MIAC Playoffs
- Lowest goals for since 2011
- 81 goals for previous year.

TIME FOR NEW OFFENSIVE IDENTITY!

Importance of Zone Entry to Offense

2024-25 Season

- Total Goals – 78
 - GPG – 3.0
 - PP Goals – 13
 - SH Goals – 3
 - EN Goals – 5
- Total Even Strength Goals – 57
 - Even Strength GPG – 2.19
- Of the 57 Even Strength Goals
 - 35 - Zone entry with possession
 - 26 off rush under 5sec.
 - 9 second chance or over 5sec.
 - 7 - OZ possession over 15 sec
 - 5 - Dumped puck FC Turnover
 - 4 - Dumped puck getting 1st touch
 - 3 - Faceoff under 5sec.
 - 3 - Other

Importance of Zone Entry to Offense

2025-26 Season

- Total Goals – 103
 - GPG – 3.7
 - PP Goals – 18
 - SH Goals – 3
 - EN Goals – 9
- Total Even Strength Goals – 73
 - Even Strength GPG – 2.6
- Most Goals since 2005
- Of the 73 Even Strength Goals
 - 47 off zone entry with possession
 - 32 on rush or under 5sec
 - 15 on rush but second chance over 5sec.
 - 8 OZ possession over 15 sec
 - 7 off dumped puck forecheck TO
 - 4 off dumped puck 1st touch
 - 4 Off faceoff goal under 5sec.

MIAC Regular Season and ^{3 Other} Playoff Champions

What Leads to Zone Entry Opportunities?

- Breakouts:
 - Good breakout habits and structure.
- D-Zone:
 - Good defensive structure and transition out of the structure.
- Neutral Zone:
 - Good defensive gaps and back pressure with and transition structure off turnovers.
- Faceoffs
 - Have a structure and a plan in D-zone especially to attack down ice

Must work on all three into the line rush opportunities.

Keys to Zone Entry

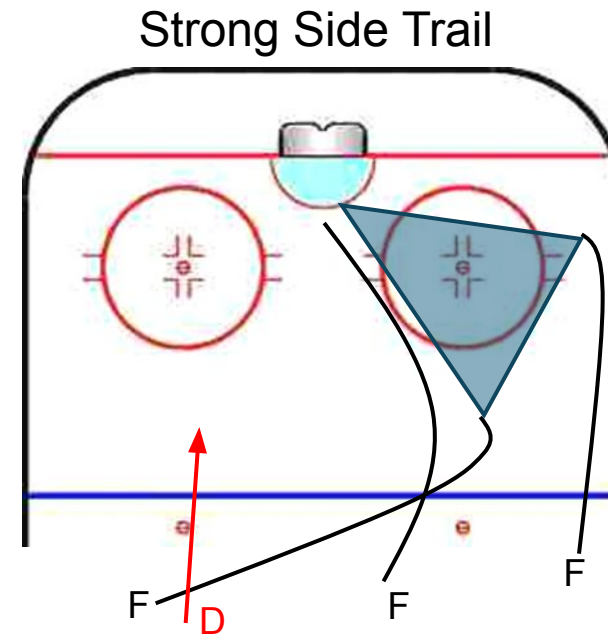
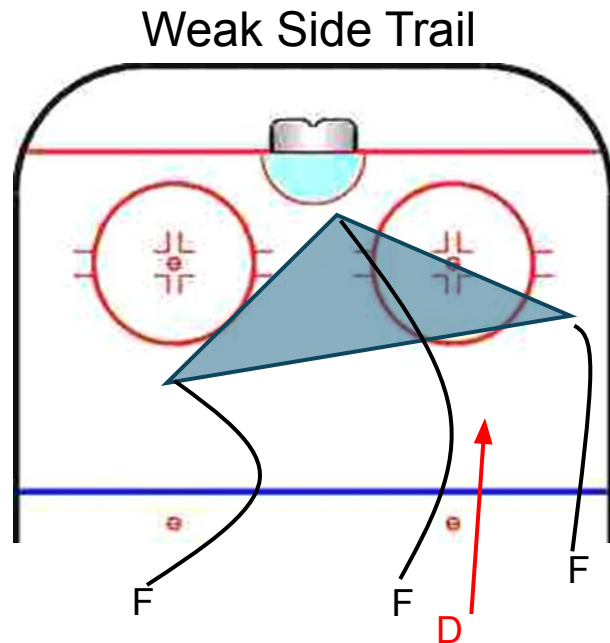
- Read and React NOT Pre-Determined
 - Notice Defensive Gaps
 - Read your own Players
 - Know the numbers (Odd Man)
 - Know the situation (Lead/Long Shift)
- Active Defensemen
- Establish Standards (Middle Lane Drive – Stop at net – Be a threat)
- Speed
- Bubble Hockey Through NZ
- Depth and Width
- Communication

Zone Entry Habits

- Drive – Stop – Dig
 - Middle Lane Drive – Near post vs. Far Post
 - Stop at Net
 - Hunt Pucks – Create the second chance or possession
- Turn The D
- Grease Pan
- Shoulder Check on Entry
- Far Post Mentality
- Communication

Zone Entry Concepts

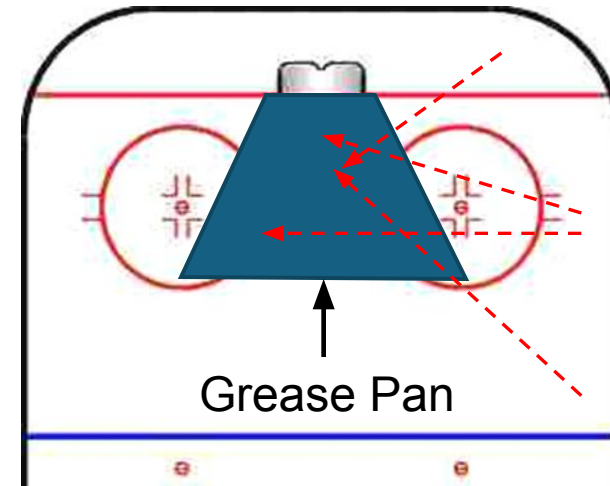
- Strong Side Trail vs. Far Side Trail
 - Goalie Movement
 - Where is Active D
 - Team's Offensive Concepts



Zone Entry Concepts

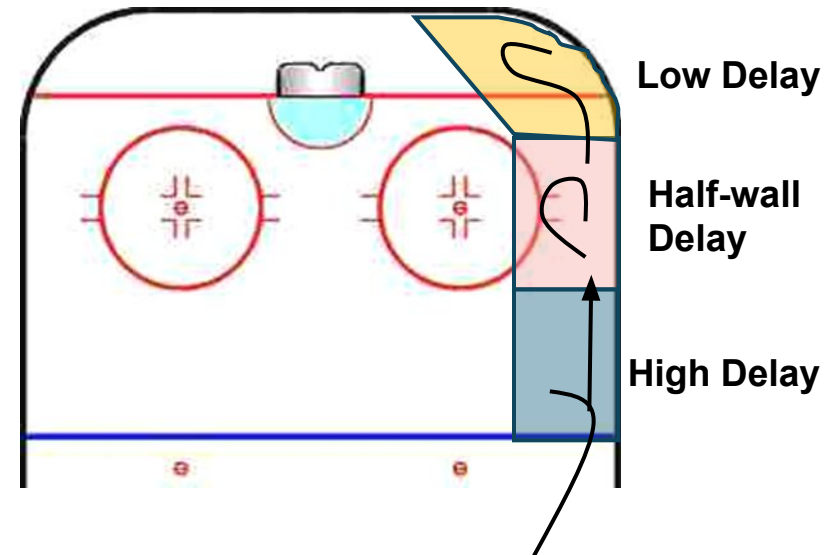
- Getting Pucks to Grease Pan

- Create scrums
- Create scoring chances



- Delay Plays off Driving Wide

- High (Cross and Drop)
- Half Wall (Trailers)
- Low (Cycle / Puck Possession)



Goals and Examples 2025-26 Season

https://drive.google.com/drive/folders/1zqlkPwheh9k17HQLkQ3mrjEqzOZwScOa?usp=drive_link

Practice Planning for Zone Entry

Linking Your Drills and Getting to Team Play

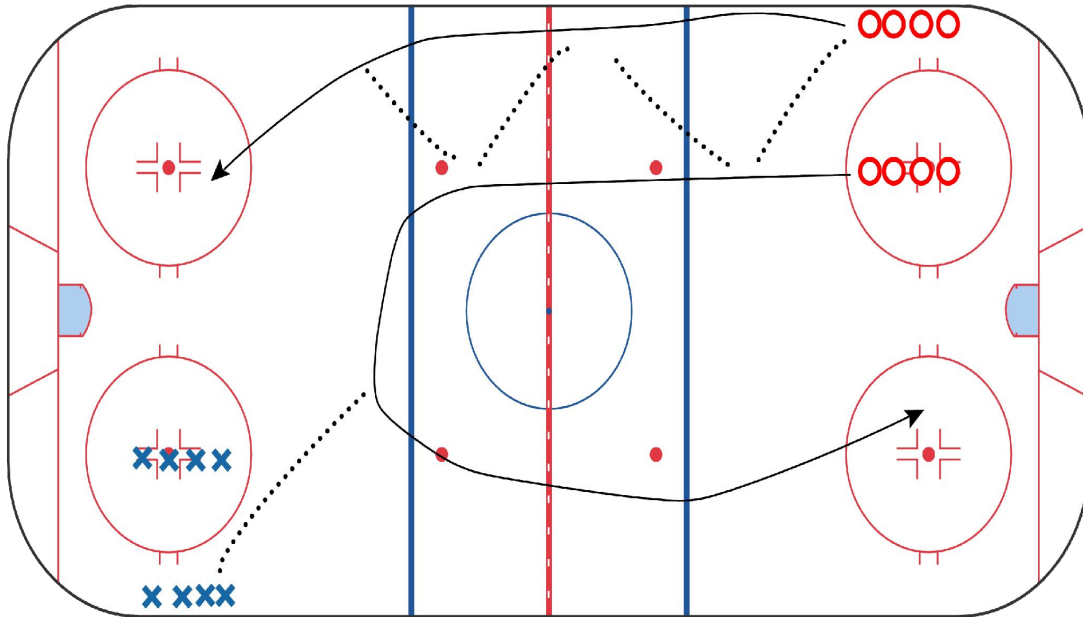
- Warm-up shooting for goalies
- Same Drill set up into zone entry routs and concepts
- Zone entry compete drill
- Zone entry team system

2 on 0 Wheel Drills

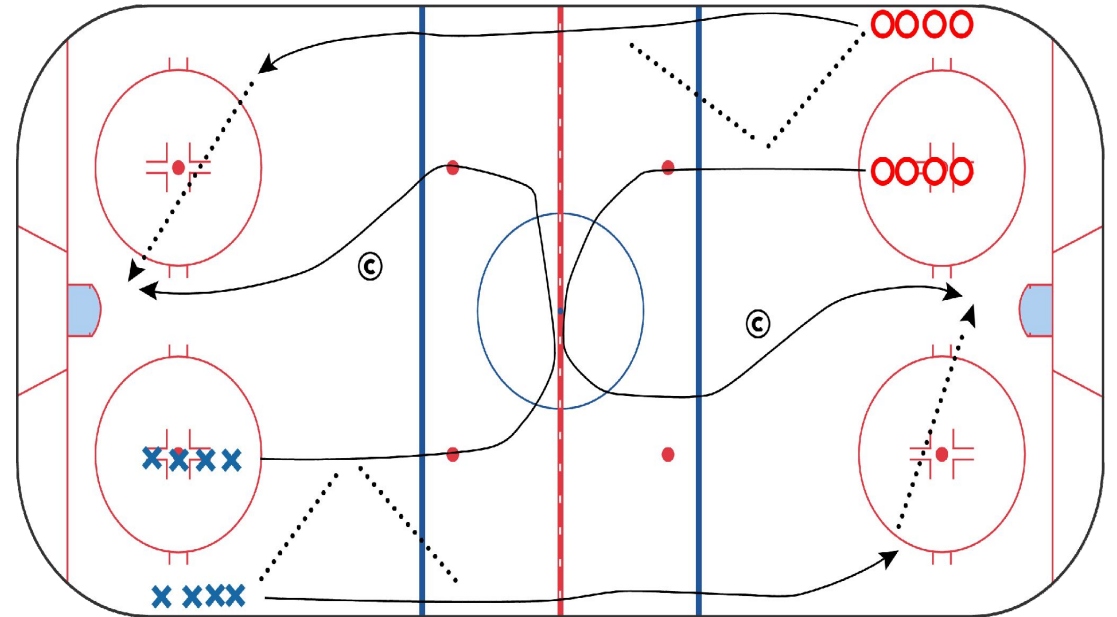
- Two shot (Warm-up)
- Cycle (Low delay)
- Middle lane drive (Half wall delay)
- Strong side trail (Half wall delay)
- Weak side trail (Half wall delay)
- Middle slide pass (High delay)
- Cross and drop (High delay)

2 on 0 Two Shot Drills

Warm Up

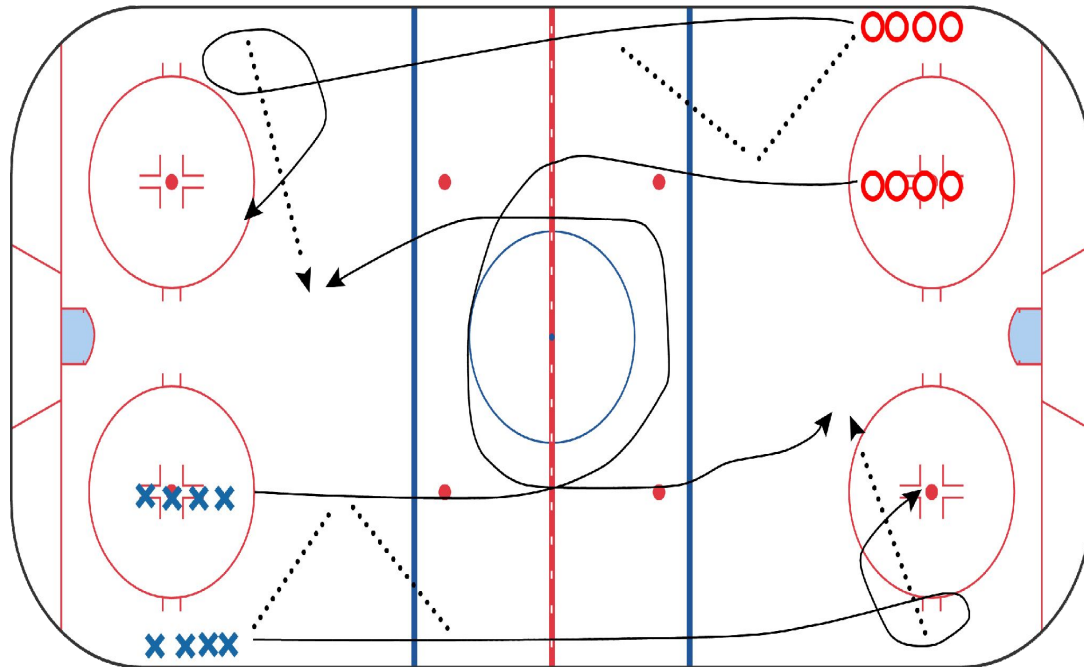


Middle Drive

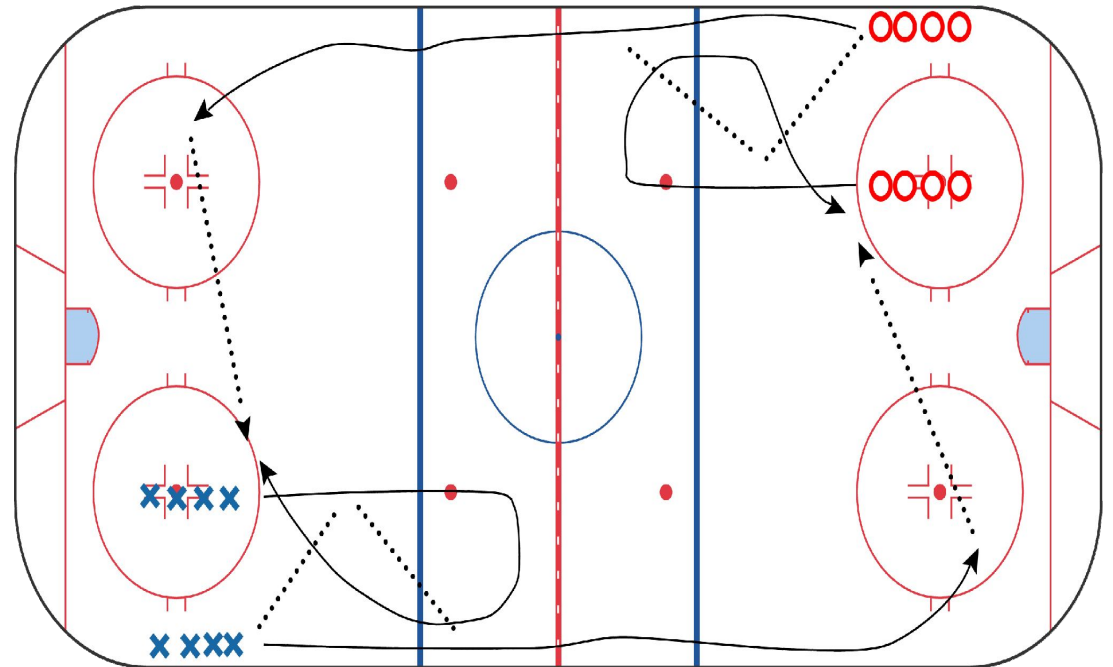


2 on 0 Two Shot Drills

SS Trail

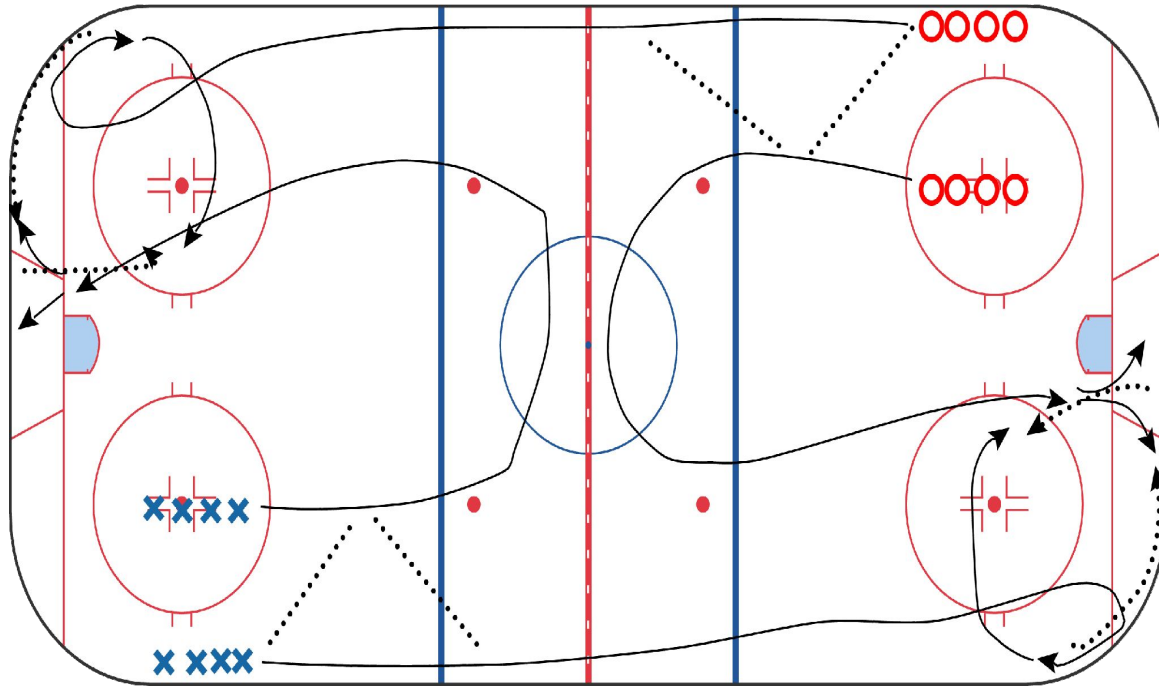


WS Trail

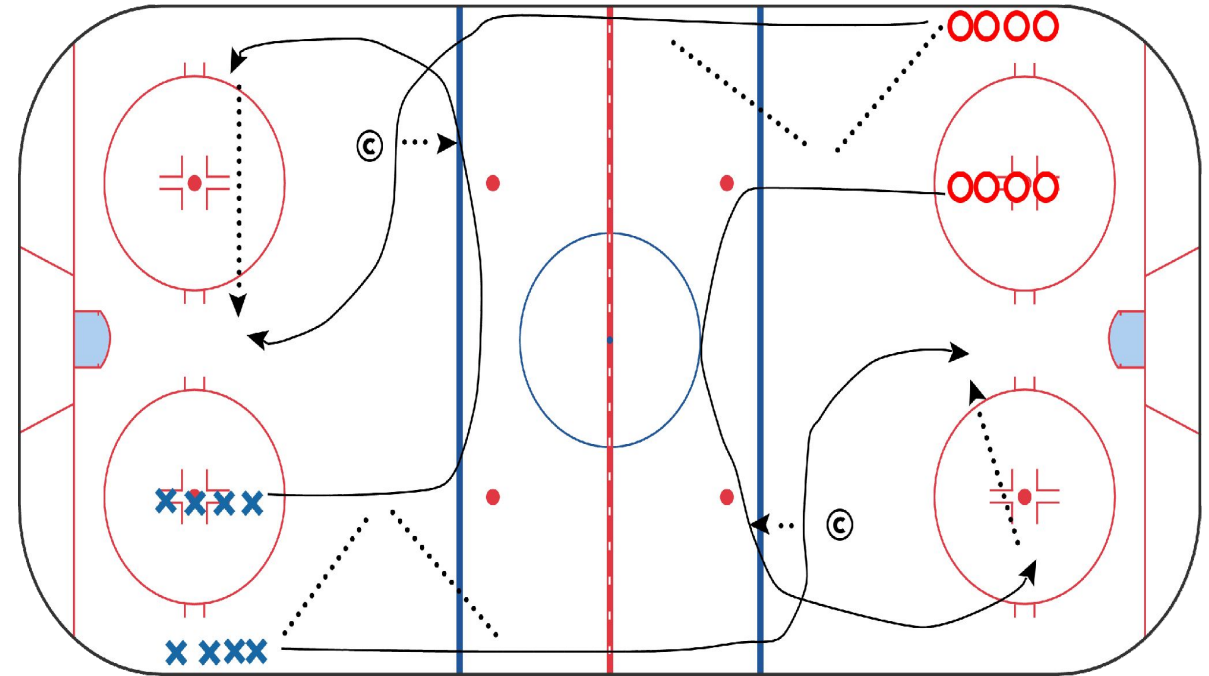


2 on 0 Two Shot Drills

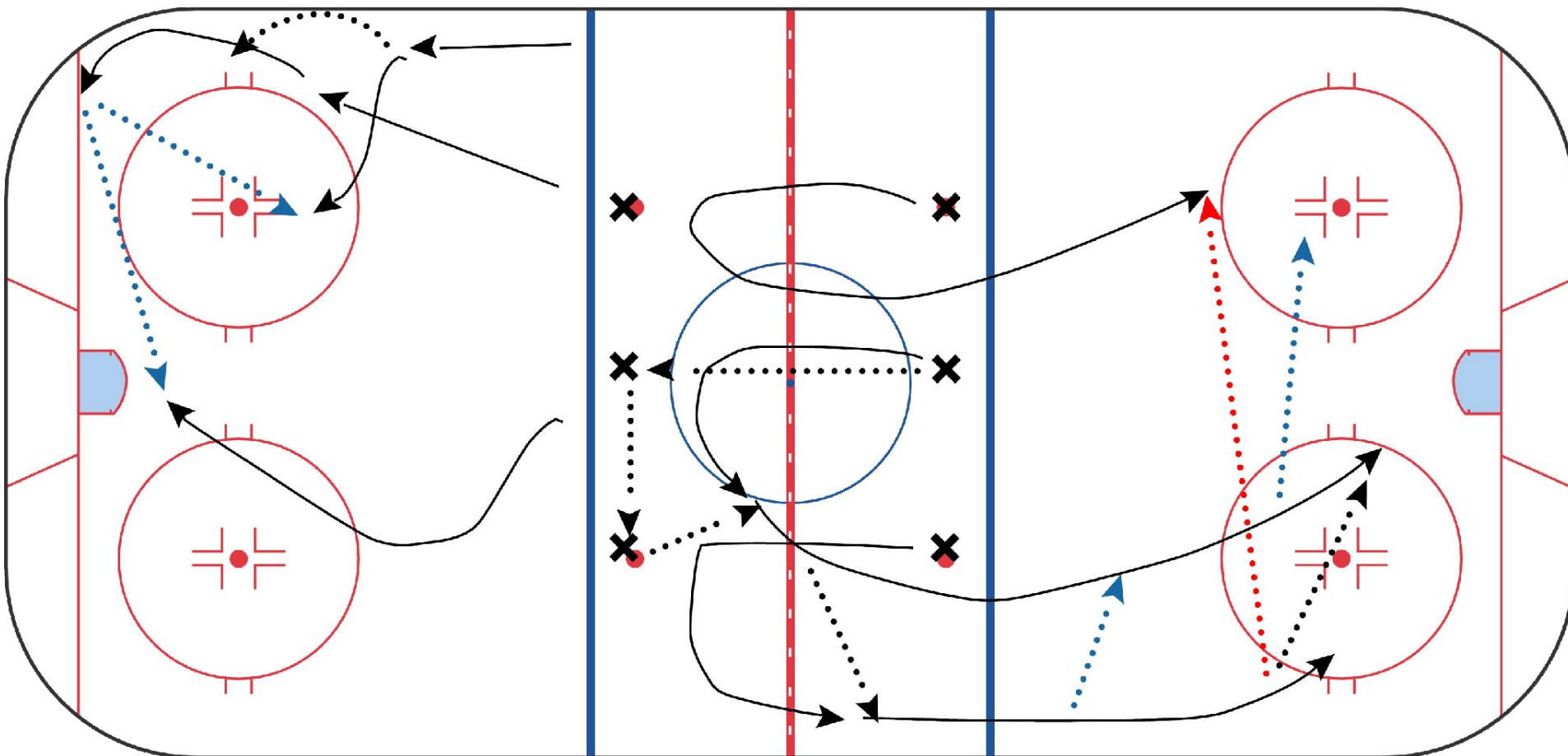
Cycle



Cross and Drop

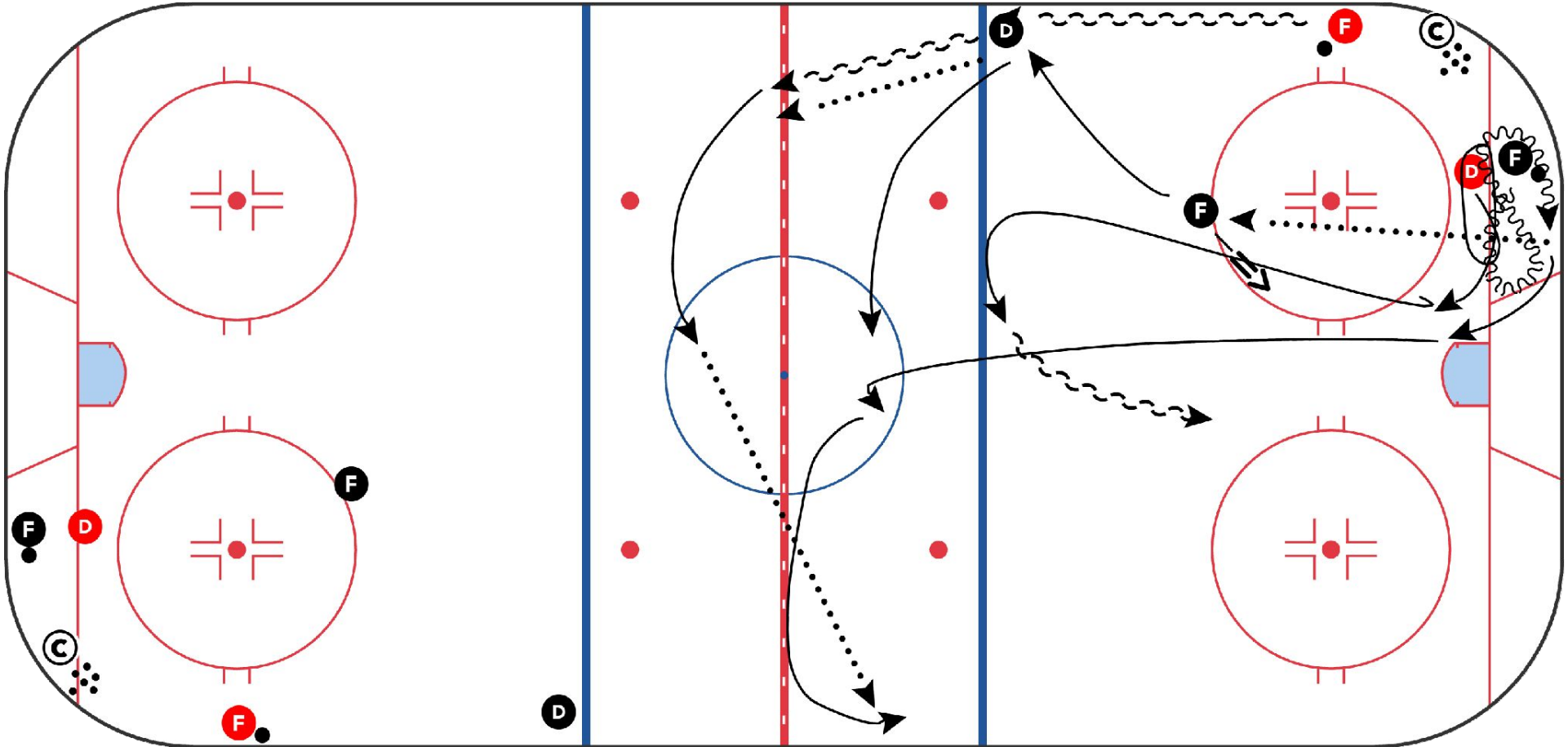


Zone Entry Routs

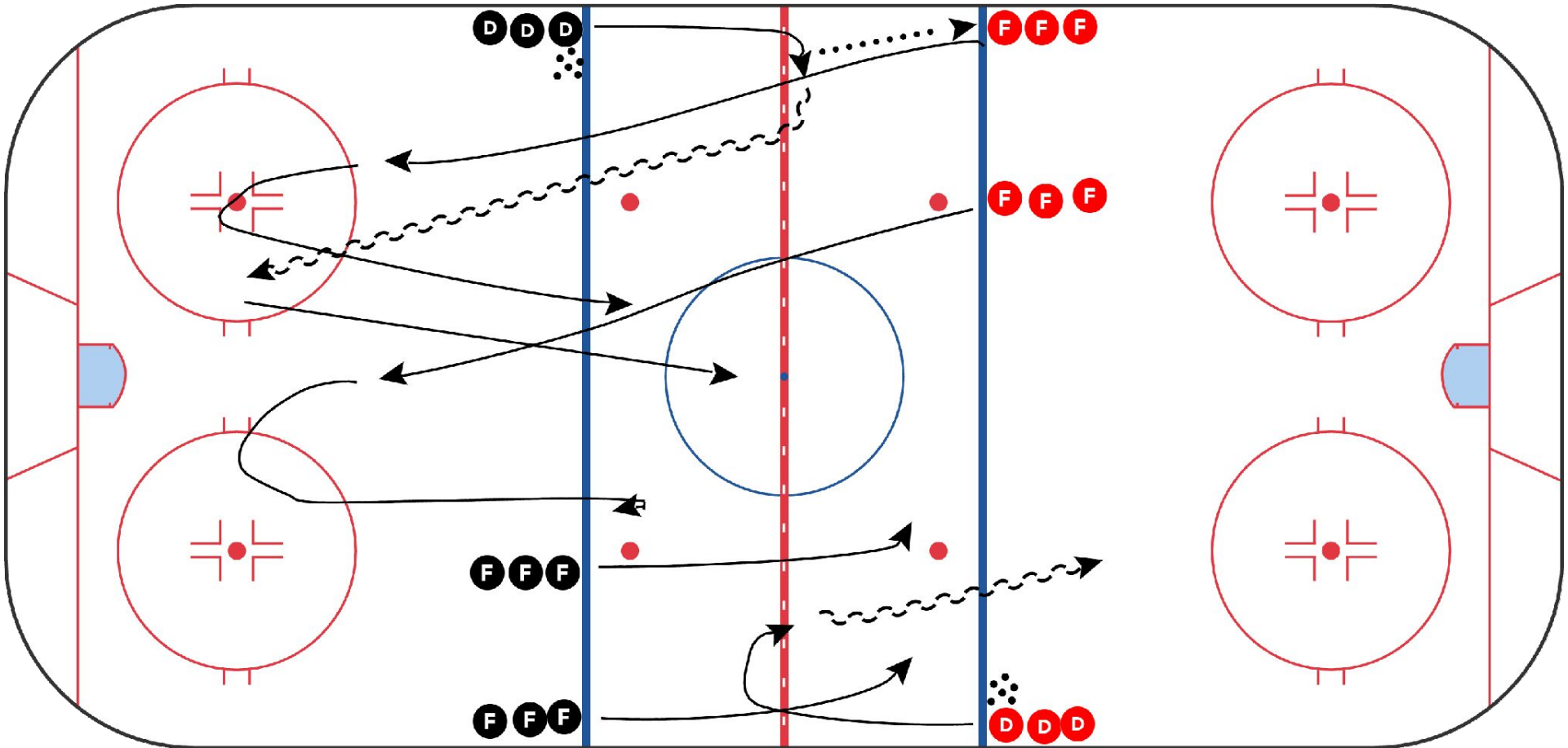


Backpressure into 3v2 line rush

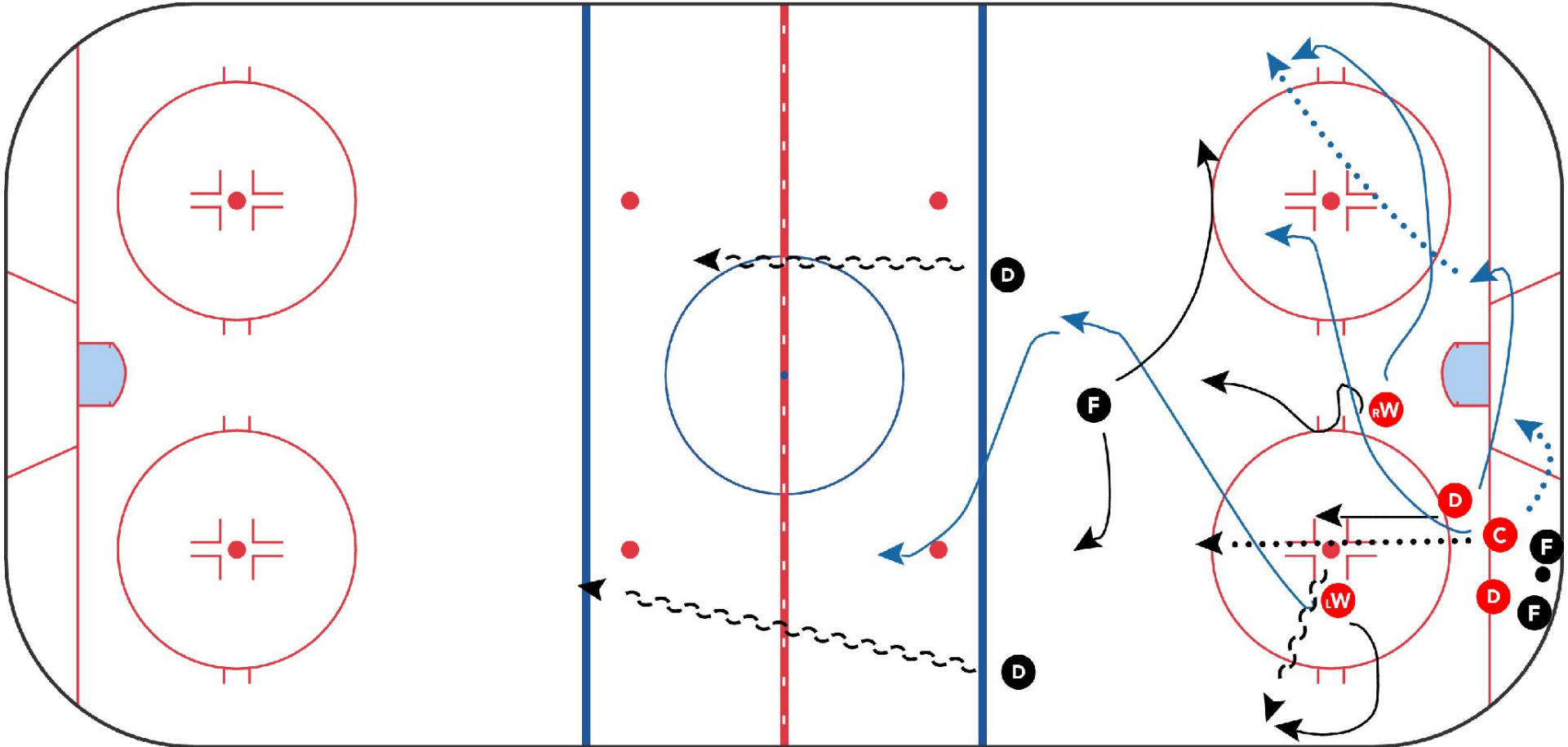
(Compete/Concept)



2-1 into 3v3 Zone Entry (Compete)



D-Zone Transition (Zone Entry off D-zone)



SCSU 3v2 into 5v5 (Team System)

