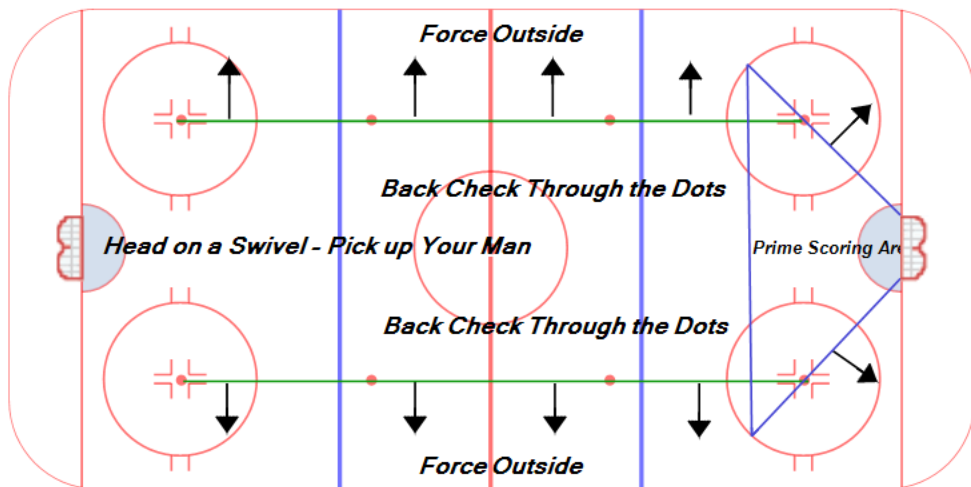


Category #1 :

Title :

Category #2 :

Content elements : _____ Components: _____



Key points :

Description

We must "Protect" the "Center Lane" - Back Check through the Dots and always "Force Outside".

The "Prime Scoring Area" is where the "Best" scoring chances come from. We must protect the "Prime Scoring Area" using the "Man-on-Box-Behind" defensive system.

"Defensive Side Positioning" and having an "Active Stick" allows us to "Takeaway" passing and shooting lanes.

Defensive Players must "Read & React" to the offensive teams puck movement and reposition themselves to maintain good defensive positioning. This will limit scoring chances and force the opposition into making mistakes.