



### Defensive Zone- Loss

(you should go into the setup anticipating a loss of the face-off so you are ready to stop them from getting a quick shoot - start moving (FAST) to your person as soon as you see the ref move his hand to drop the puck)

-notice the offensive winger moved to the high slot, so the best option is to move the LW so she can cut across the circle to cover her on her way to her point- everyone is still covering the same people. the outside wing just lines up in a different place so they can get to their person quicker

When opposing team offense lines up as above, we do the following:

C- tie up opposing center

LW- breaks through circle to shooter and stays with her until sure she won't get puck, then release to cover your point (don't screen your goalie)

RW- break to point

LD- move to close off lane to net

RD- lock up opposing wing