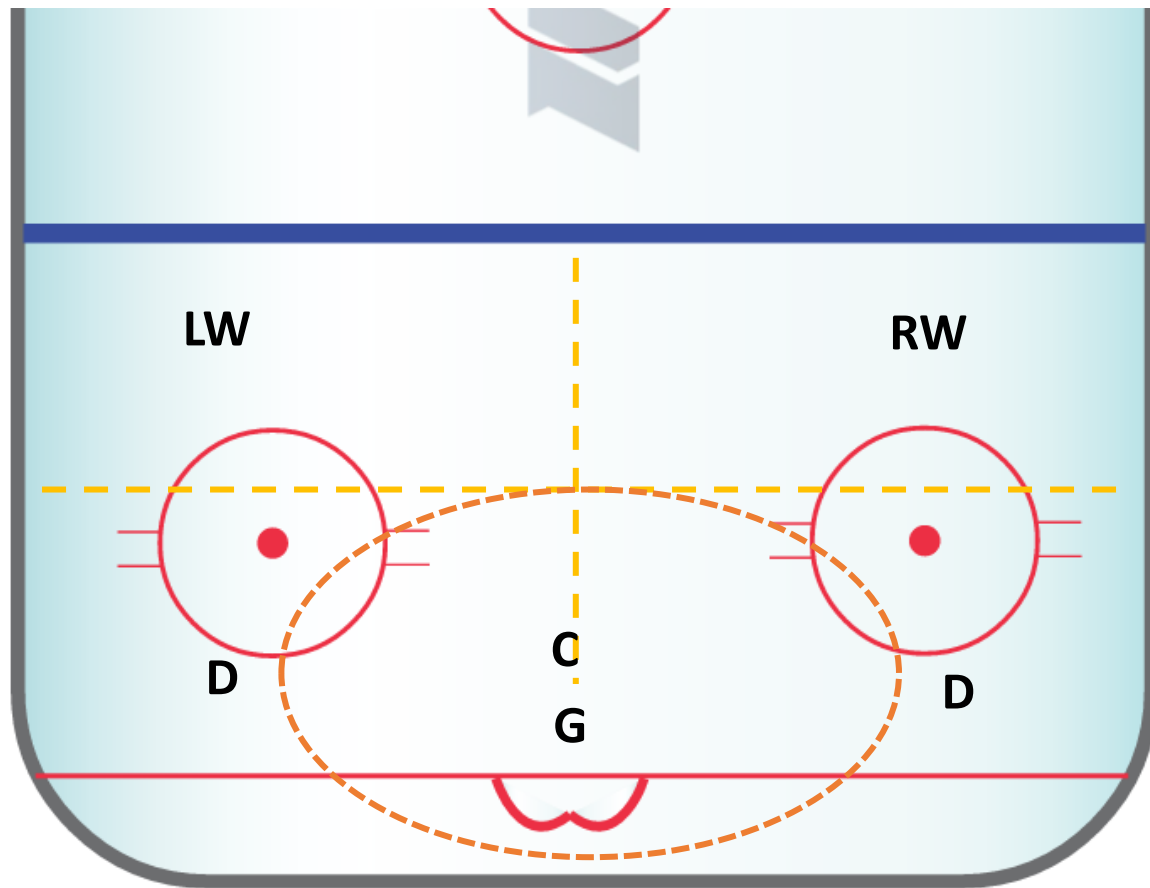


# Bulldog Defensive Zone Coverage

Box Plus 1

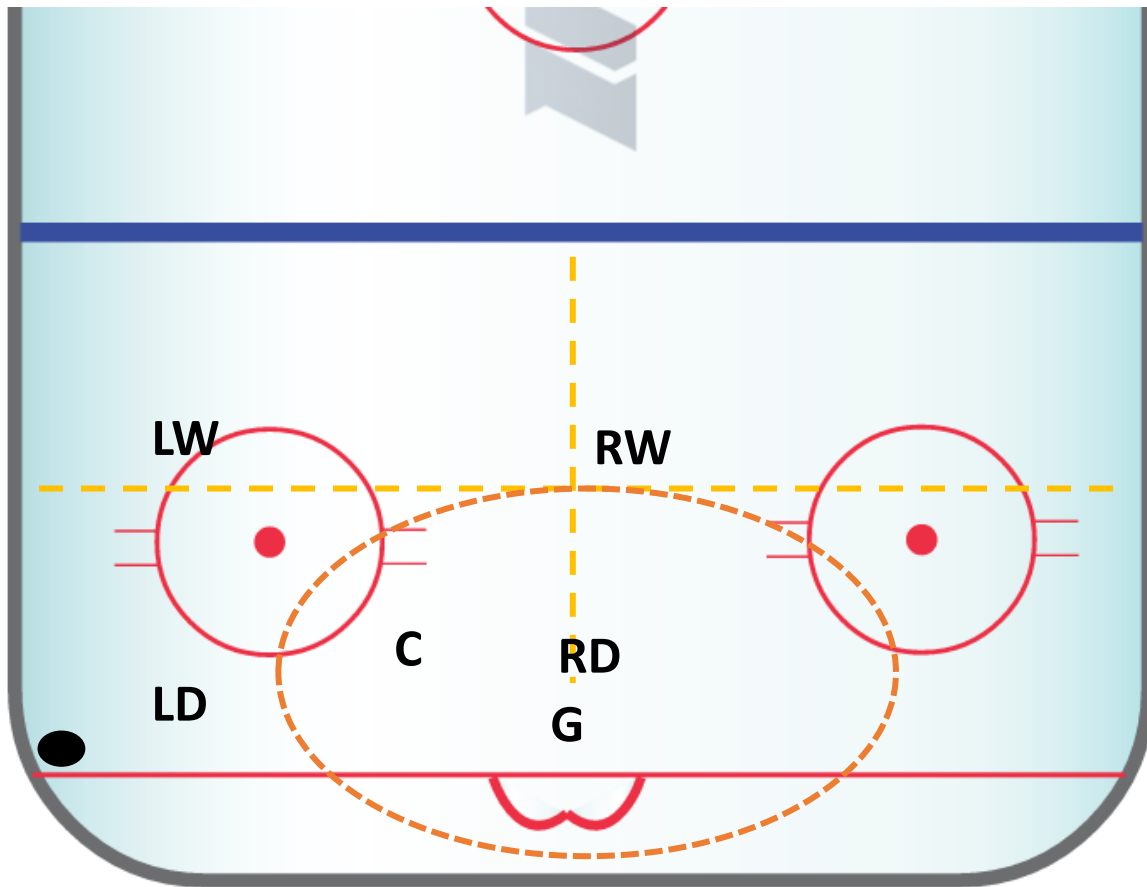


# Defensive Zone Coverage - Box Plus 1 Defense



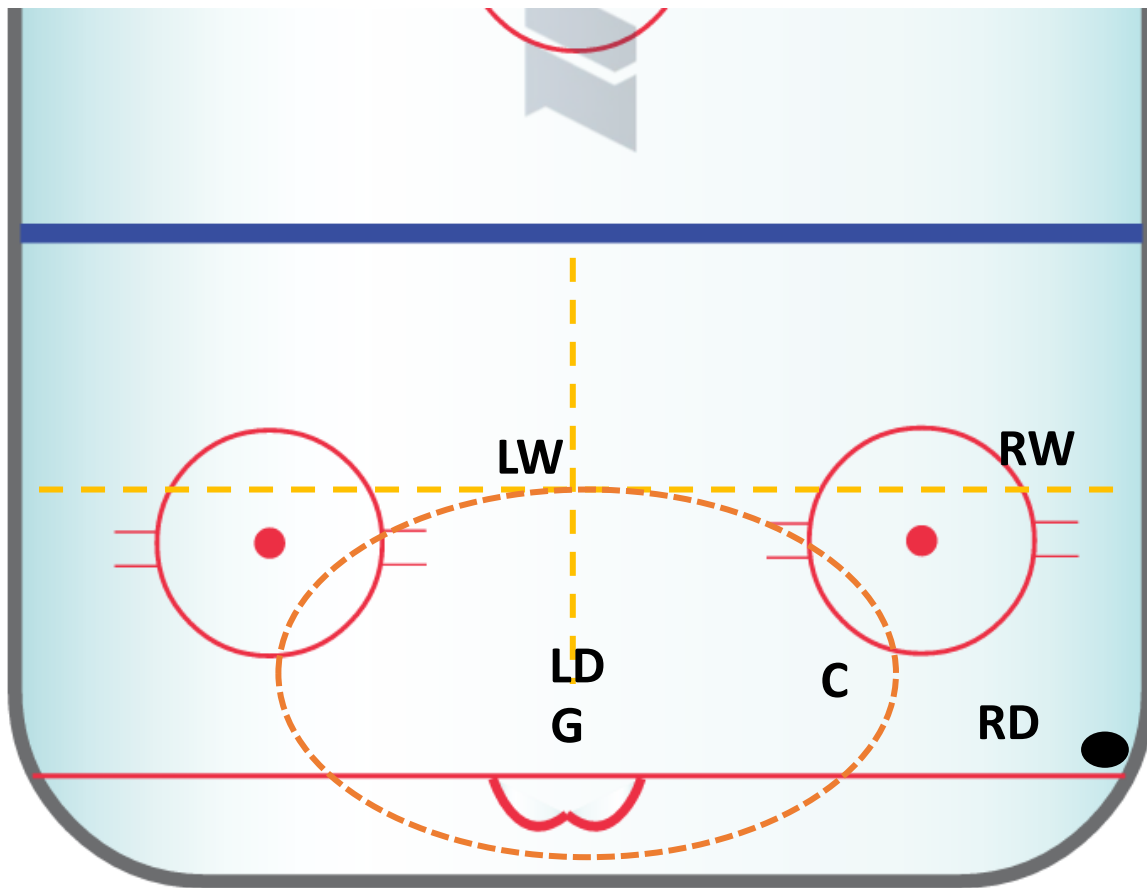
- Each Wing, Center and Defenseman needs to understand their responsibility in the zone
- Instead of running around the zone, each player has a zone on the ice
- Wings and Defensemen play in their box where the puck is in the overall zone
- The plus one is the center, their zone is the oval around the net

# Defensive Zone Coverage - Box Plus 1 Defense Lower Left Corner



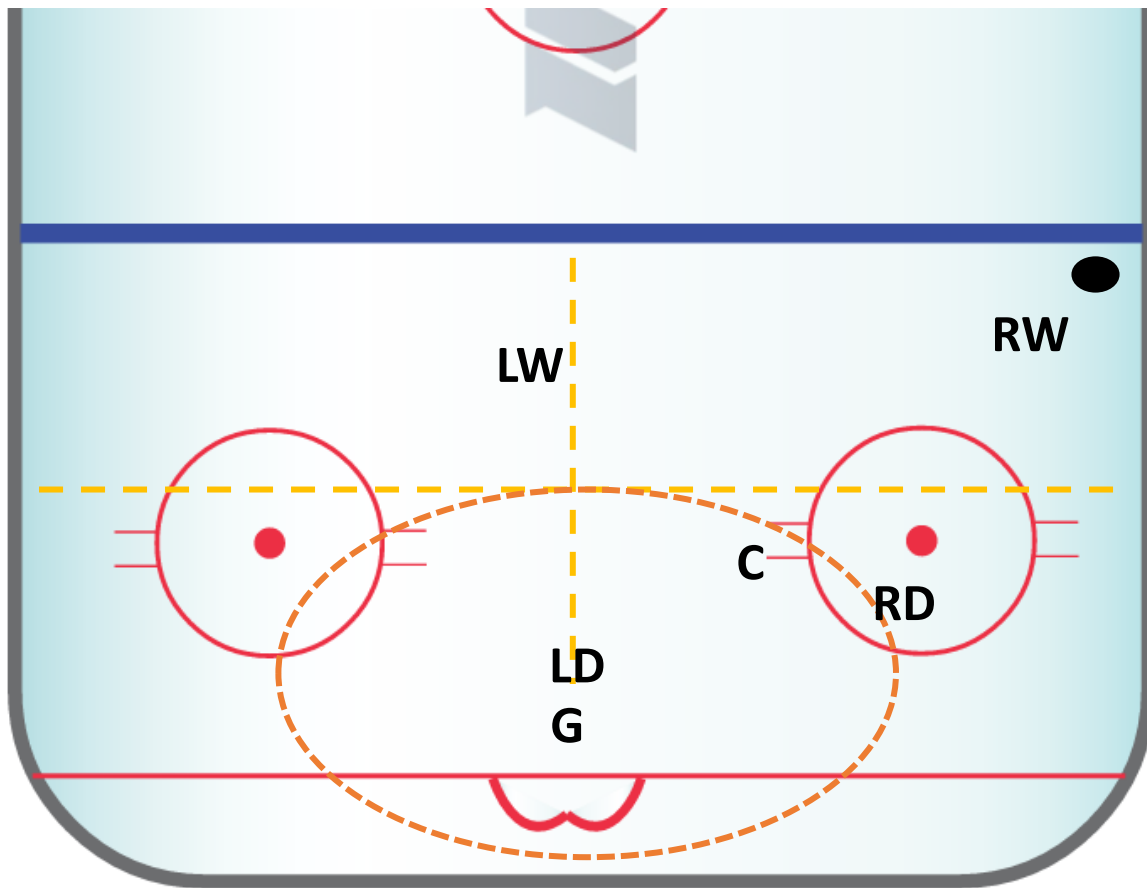
- Puck is in the lower left corner
  - Left Defender is on the puck
  - Right Defender is in front of the net
  - The Center is on the left side of the oval
  - The wings are low and left in their box
  - Left wing is low, boards side
  - Right wing is low, center ice

# Defensive Zone Coverage - Box Plus 1 Defense Lower Right Corner



- Puck is in the lower right corner
  - Left Defender is in front of the net
  - Right Defender is on the puck
  - The Center is on the right side of the oval
  - The wings are low and right in their box
  - The Left wing is low, center ice
  - The Right wing is low, board side

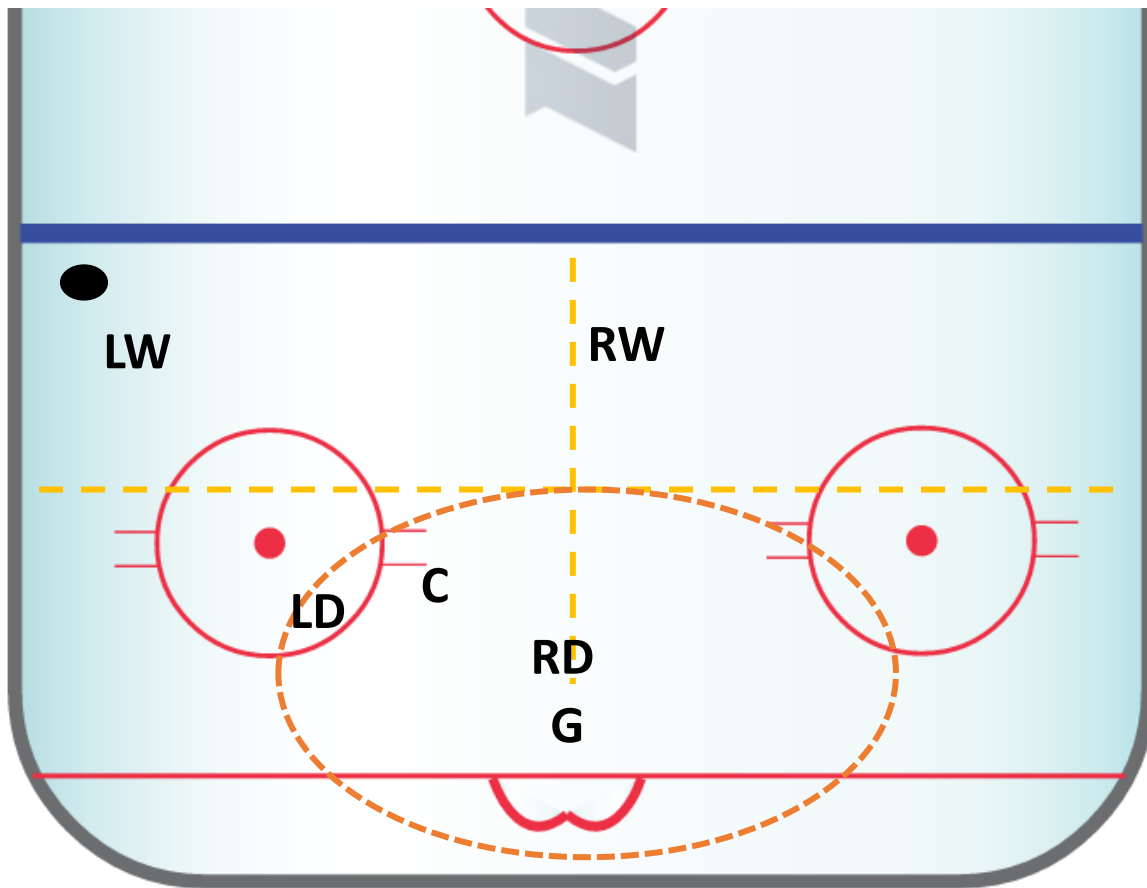
# Defensive Zone Coverage - Box Plus 1 Defense Top Right Blueline



- Puck is in the upper right corner
  - Left Defender is in front of the net
  - Right Defender is by the faceoff dot
  - The Center is high on the right side of the oval
  - The wings are high and right in their box
  - The Left wing is high in their box, center ice
  - The Right wing is high, board side playing the puck

# Defensive Zone Coverage - Box Plus 1 Defense

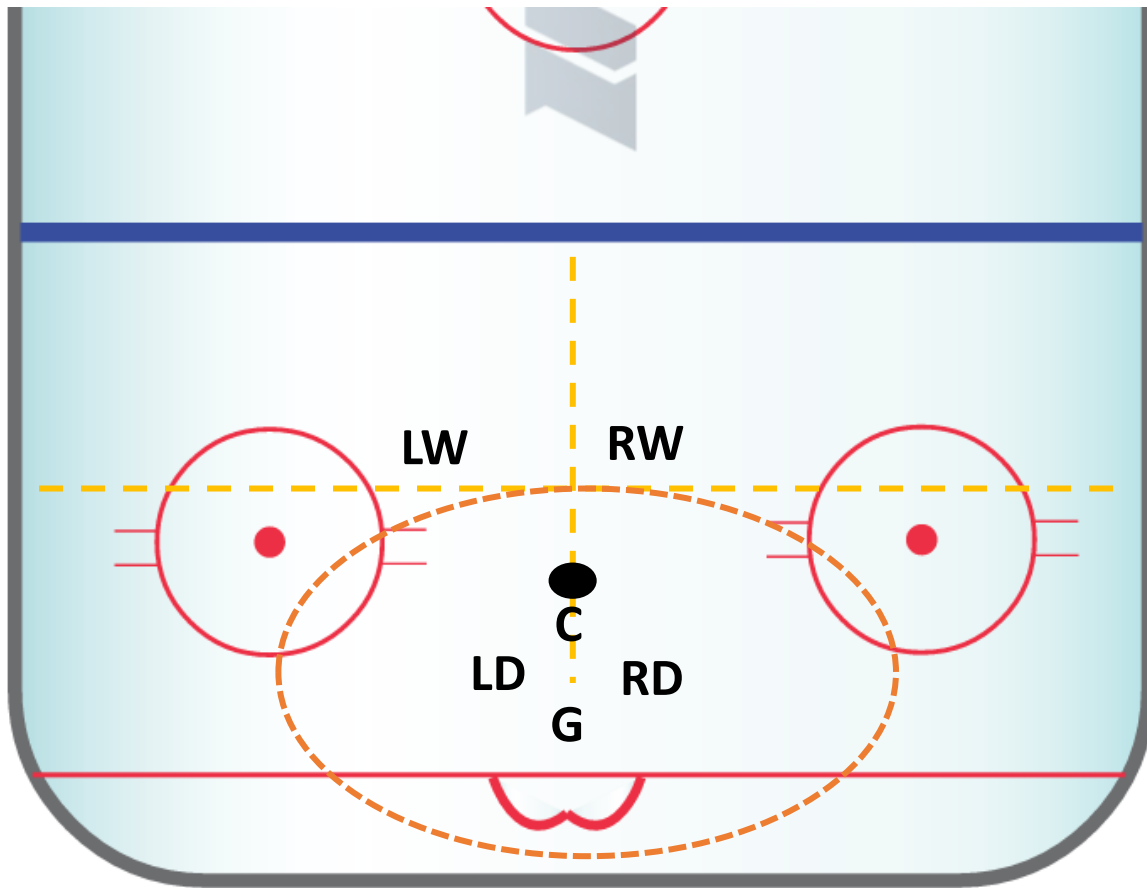
## Top Left Blue Line



- Puck is in the upper left corner
  - Left Defender is by the faceoff dot left
  - Right Defender is in front of the net
  - The Center is high on the left side of the oval
  - The wings are high and left in their box
  - The Left wing is high in their box, playing the puck
  - The Right wing is high in their box center ice

# Defensive Zone Coverage - Box Plus 1 Defense

## Puck in the middle



- Puck is in the center of the ice with pressure from the other team
- All players collapse to the center, but stay in their zone of responsibility until we gain possession