



# Box and 1 Zone Man Down Defense

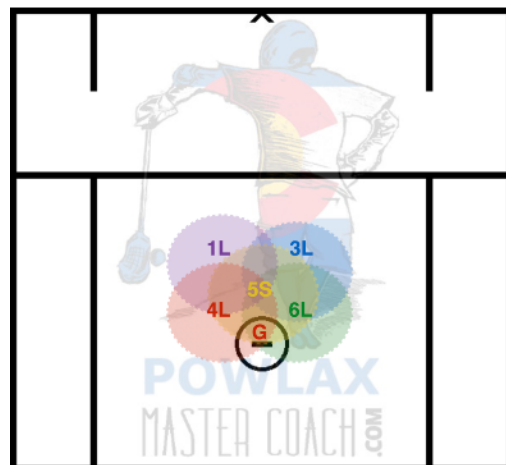


## Zone Man Down Defenses - MDD

We are going to begin our discussion of Zone Man Down Defenses with the Box and 1 Zone because it is an extremely simple zone that is popular at the youth level. As we discuss each zone, we will outline Zone principles that should be used in all MDD Zones. Zone MDD principles dictate that players are responsible for defending their zone and maintaining the defensive shape. That should prohibit the offense from taking good shots because our zones will fill the space closest to the goal. If the zones break down they will use a man to man rotation to re-establish the zones with alternate players in each zone. We will discuss the principles of Zone MDD's as we go through the Box and 1, Box and String, and House Zone.

**Box and 1 Zone** - The Box and 1 uses the 4 long poles to create a "Box" of zones. The center of each zone lies on the top left (1L), top right (3L), side left (4L), and side right (6L), of the crease. The short stick defenseman defends the zone on the crease (5S). The benefit of the Box and 1 is that it is easy to install. The drawbacks are that it can be ineffective against teams that place 3 shooters up top to manipulate the two high zones.

## Box and 1 Zone Visualizing The Zones



## Box and 1 - Zone Principles

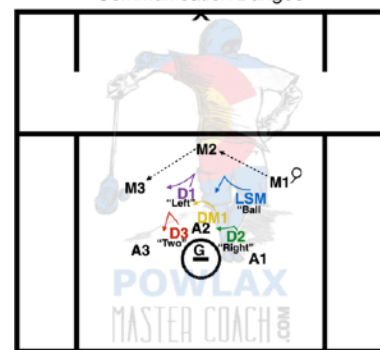
**Defend the Dangerous** - Players in a Zone MDD should defend players who become dangerous. The danger of a player is determined by whether they have the ball, their proximity to the goal, and whether another player is covering them.

**Communicate** - Defenseman must communicate their position in relation to the ball as well as their decisions and actions at specific times. Notice how we begin this play with the same calls as the an to man sets. LSM is "Ball", D1 is "Left", D2 is "Right" and D3 is "Two".

**Bungee Back** - If you get pulled to the outside side of your zone you must get back as quickly as possible once the ball leaves your zone. Notice how D1 is pulled to the edge of his zone when M2 has the ball and bungees back to M3 once M2 passes the ball.

**Show and Slow Play** - As M2 passes to M3, D3 doesn't automatically rotate to M3 because D1 is out of position. Instead, he shows toward M3 to make him hesitate allowing D1 to bungee back.

## Box and 1 Zone Communication Bungee



## Box and 1 - Rotating The Zone

In the event that the MDD can not bungee back or slow play, they will have to rotate. The rotation will be based on the individual circumstance, but for the most part there are 2 options.

**4 Man Rotate** - If a team chooses to use the 4 Man Rotation to cover the threat, the 4 defenseman in exterior zones will rotate to cover and assume responsibilities the zone they move too. As M1 carries the LSM to the middle and throws back to M2, D2 will rotate from the 6 zone to the 3 Zone if LSM can't get back in time. As this happens, D2 will yell "Rotate" and that will cause a cascade of rotations from the other players.

D2 - Rotates to M2 and the 3 Zone.

D3 - Rotates to A1 and the 6 Zone.

D1 - Rotates to A3 and the 4 Zone.

LSM - Rotates to M1 and the 1/2 Zone.

DM1 - Maintains his matchup against A2 in the 5 Zone

The drawback to this is that sometimes an exterior players will rotate past the player on the crease which is inefficient and that's where the 5 Man Rotation "Snap Out"

**5 Man Rotate (Snap Out)** - If a team chooses to use the 5 Man Rotation to cover the threat, all 5 players will be involved in rotating to cover and assume the responsibilities in the new zones. As M1 carries the LSM to the middle and throws back to M2, D2 will rotate causing a similar cascade of movements as before except this time DM1 will "snap out" to A1 instead of letting D3 run past him. The rule here is that DM1 will only ever rotate down to the 4 or 6 zones.

D2 - Rotates to M2 and the 3 Zone.

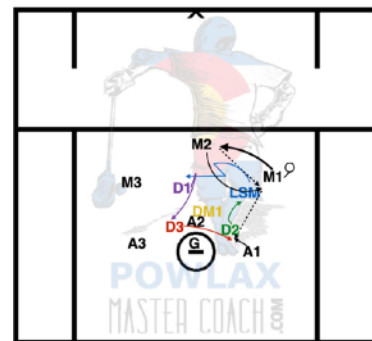
DM1 - Rotates to A1 and the 6 Zone

D3 - Rotates to A2 and the 5 Zone.

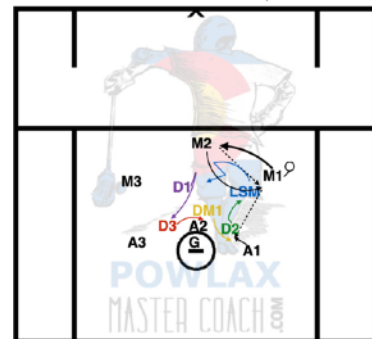
D1 - Rotates to A3 and the 4 Zone.

LSM - Rotates to M1 and the 1/2 Zone.

## Box and 1 Zone Rotate 4 Man

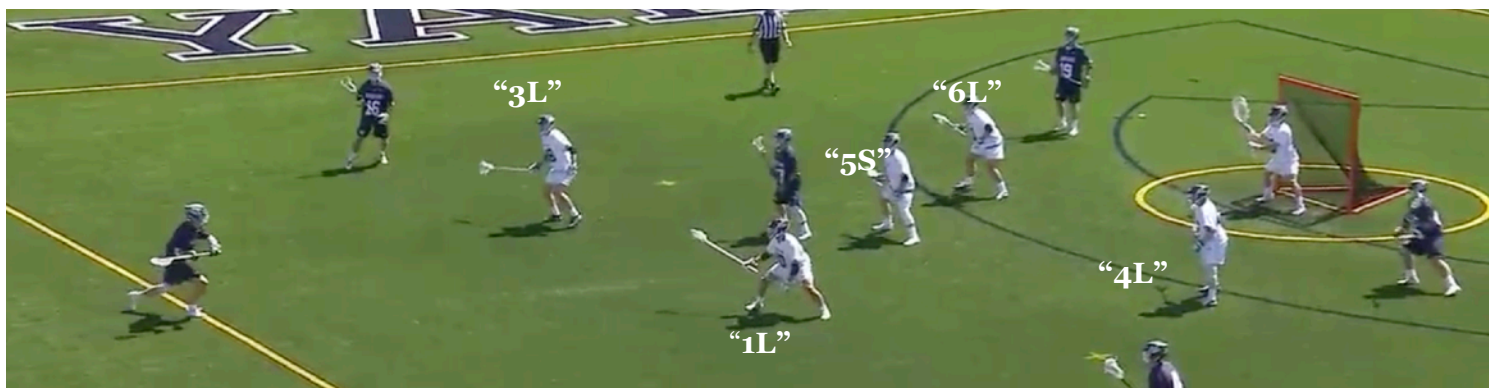


## Box and 1 Zone 5 Man Rotate DM1 "Snaps Out"





# Individual Play in Zone Man Down Defense



## Individual play in a Zone MDD

In this section, we will outline what players should be cognizant of and try to do in each position of a Zone MDD set.

**Acknowledge the Edges of Your Zone** - Prior to beginning, all players must find the center of and acknowledge the edges of their zones. Players can cross the interior boundaries of their zones to help each other, but we don't want them moving too far to the perimeter because it will create gaps behind them. For instance, if you are a youth coach, you may not want your zone to extend beyond 12 yards because the players don't have anywhere near that kind of range and we'd rather maintain our position inside. This will extend as players get older. Each coach will have to make their own decision based on their personnel and goalie.

### Defending the Ball

**Approach and Stance** - On ball defenders want to approach the offensive players to the edge of their zones with their stick out in front of them. If they can get in the hands or passing lanes, they should.

**Don't Over Extend** - We want to approach to the edge of dangerous space and not further. Players should shadow the offensive player until they pass the ball or carry into another zone.

**Bungee Back** - After the ball carrier passes or moves into another zone, they must bungee back to the middle of their zone and find the nearest assignment with their sticks up in passing lanes.

**Sticks Up** - If a defenseman gets pulled to the edge of their zone and the ball is passed to the opposite side of their zone, this is a great time to get sticks up and into passing lanes.

### Defending Adjacent's

**Shade Toward The Ball** - Adjacent players should defend anyone in their zone while shading toward the ball.

**V to See Stance** - Using an athletic "V to See" stance they must see the ball carrier and their man.

**Stick Up In the Skip Passing Lane** - Adjacent defenseman must have their sticks up to deter the skip pass.

**Defend Then Pass Cutters** - If your man decides to cut to the crease, guard him until you can pass him off or another more dangerous player enters your zone. If the cut is to the crease, they must communicate it to the crease player.

**Communicate Passes** - If the ball carrier carries into your zone, communicate that you will defend him by yelling "Pass".

**Communicate Rotations** - If the on ball defenseman gets pulled to one edge of their zone and the ball is passed to the opposite side of their zone and you have to rotate out of your zone to pick up the threat, communicate by yelling "Rotate".

### Defending as Two's

**Shade Toward The Ball (Crease)** - Players in the "Two" position should shade toward the ball and onto the crease to shorten the gaps between themselves the opposite side zones leaving the farthest pass open.

**Sideways Stance** - Whether on the crease or backside, players in the two position must be in an athletic sideways stance able to see their men and the ball carrier with their sticks up in passing lanes or on the crease player.

**Locate 2 Players** - As the two defenseman, you must account for 2 players. If one of those players is on the crease, they are your first priority

**Stay with Cutters** - Stay with your man if he cuts the crease and leave the farthest pass open. Communicate if you can pass the cut.

### Defending on the Crease

**Ball Side** - Defenseman tasked with defending the crease should do their best to stay ball side of their men or have their sticks on any crease players back.

**Communicate Crease Pops** - If a player on the crease pops to the perimeter, the crease player must communicate the movement to the player in that zone.

**Pick Up Crease Cuts** - When a player cuts to the crease, the crease defenseman will pick up the crease cut. The perimeter player should communicate the cut coming to you.

### Defending the Pipes

**Don't Play X** - When the ball is at X, wait on your side of the crease just below GLE until the ball is carried toward you.

**Avoid Getting Pulled to Wings** - Do not let ball carriers pull you far up the wings. Let the zones above you know to pass off early so you can maintain the integrity of the pipes.