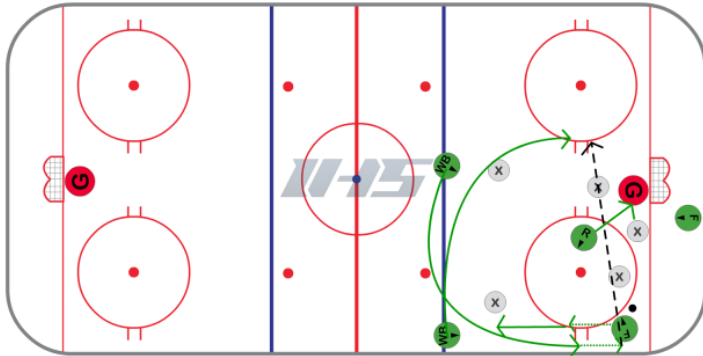


# Offensive Zone - High Exchange Options



Notes / Coaching Points



## Description

A couple of options can be explored when the players at the point exchange positions. This works well when defenders are playing tight d-zone coverage. It will create some confusion and allow players to find seams for passing the puck into the danger areas. The first option has the puck going down low, the player protects the puck and gets to the far post. The players up high have exchanged positions and the player in the middle can creep down low behind their defender. Another option is to for the puck carrier to do a switch with the offensive defender that is now coming down the wall off the exchange. The confusion with the opponents can create a nice seam to look for the other offensive defender coming down into the slot.