



# **Zone Coverage Fundamentals & Techniques**

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# TYPES OF ZONE COVERAGE

- VISUAL OR MATCH
- EYE PROGRESSION

- 2 DEEP
- 3 DEEP
- 4 DEEP



# 2 DEEP

- SQUAT TECHNIQUE
- HALF FIELD TECHNIQUE

# SQUAT

- PARRALLEL STANCE
- LATERAL QUICKNESS
- BE DISRUPTIVE
- FUNNEL WR TO INSIDE
- EXIT ANGLES
- GET VISUAL

# DEEP HALF

- STAGGERED STANCE
- WEAVE TO LANDMARK
- DIRECTIONAL KEY
- DELIVERY KEY



# 3 DEEP

- **OUTSIDE 1/3 TECHNIQUE**
- **DEEP MIDDLE TECHNIQUE**
- **CURL FLAT TECHNIQUE**

# OUTSIDE 1/3

- PLAY DIVIDER
- GET VISUAL
- MAINTAIN SIGHT OF #1
- TRUST YOUR HELP



# DEEP MIDDLE

- **CROSSOVER RUN**
- **SQUARE UP**
- **DIRECTIONAL KEY**
- **DELIVERY KEY**



# CURL FLAT

- PUNCH & WIDEN
- BE DISRUPTIVE
- GET TO LANDMARK
- GET VISUAL
- SQUEEZE & EXPAND