



Technical Package





Team Alberta Technical Package

TEAM TACTICS AND PRINCIPLES THAT GOVERN PLAY

Principles are general rules or laws which govern and guide the application of team tactics, systems, and strategies.

Four Principles govern offensive and defensive team play:

Offensive	Defensive
<ul style="list-style-type: none">• Pressure	<ul style="list-style-type: none">• Pressure
<ul style="list-style-type: none">• Puck Control	<ul style="list-style-type: none">• Stall/Contain
<ul style="list-style-type: none">• Support	<ul style="list-style-type: none">• Support
<ul style="list-style-type: none">• Transition	<ul style="list-style-type: none">• Transition

In review of the principles that guide offensive and defensive team play, it should be understood that each of these principles must work inter-dependently of one another. For example, offensive transition can only lead to a quick and effective counteract if there is immediate pressure, good puck control and excellent offensive support away from the puck. If this does not occur, it is possible the opposing team may regain possession of the puck and the attacking team, after giving up possession, is now forced to demonstrate effective defensive transition.

Pressure - Offensive

Offensive pressure is created through a quick player and/or puck movement that forces the defender to react more quickly or in a different direction than they would like. The goal of pressure is to create increased time and space for the attackers.

Pressure - Defensive

Defensive pressure is created through a quick player movement that forces the offensive player to react more quickly or in a different direction than they would like. The goal of pressure is to decrease time and space for the attackers.



Team Alberta Technical Package

Puck Control - Offensive

Offensive pressure is created through a quick player and/or puck movement that forces the defender to react more quickly or in a different direction than they would like. The goal of pressure is to create increased time and space for the attackers.

Stall / Contain - Defensive

The principle of defensive play where the defensive team will attempt to force the opponent to stop or slow down the speed of an attack to provide time to set up better defensive coverage. This is accomplished by pressuring the puck carrier or deflecting the attack to the outside lanes/ice.

Support - Offensive

To provide offense, offensive players away from the puck must be available as passing options and be a part of the attack. Players must be able to read the intentions of their defensive counterparts and at the same time read and anticipate the movements and the possibilities of the puck carrier.

Support - Defensive

The player defending against the puck carrier requires the support of teammates to ensure that they are active away from the puck carrier and position themselves in a manner that will eliminate the options of the puck carrier. Players must be able to read the offensive options available to the puck carrier and move to a position that minimizes or takes away these options.

Transition - Offensive

Offensive transition is measured in a teams' ability to move quickly from defense to offense when the puck is recovered. All players must be prepared to move quickly to the attack.

Transition - Defensive

Defensive transition is measured in a teams' ability to move quickly from offense to defense should a turnover occur and the opposing team moves quickly to the attack.



Team Alberta Technical Package

INTRODUCTION: DEFENSIVE ZONE PLAY

The key to any successful defensive system begins with proper positioning by the players involved. On the international ice surface, there is 15 feet of ice added to the width of the rink, and that good position is critical when defending.

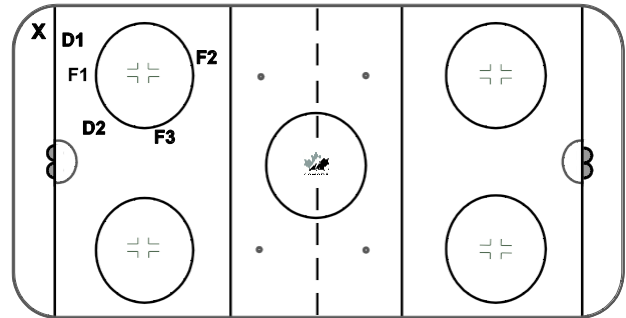
Using the key concept of protecting the middle of the ice, then pressure out from there, players will have a foundation from which to start with. To do this it is important to identify a *home base* (see diagram) which is the most critical ice to protect. Strong net front coverage is essential since teams in international competition have the tendency to work the puck back to the middle before shooting instead of taking the shot from outside. With good positioning, there is no need to chase because international teams will bring the puck to the middle. Patience is an important virtue when defending against the attack.

Protecting the middle is essential, but it is important to continue using the principles of pressure to take away time and space and to force the opposition into making poor decisions. The Canadian game plan will always be aggressive and physical all over the ice, but especially when defending in the defensive zone. However, physical play should never override good defensive positioning.

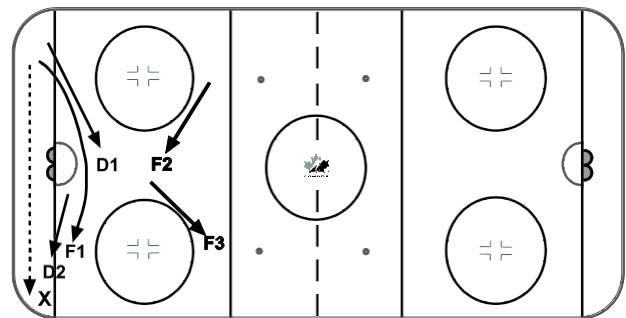
Play away from the puck is important. As much as players must be prepared to pressure the puck in one on one situations, support away from the one on one is critical. All players must work as a unit and be prepared to defend as a group of five. Communication is a key component in ensuring everyone is clear on their responsibilities and provides support and direction to one another.

Defensive Zone Coverage

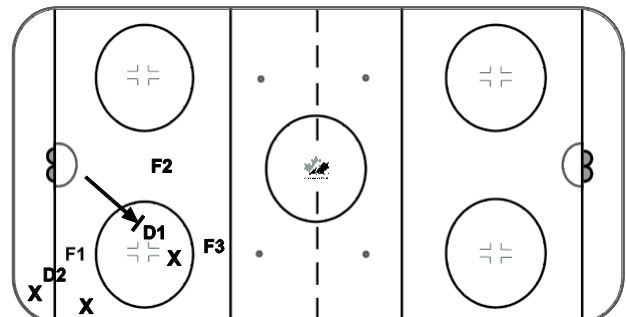
Drill Name & Description
Introduction
<ul style="list-style-type: none"> D1 plays X, hit or contain depending on gap. F1 plays support for D1. F2 plays inside out and up on strong side D. F3 helps D2 and plays outside on opposing weak side D. D2 takes front of the net.



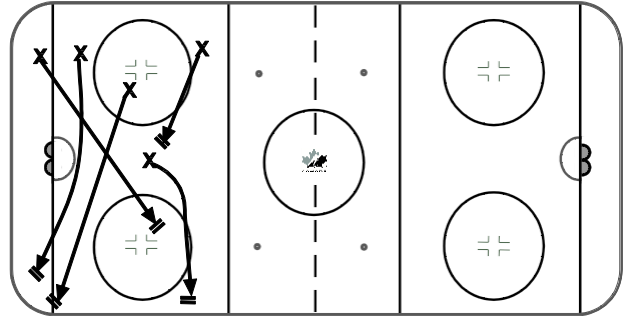
Drill Name & Description
Rotation
<ul style="list-style-type: none"> D1 comes back to net. D2 checks off for D1. Unless 100% sure he can get the puck, he must stay until D1 reaches net. F2 to high slot. F3 to strong side point, inside out. F1 support other corner from front of the net.



Drill Name & Description
Shade vs Overload
<ul style="list-style-type: none"> Net front D shades toward opposing 3rd forward taking away his space. He is still able to provide help for D2 or F1 if they get in trouble. F2 drops down to protect deeper into slot.



Drill Name & Description
<p>5 vs 5 Rotation</p> <ul style="list-style-type: none"> • Passive coverage to an imaginary offense. • Rotate on coaches' command. <p>Key Teaching Points</p> <ul style="list-style-type: none"> • Back side forward drops between hash marks to protect net front when net front defense shades. • Net front defense does not leave until partner takes net front.



Key Points

- First man on puck carrier approaches his man quickly with stick on puck and play the body.
- Support man must stay off the pile (about stick length) and communicate to man on puck carrier. His stick should be on the ice.
- Players must skate in straight lines. Reload to middle if you lose position.
- Strong net front coverage.
- Communicate
- Provide outlets on puck recovery



Team Alberta Technical Package

INTRODUCTION: NEUTRAL ZONE COVERAGE

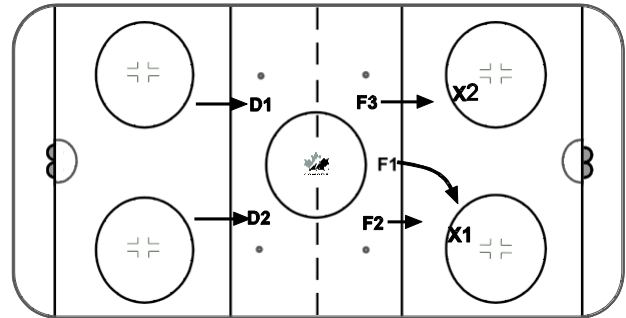
Coverage in the neutral zone is critical to successfully defending in the international game since most countries rely heavily on the counter strike mentality. They will want to re-attack quickly and penetrate the middle lane if possible, since they are not as comfortable with the puck to the outside. Therefore it is imperative that we protect the middle of the ice and push the puck to the outside. In the past, some teams have used the mindset of checking from the dots out. This has proven to be a very effective tool since the width of the dots on international ice is identical to that of regulation ice surfaces in Canada. Therefore players are familiar with this, and familiarity often breeds confidence since it is an easy reference point to work from.

For us to forecheck through the neutral zone effectively we must work as a group of five players. The first forward on the forecheck must work very hard to get pressure on the puck so that he forces a poor decision. To get the necessary pressure on the puck, we encourage a three man race to be that first forward, while the two forwards who lose the race fill their roles. In this way we will use the principles of pressure and support when applying our forecheck. This will serve to eliminate any *gaps* in the forecheck that can appear when all five players are not working together. When the forecheck is forced to rotate, players must move quickly to their position in order to defend the next pass.

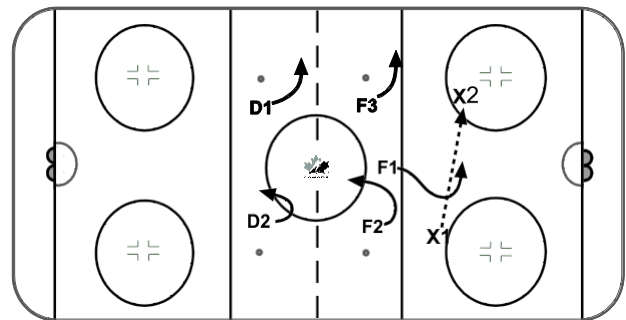
Stick placement is very useful when forechecking through the neutral zone since a well placed stick will deter a pass through the middle and often times intercept a pass leading to a quick transition to offense.

Neutral Zone Forecheck 1-2-2 Press

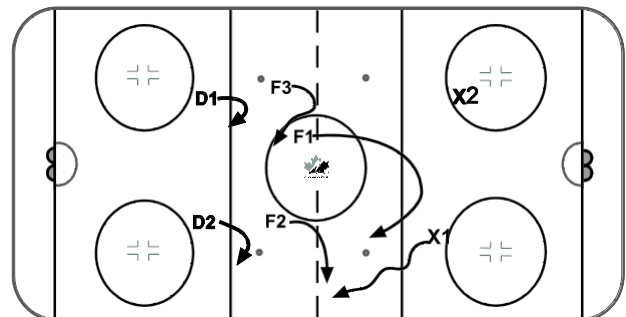
Drill Name & Description
Introduction
<ul style="list-style-type: none"> F1 pressures hard up ice inside out and forces pass. F2 and F3 come up ice between dots and adjust according to situation. They stay above opposing wingers. D1 and D2 close gap but respect the stretch.



Drill Name & Description
Early Pass
<ul style="list-style-type: none"> F1 plays inside out and forces X1 on early pass and takes D to D away. F2 & F3 slide with puck movement and take away boards and middle. D1 takes away strong side. D2 takes away middle and far side.



Drill Name & Description
D carries
<ul style="list-style-type: none"> F1 pushes puck up the boards. F2 takes the boards and plays zone. F3 takes middle and plays zone. D2 takes boards and keeps people in front of him. D1 takes the middle and far side. F2 pinches off X1 and F1 supports.





Team Alberta Technical Package

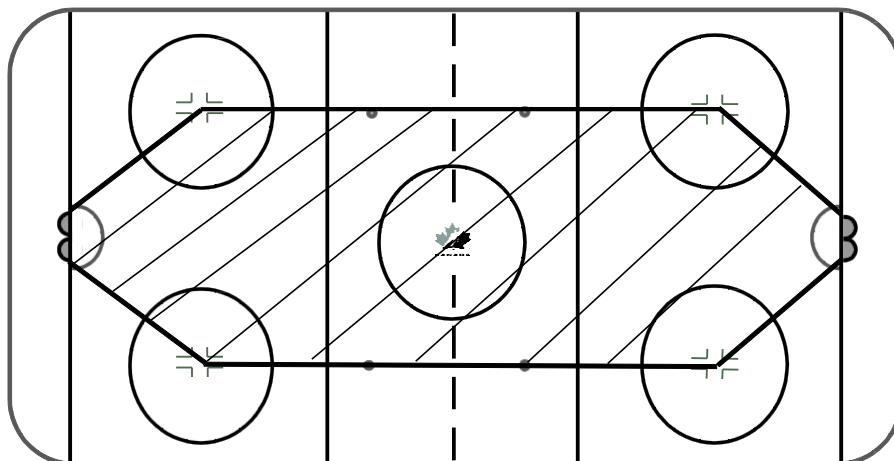
INTRODUCTION: OFFENSIVE ZONE FORECHECK

An effective offensive zone forecheck is one of the most important tools any Canadian team can have when they are involved in international competition. It is not only a key tactical tool, but it also serves to help develop a trademark for the team. In the past it has been intimidating for European teams to face an aggressive fore check, but in recent years the physical style of play, while still very effective and necessary, has not been as intimidating to them. However, the fact that they are forced to make good decisions plays under extreme pressure is as intimidating as ever since they are not accustomed to that style in their countries.

Most defense in the international game are not used to handling the extreme pressure we like to use in our game. Therefore, pucks will be turned over if we force the opposition to make decision quicker than they are used to doing. For this to be accomplished, we need to embrace an attack mentality that encourages all five players to get up the ice and in position. The first forward sets the tone and we encourage all three forwards to race to be that first man with race ending at about the top of the circles in the offensive zone. Three players are difficult to screen off and it gets everyone moving up the ice quickly. The defense must move up the ice and have a very good gap, however, they are responsible to take the opposing forward if he stretches the zone.

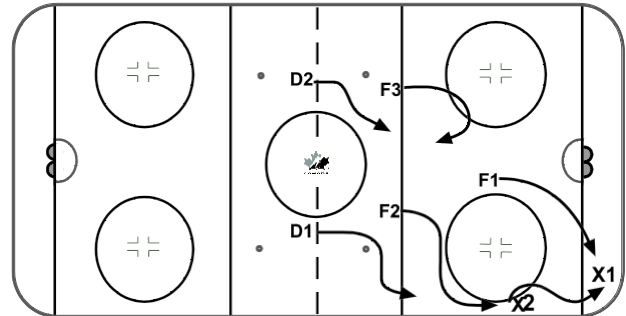
Canada has the reputation of having a very aggressive style of play and that is evident in the way we fore check. The opposition expects us to come hard and we should make a point not to disappoint them.

HOME BASE:

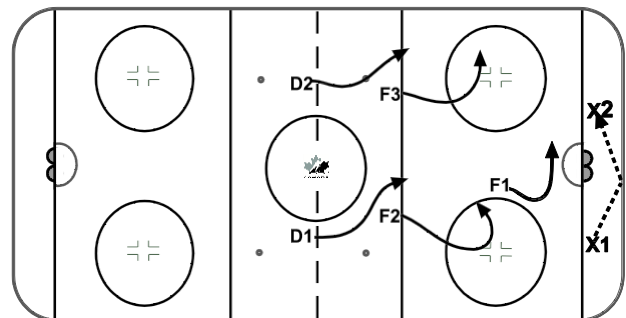


Offensive Zone Forecheck 1-2-2 Press

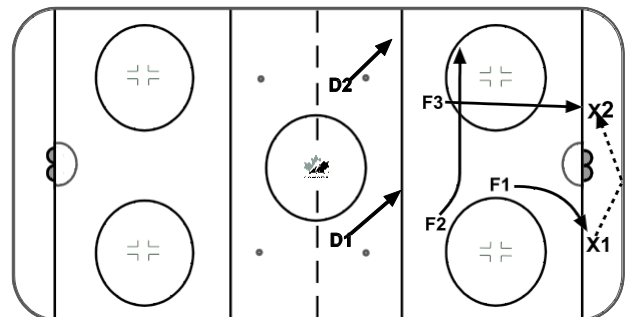
Drill Name & Description
Contact <ul style="list-style-type: none"> F1 pressures hard and tries to make contact coming inside out on X1. F2 stays above X2 and is ready to jump to corner to help on a turnover. F3 stays high and in the middle. D1 and D2 get up on the blue line.



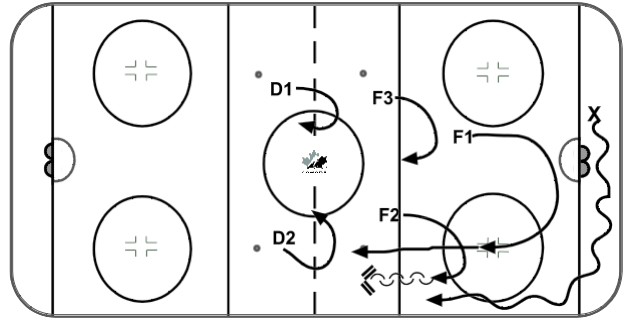
Drill Name & Description
Early Pass <ul style="list-style-type: none"> F1 reads and adjusts his skating pattern and remains the first fore checker. F2 takes away the middle. F3 adjusts and takes away the boards, staying above the puck. D1 adjusts to strong side boards. D2 adjusts to take away middle and wide lane.



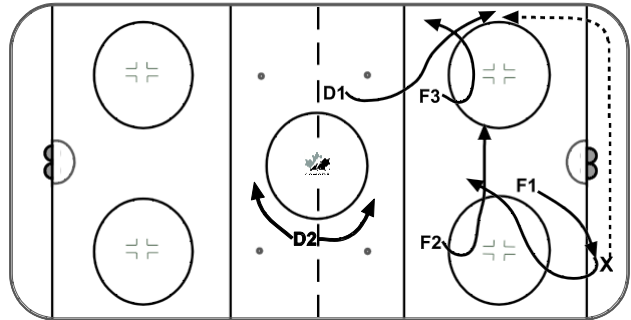
Drill Name & Description
Late Pass <ul style="list-style-type: none"> F1 comes back hard through the middle. F3 sees pass and jumps aggressively to X2, looking to finish his check. F2 comes across to take away the board side wing. D1 and D2 get up on the blue line and slide to adjust to the pass.



Drill Name & Description
<p>D Carries</p> <ul style="list-style-type: none"> • F1 pursues X and angles him up the boards. • F2 goes down and gets his gap on X, and gets ready to engage him at or before the blue line, while F1 prevents the inside move and pass to middle. • F3 fills middle. • D2 has his gap on the strong side. • D1 has middle and cross ice pass.



Drill Name & Description
<p>Rim</p> <ul style="list-style-type: none"> • F1 forces hard and comes back through the middle after the rim is made. • D1 can pinch. • F3 covers for D1. • F2 comes hard across above the puck. • D2 supports and protects middle and wide lane.





Team Alberta Technical Package

INTRODUCTION: TRANSITION

The transition from defense to offense in the neutral zone can help to establish a speed game for your team. Proper support will allow for a very quick transition forcing the opposition to go into transition of their own, from offense to defense. The challenge is which team can force the other to make those decisions under pressure.

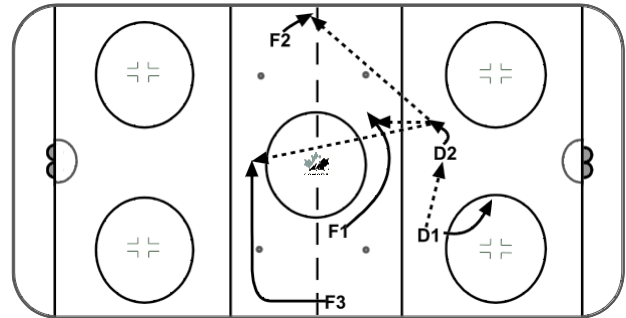
Effective transition requires the defenseman to look for a penetrating pass as his first option always. It should be stated that this pass, while very effective, cannot be forced since it is likely to lead to a turn over. However, if the first pass penetrates the defense, it means you have beaten one, two, or three players quickly and the speed at which they have to react is increased significantly. It also allows your team to establish the pace of the attack and not allowing the opposition a chance to fore check and contain to the degree they feel comfortable. This is a very intimidating weapon.

An important key to transition is giving your players the opportunity to build speed through the neutral zone so they can attack the offensive blue line with speed and enter the zone **on the attack**.

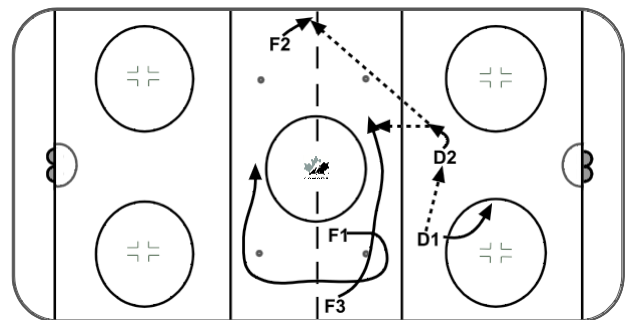
The principles of puck control and support lead to effective team transition which allows your team to put pressure on the opposition.

Neutral Zone Transition

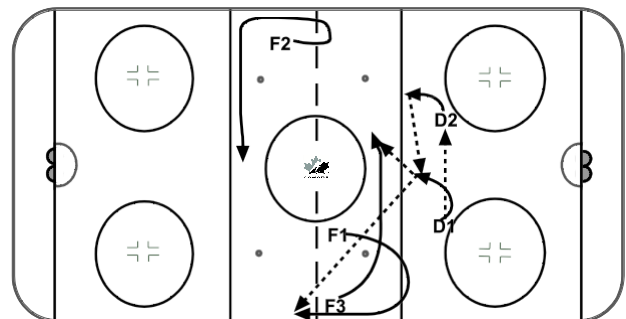
Drill Name & Description
<p>"C" Support</p> <ul style="list-style-type: none"> • Has different options available after pass from D1. • F2 Posting up on wall. • F1 Supporting the middle of the ice. • F3 uses width of the ice and stretches to far blue line. • D1 comes underneath to support partner.



Drill Name & Description
<p>"C" Away</p> <ul style="list-style-type: none"> • Same options as above with F1 and F3 exchanging positions.



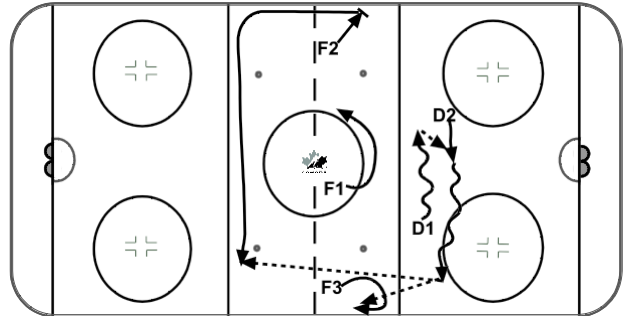
Drill Name & Description
<p>Tap Back</p> <ul style="list-style-type: none"> • D1 to D2 back to D1. • F1 exchanges with F3. • F3 lends support in middle. • F2 posts and moves up ice as D2 starts skating and becomes a stretch man.



Drill Name & Description

Reverse

- D1 carries the puck to middle.
- D2 comes underneath and receives a drop pass continuing up ice looking for F2 and F3.
- F1 supports D1 and continues.
- F2 posts then becomes a stretch man.
- F3 pivots to boards and up his wing as an out for D1.



INTRODUCTION: TRACKING

Tracking is simply another word for back checking. An effective track can take a lot of pressure off the defense and put a lot of pressure on the attacking forwards. It requires us to apply the principles of pressure, support and transition to accomplish an effective track.

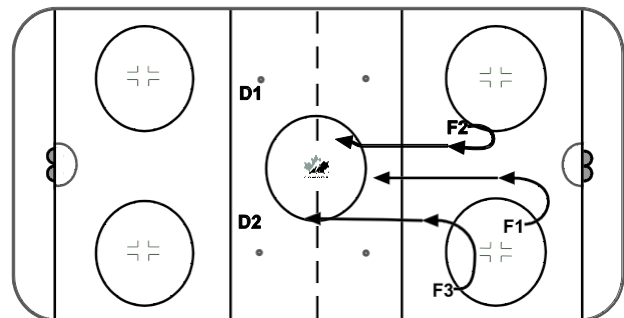
This tactic can be very intimidating to play against since it sends a message to the opposition that we are *all committed* to working in order to retrieve the puck. It builds confidence with the defense because they know they are getting support from three forwards. It applies pressure on the opposition from the front and back sides, forcing them to make a play with less time and space than they are comfortable with.

This tactic is a very effective way to protect the middle of the ice with the support from the tracking forwards coming through the middle of the ice.

The tracking forwards will find that the better they execute the track, the more effective their transition from defense to offense will be. This is because they are more readily available for a quick pass in transition and, since they have worked hard skating back, they have created separation between themselves and the opposing defense. This will make them more difficult to defend.

Tracking

Drill Name & Description
Introduction
<ul style="list-style-type: none"> • When forwards are on the offensive side of the puck, they track puck carrier from the back side. • They will stay inside the dots when coming back to help take away middle. • They pressure through until the red line when they communicate responsibilities. Back side awareness is critical.





Team Alberta Technical Package

INTRODUCTION: BREAKOUTS

In most breakout situations players are required to read and react to situations quickly. Ideally, the breakout would provide a quick transition to the attack, maintaining puck control and penetrating the opposition's defense putting pressure on them. For a breakout to be effective, the players must have multiple options available to them. To ensure this happens players must use the width and depth of the ice to their advantage so as to *spread* the defense and provide support on three sides of the puck.

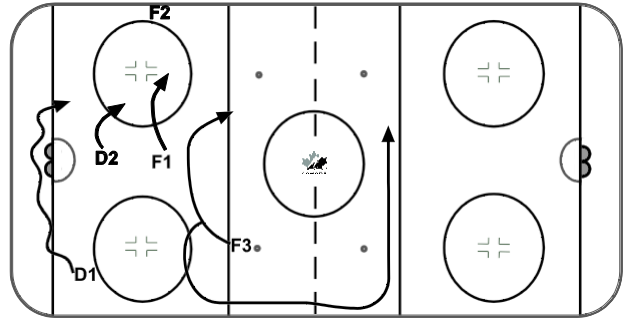
Communication is needed to allow for a quick reaction time for the player playing the puck. While he will read the fore check as he retreats for the puck, a teammate who communicates with him will not only save him valuable seconds, but will also increase the chances of a productive play being made. This will lead to a quicker more productive breakout and therefore a more intimidating attack. Key words for fast breakouts have proven to be useful and therefore we suggest the terms *up, over, wheel, reverse* and *wrap* as the terms introduced to the players.

The international game often requires us to use a controlled breakout option. This option, while not a favorite in the Canadian game, is useful to break trap type situations. Although the controlled breakout option calls for pre-determined skating patterns, the same principles of support, puck control and pressure apply.

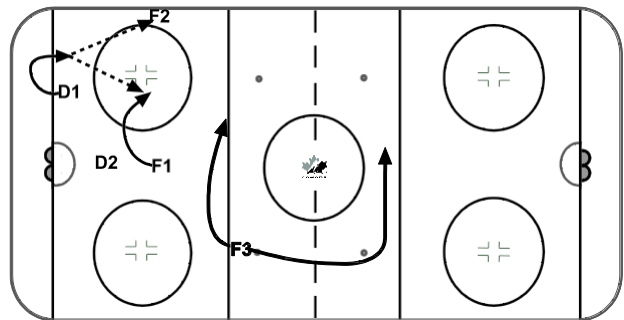
A team that effectively moves the puck out of its own end and re-establishes an attack, frustrates the opposition by breaking their fore check, and intimidates the opposition with its speed of attack.

Breakouts

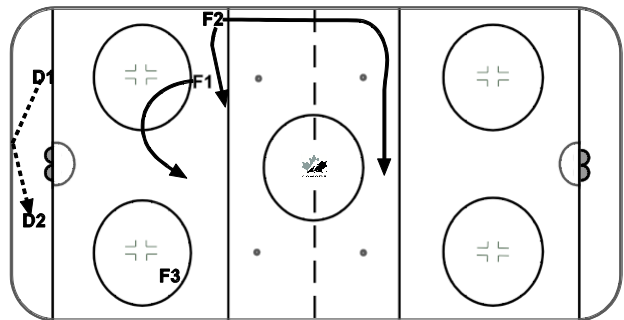
Drill Name & Description
Wheel
<ul style="list-style-type: none"> • D1 retrieves puck and wheels the net. • D2 screens and holds the net. • F2 anchors on the wall. • F1 supports through middle and is an option. • F3 is an option to support or to stretch.



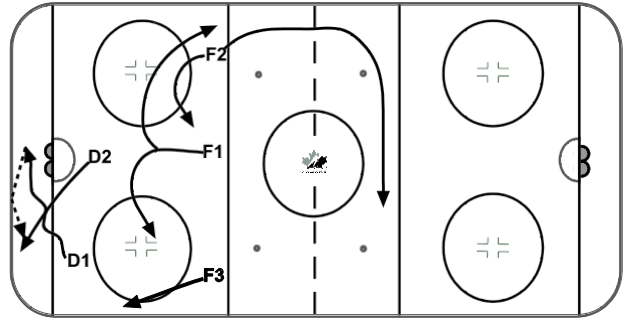
Drill Name & Description
Up
<ul style="list-style-type: none"> • D1 retrieves puck and turns it up near side. • D2 screens and protects net front. • F1 supports low and is an option. • F2 opens up and is an option on the wall. • F3 supports coming across or by stretching.



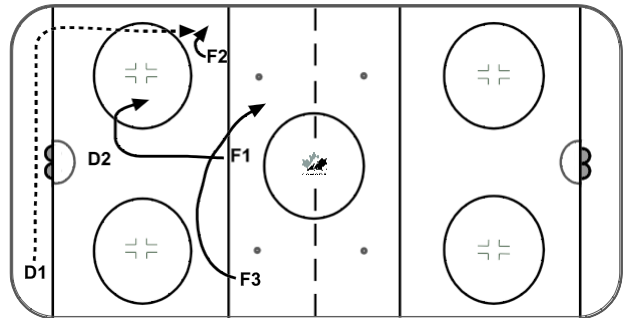
Drill Name & Description
Over
<ul style="list-style-type: none"> • D1 retrieves puck and passes to D2. • D2 releases from net front and is an option for D1. • F3 opens up and anchors on wall. • F1 supports D and is an option in the middle. • F2 is an option to support across or stretch.



Drill Name & Description
Reverse
<ul style="list-style-type: none"> • D1 retrieves puck & begins to wheel net. • D2 holds net front and calls REVERSE, then leaves to get the puck. • D1 reverses puck to D2 using boards, then returns to front of net. • F3 anchors and F1 and F2 can support or exchange lanes.



Drill Name & Description
Wrap
<ul style="list-style-type: none"> • D1 retrieves puck and reads pressure. • D2 holds net front and protects middle. • F2 reads wrap and cuts off support to go to blue line for puck. • F1 supports below the puck. • F3 comes hard across and stretches.





Team Alberta Technical Package

INTRODUCTION: ENTRIES

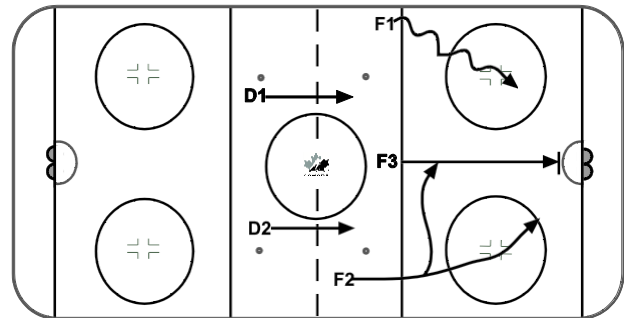
Entries in the international game are critical and special emphasis must be paid to this area. Teams in international competition rely on transition and a quick strike mentality to a large degree, especially since the two line pass is not in play. Turning a puck over at the offensive blue line is a critical mistake in the Canadian game because we have an attack mentality and as such, the other four players on the ice are thinking attack while the puck is being pushed up the ice the other way. We believe giving players the tools to effectively enter the offensive zone using the principles of support, puck control and pressure allows them to play with a strong Canadian attack mentality.

Including a net drive mentality accomplishes a number of things. It provides an attack mentality that is a big part of the Canadian game. It stretches the zone and forces the defense to make a decision on whether to take the player to the net or protect the slot. It forces the defending team to read and react at a higher speed. It also is intimidating to a goaltender who is facing a shot from the outside while he sees a player attacking the net at high speed. The goaltender's attention may be divided, but certainly he has to be concerned about the second shot possibility or the pass that may be made. This will force him to play a little deeper in his net. Typically, goaltenders who play the international game do not face a lot of traffic, and therefore are forced to work harder than normal under more crowded conditions. This can be very frustrating for a goaltender that is not used to these conditions.

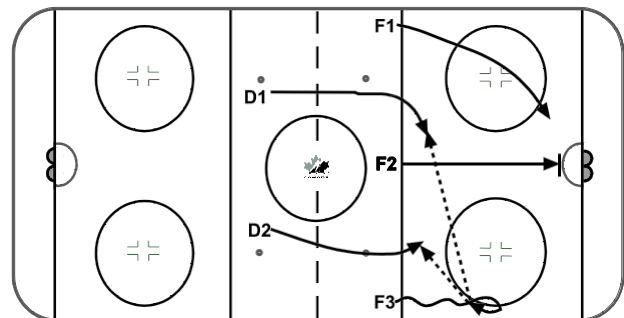
Maybe the most important aspect about a good mid lane drive is that it helps to establish an attack mentality that can lend to the development of a team's personalit

Entries

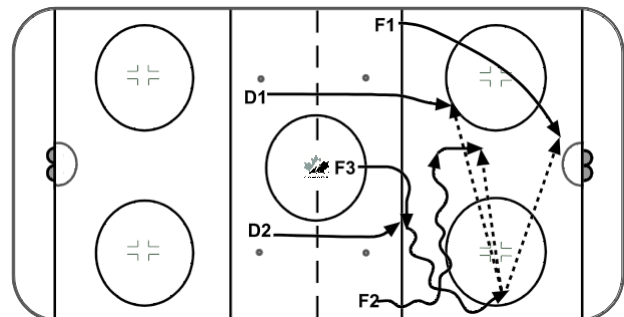
Drill Name & Description
Mid Lane Drive
<ul style="list-style-type: none"> F1 attacks the offensive blue line and takes puck to the net. F3 drives the mid lane aggressively. F2 reads play and can drive the net or go to slot for high pass. D1 and D2 move up on the play and are available to fill in the high slot if open. Fill the open ice.



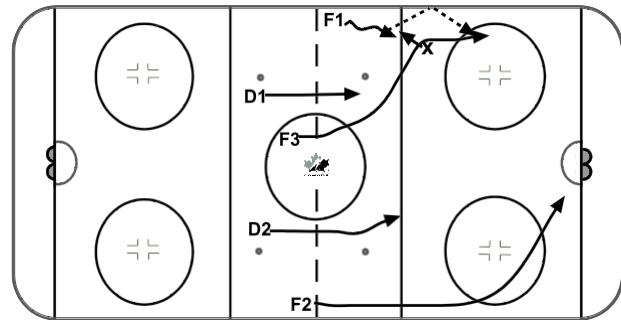
Drill Name & Description
Wide Delay
<ul style="list-style-type: none"> F3 drives wide with puck and reads he is not able to get to the net. He cuts back and protects puck making all options available. F2 drives net through the mid lane aggressively. F1 drives net drawing defenders deep. D1 and D2 activate and are available as high options. F3 becomes the high man after the pass.



Drill Name & Description
Cross
<ul style="list-style-type: none"> F2 looks for the open ice – either in front (soft gap) of or behind the opposing D. F3 reads soft gap and crosses behind F2. F2 either gives puck to F3 or keeps it. Both players continue to attack net. F1 drives the net hard drawing defenders deep. D1 and D2 activate and are available in high slot.



Drill Name & Description
Chips
<ul style="list-style-type: none"> • F1 has the puck and is challenged by opposing D. • F3 reads and provides close support to pick up chip (F3's speed should not be sacrificed). • F2 drives the net trying to get inside position. • D activate and are available to find open ice.



INTRODUCTION: OFFENSIVE ZONE PLAY

Effective offensive zone play is very much a trade mark of Canadian hockey. By enjoying a territorial advantage during the course of a game the opposition is forced to react to what you are doing. Defending is much more taxing both physically and mentally than attacking and therefore there is an attrition effect as a game goes along.

There are various forms of effective offensive zone play, but it should be understood that while territorial advantage is important, developing scoring chances is the main aim. It should also be understood that good decisions and positioning are also important and so patience is a quality not to be under-estimated.

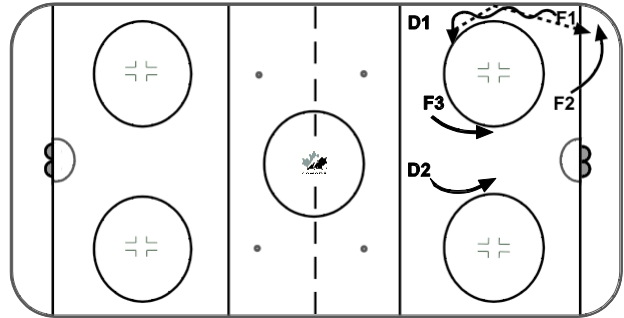
Effective offensive zone play requires that the principles of pressure, puck control and support employed by all five players on the ice. It is essential that players communicate to each other and work to move puck away from defensive pressure so as to take advantage of seams that may open up as a result of broken defensive coverage.

Forwards should funnel to the net on all shots with a second shot mentality.

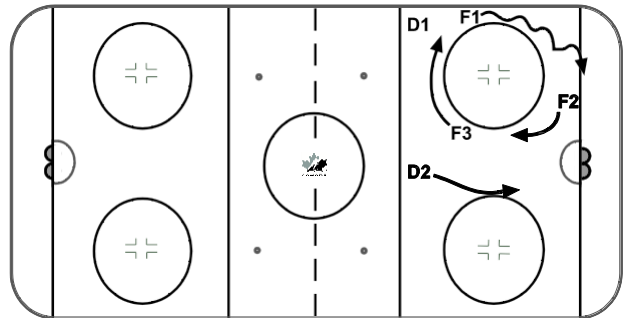
Offensive zone play requires hard work and players willing to jump to opens spaces and moving quickly to areas after they move the puck. There must be a commitment to get pucks through to the net in order to take advantage of this sprint to the net.

Offensive Zone Play

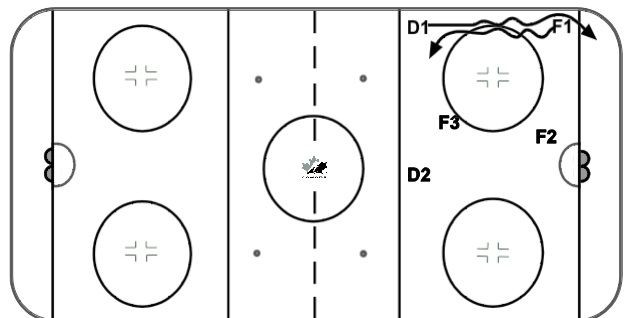
Drill Name & Description
High Cycle
<ul style="list-style-type: none"> F1 cycles up and looks to drive high seam to the net. If not, all players available for pass. F2 fills in the open ice low and is available if F1 has no direct pass option. F3 goes to the net. D1 is a safety. D2 can activate down back side.



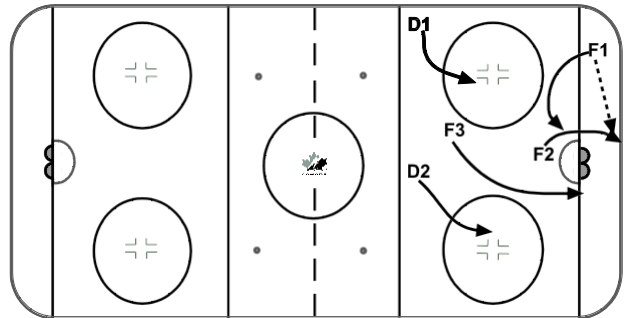
Drill Name & Description
Low Cycle
<ul style="list-style-type: none"> F1 drives low and looks to go to the net. If there is no drive lane, the cycle begins. F2 holds net front, but slides up between hash marks. F3 slides to the wall to fill in the open ice left by F1. D1 is the safety. D2 can activate and read open space.



Drill Name & Description
D Cycle
<ul style="list-style-type: none"> This comes from the same formation as the high cycle. F1 comes up the wall to the blue line. D1 slides down the wall on the board side. There is a puck exchange between F1 and D1. D1 looks to go to net, or take the option to pass to F2 or F3.



Drill Name & Description
<p>Back of Net</p> <ul style="list-style-type: none"> • F1 in the corner slides puck to F2 who jumps behind net using near post to screen off opposing player. • F1 jumps to near post and establish position. • F3 goes to far post and establish position. • D1 can activate to near dot if he reads play. • D2 can activate to far dot if he reads play.

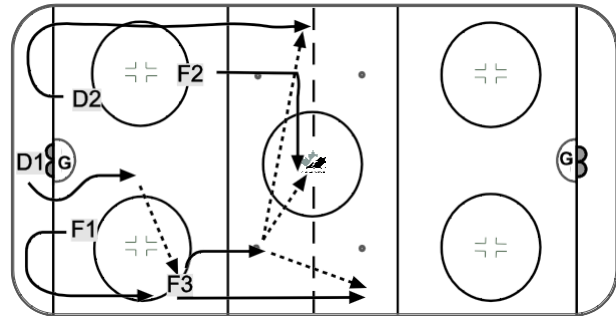


INTRODUCTION: SPECIAL TEAMS

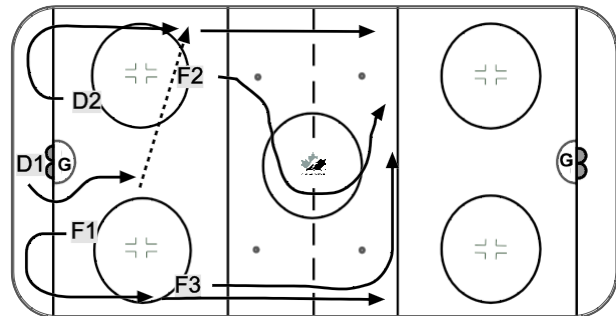
Power Play Breakouts

Regardless of Breakout, no – stop option should be considered to force PK forecheck to make a decision

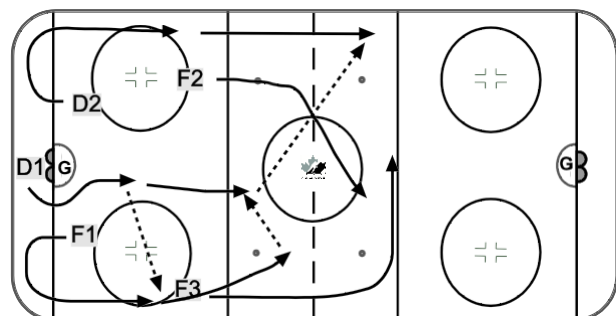
Drill Name & Description
Power Play – Breakout - Stretch vs Support
<ul style="list-style-type: none"> • Stretch when puck carrier is coming your way (ex. F3) • Support when puck carrier is moving away from you (ex. F2)



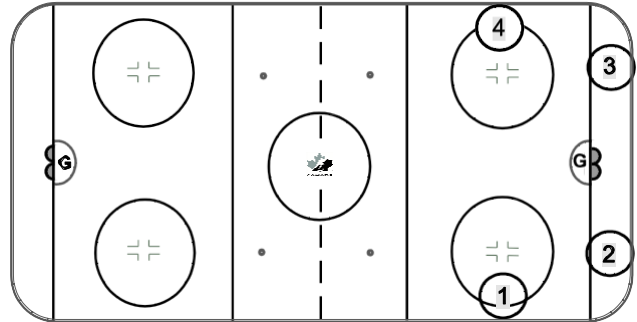
Drill Name & Description
Power Play – Breakout - Stretch vs Support
<ul style="list-style-type: none"> • Timing is crucial. Defensemen need to pass early to give forwards the possibility : <ul style="list-style-type: none"> ○ To keep speed for entry ○ To establish support ○ To be 1st on pucks on dumps



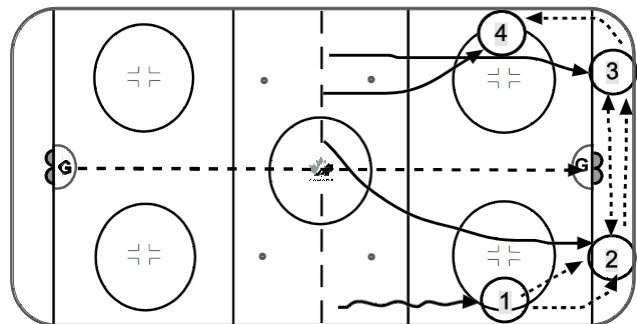
Drill Name & Description
Power Play – Breakout - Stretch vs Support



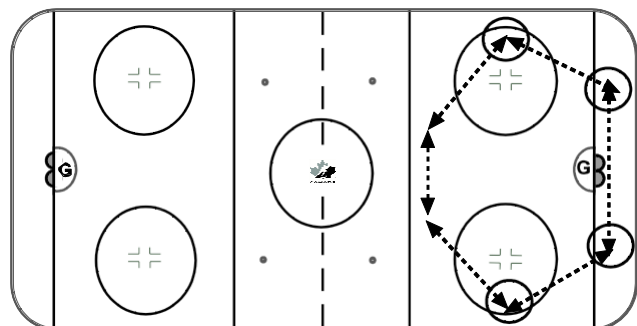
Drill Name & Description
Power Play – Zone Entry
<ul style="list-style-type: none"> • Goal is to keep control on entry • 4 main target areas to reach while carrying the puck or to place the puck into (to regain puck)



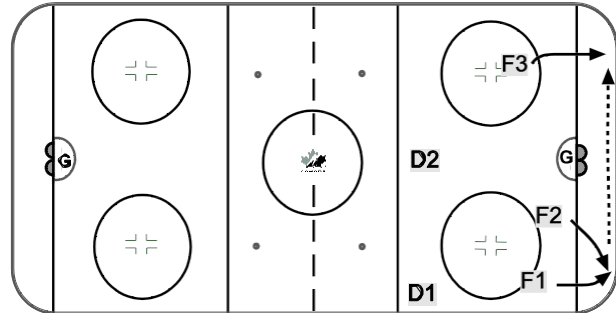
Drill Name & Description
Power Play – Zone Entry
<ul style="list-style-type: none"> • Need 2 players on strong side supporting each other and covering #1 and #2 target areas • Need 2 players on far side to cover the further target areas (#3 and #4)



Drill Name & Description
Power Play – Zone Entry
<ul style="list-style-type: none"> • Can use the target areas to: <ul style="list-style-type: none"> ○ Start set-up ○ Release pressure ○ Create battles

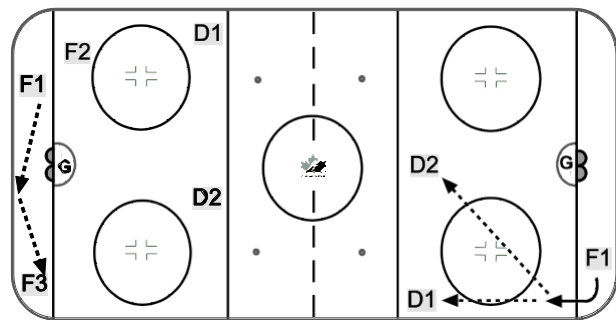


Drill Name & Description
<p>Power Play – Zone Entry</p> <ul style="list-style-type: none"> On battles you can keep a player wide as an outlet rather than have 3 on the same side. It allows players in the battle to know where to release the pressure. The far man still acts as a forechecker in case the opponent carries puck behind the net.

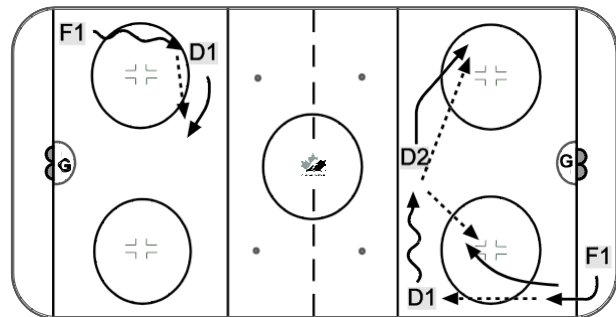


Many set-ups exist and all work well against a particular penalty kill formation. All of them rely on players ability to (a) release pressure, (b) attack seams.

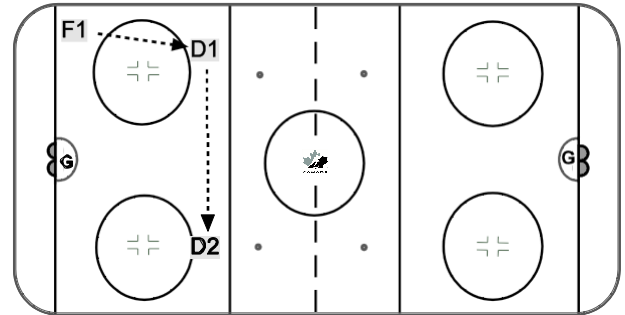
Drill Name & Description
<p>Power Play – Set Up</p> <ul style="list-style-type: none"> Many set-ups exist and all work well against a particular penalty kill formation. All of them rely on players ability to (a) release pressure, (b) attack seams. Releasing pressure can be accomplished by: <ul style="list-style-type: none"> Transferring puck across the net (the further out to far corner the better) Quick up to D1 or D2 from goal line (no carrying)



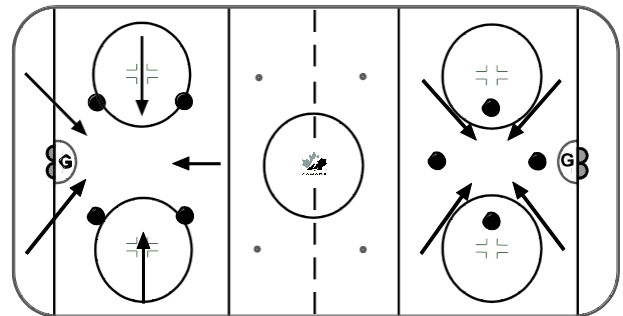
Drill Name & Description
<p>Power Play – Set Up</p> <ul style="list-style-type: none"> Carry up real high (to play 2 vs 1 up top) D1 slide



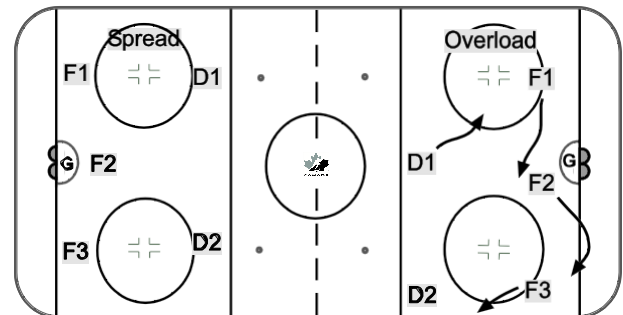
Drill Name & Description
Power Play – Set Up
<ul style="list-style-type: none"> Wide D to D pass



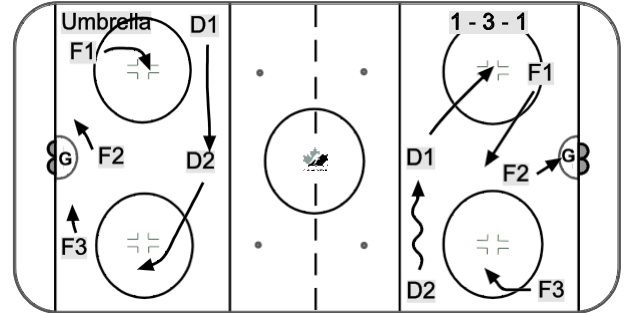
Drill Name & Description
Power Play
<ul style="list-style-type: none"> Attacking seams quickly with: <ul style="list-style-type: none"> A shot (quick release) A pass (move puck quickly) A carry (move feet) Always try to position your body to attack a seam (with or without puck)



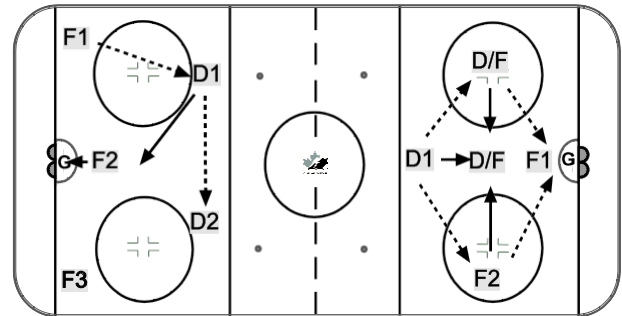
Drill Name & Description
Power Play – Spread (3-2) Set Up
<ul style="list-style-type: none"> Very versatile set-up because it can easily turn into: <ul style="list-style-type: none"> Overload Umbrella 1-3-1



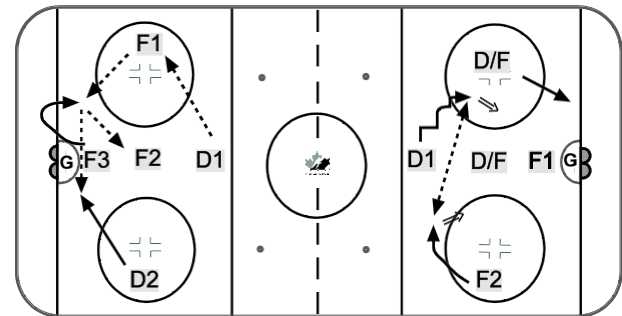
Drill Name & Description
Power Play



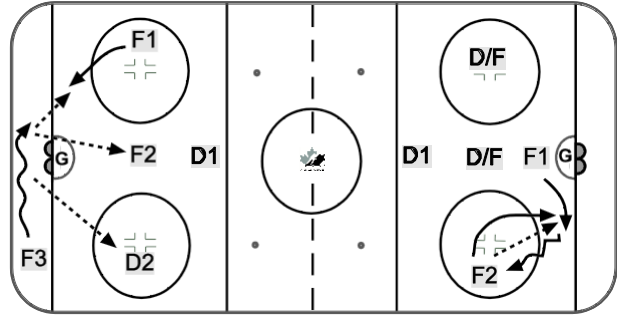
Drill Name & Description
Power Play – Example of 1-3-1
<ul style="list-style-type: none"> • Need very skilled and quick players • Can be dangerous for turnovers • Need middle man to stay high and back to his position when battles occur • Can provide a “4 man jam” on shots



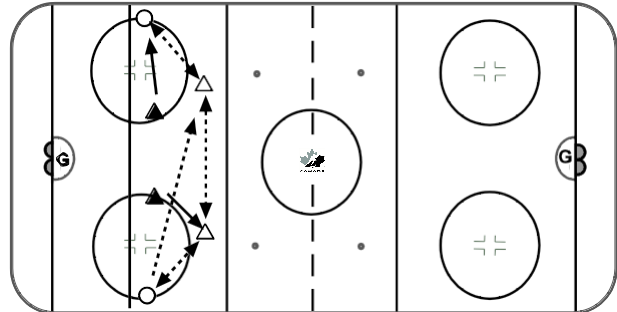
Drill Name & Description
Power Play – Example of 1-3-1
<ul style="list-style-type: none"> • Basic plays (with FWD or DEF filling middle) <ul style="list-style-type: none"> ○ Walk in ○ Slot pass ○ Back door • High Support



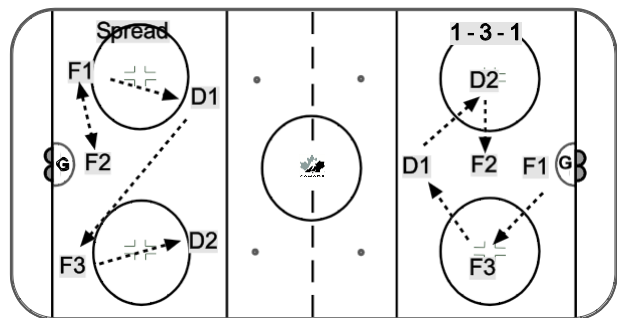
Drill Name & Description
Power Play – Example of 1-3-1 <ul style="list-style-type: none"> • Behind the net plays • 2 man cycle



Drill Name & Description
Power Play <ul style="list-style-type: none"> • 4 vs 2 up top to practice positioning body in seams with or without the puck • Shoot on whistle

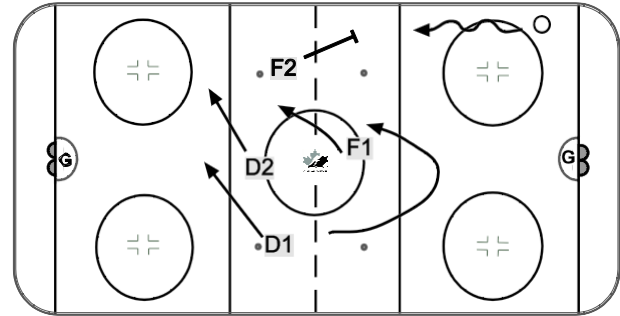


Drill Name & Description
Power Play <ul style="list-style-type: none"> • Practice only passing for 1 minute with 2 pucks at the same time (1 second possession) • It will increase vision, speed of execution, and communication

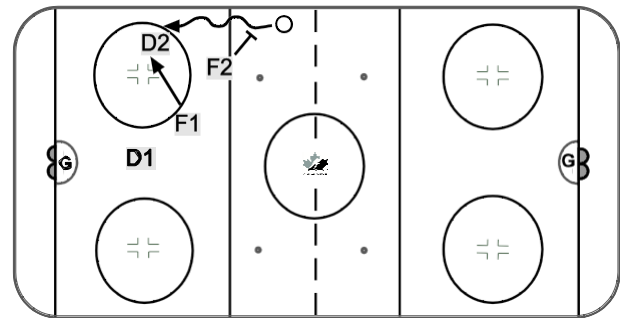


Penalty Killing Forechecks

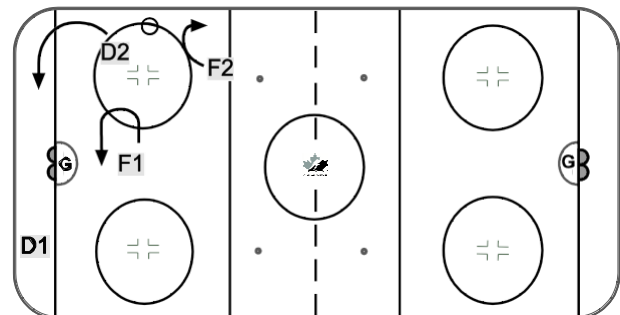
Drill Name & Description
Penalty Killing – 1-3 Forecheck
<ul style="list-style-type: none"> F1 steers play to one side, then sprints back to support once puck is moved



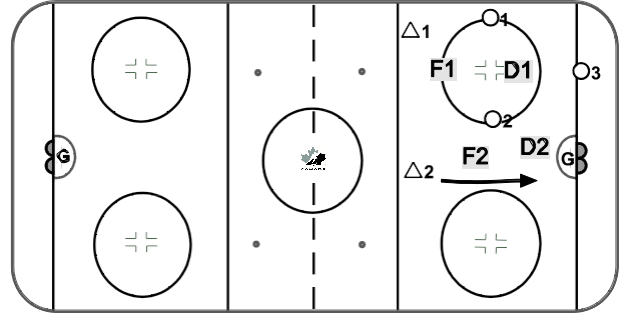
Drill Name & Description
Penalty Killing – 1-3 Forecheck
<ul style="list-style-type: none"> F2 or D1 stand up rush, not allowing opposition to enter zone with control of puck.



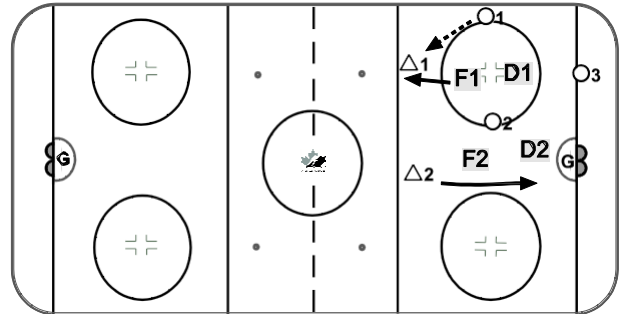
Drill Name & Description
Penalty Killing – 1-3 Forecheck
<ul style="list-style-type: none"> D2 is aggressive and ready to (a) retrieve chip or dump, or (b) pressure puck carrier immediately should he beat F2 or D1. F2 or D1 are in support, F1 supporting through middle also. Upon retrieval of puck, F2 or D1 must be prepared and available to release as an outlet for D2 who has retrieved puck, should he not have an opportunity to clear it himself.



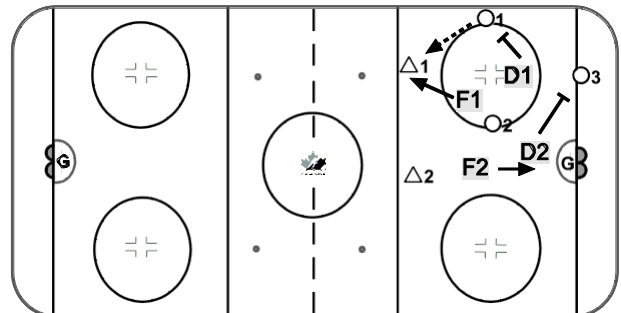
Drill Name & Description
Penalty Killing – DZ vs Overload
<ul style="list-style-type: none"> Key is to take away time and space. Good players will make good plays if they have the time to make them. Force them to make a great play to beat you.



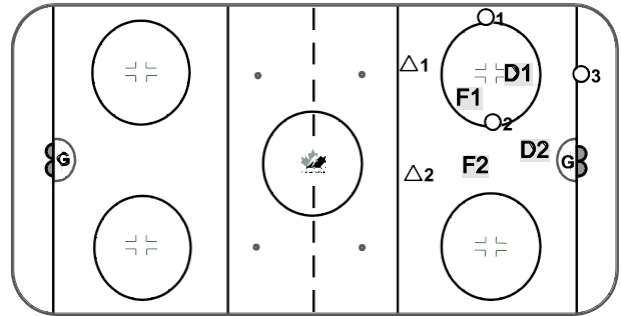
Drill Name & Description
Penalty Killing - DZ vs Overload
<ul style="list-style-type: none"> F1 must not allow defencemen to walk blueline with puck. If D walks, we lose pressure. F1 must attack D hard and force play back down to half wall.



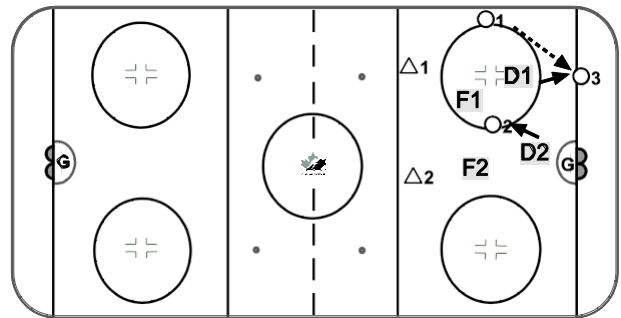
Drill Name & Description
Penalty Killing - DZ vs Overload
<ul style="list-style-type: none"> If opposing F on half wall is above top of circle, F1 must try to press him down the boards, not allowing a pass back to the D at point. If half wall forward receives pass below top of circle, D1 should be in good position to jump and pressure. D2 is cheating to pressure low play. F2 covers net front.



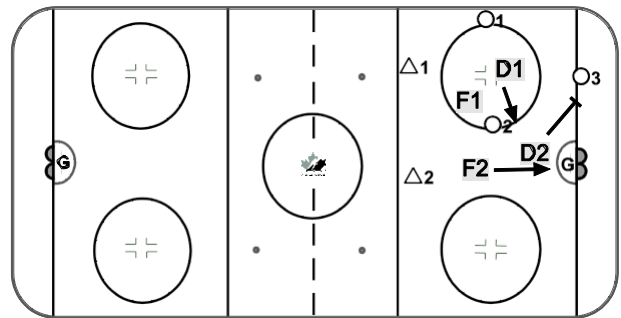
Drill Name & Description
Penalty Killing - DZ vs Overload
<ul style="list-style-type: none"> Key to this PK is when opponent gets set up with full control on half wall. D1 must contain, maintain positioning in shooting lane and inside the dots.



Drill Name & Description
Penalty Killing - DZ vs Overload
<ul style="list-style-type: none"> The low play is now imperative. If low opposing F is outside dots when low play is made, D1 plays the 2 on 1 and continues to contain as low F is not a threat.



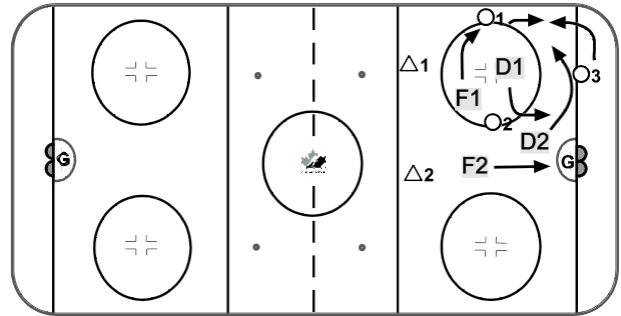
Drill Name & Description
Penalty Killing - DZ vs Overload
<ul style="list-style-type: none"> If low F is in lane or inside dots when low play is made, full court press is on. D2, who is initially positioned on the near post a stick length from opposing F in slot, immediately attacks low F all out with stick on puck. This denies a pass to slot F or backside D who is covered by F2 collapsing to net front.



Drill Name & Description

Penalty Killing - DZ vs Overload

- When pass is made low, D1 must immediately get back towards net front and get his stick in the passing lane from low F to slot forward to deny a quick pass to the slot.



Drill Name & Description

Penalty Killing - DZ vs Overload

- Once pass to slot has been denied, D1 now cheats to corner in support of D2, who should be pressing low forward to the boards. D1 is ready to attack puck if it is cycled. F1 is in position to deny pass to point and deny a walk off the boards. F2 is covering net front and aware of weakside D at all times.
- When executed correctly, this kill is very effective at creating a battle and a turnover.

