

OMHA Hockey Clinic

Specialty Teams
Power Play/Penalty Kill

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Owen Sound, ON
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Power Play

- A Mission
 - Create as many good scoring chances as possible
 - Gain momentum in game (execution)
 - Take advantage of aggressive play or bad penalties by opponent
- B Personnel
 - Selection of players
 - 2 units vs. 1 unit
 - creating systems according to personnel
 - using forwards on the point
- C Breakout
 - NHL
 - Double Swing
 - Center pick up behind net
- D Neutral Zone
 - Gaining zone (Carry in)
 - Shooting puck in (Angles)
 - Hard Wrap
- E In zone
 - 2-1-2
 - Overload
 - Umbrella
 - 5 on 3
- F Game Management
 - Which unit?
 - How much time?
 - Replacements?
 - Dealing with frustration?
 - Importance of draws
- G. Practicing
 - Drills
- H. Additional Thoughts
 - All players should practice PP Breakouts (warm up drill)
 - Need to out work PK
 - Reward Role Player
 - Good execution key to success

NHL
ACTIVITY/DRILL NOTES

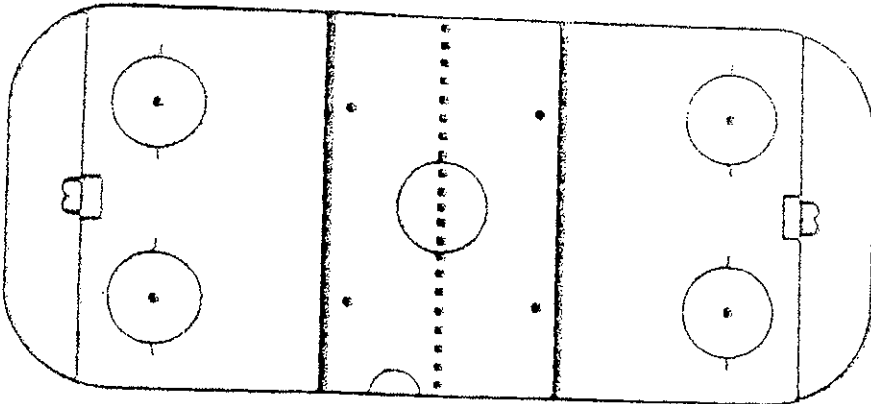
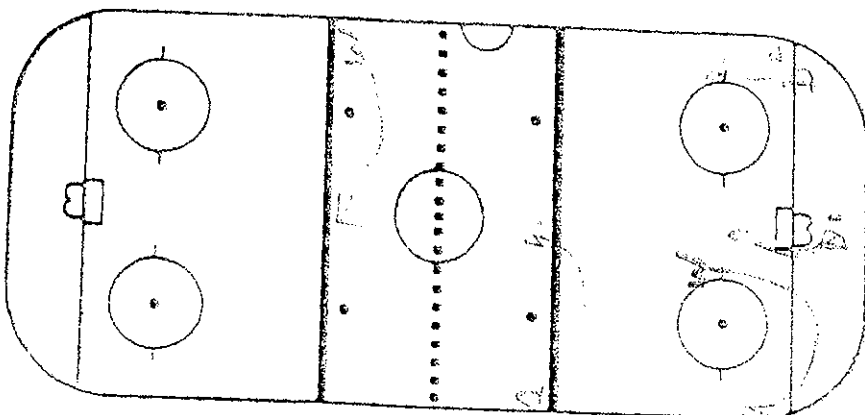
DI CHARACTER BACKS PLAY
WITH LOW W/ FOLEY
"TRAIL" PASSES W/ SUPPORTING
TO B2 UP WALL, B1
CAN ALSO CARRY WITH SPIN
UP WALL, B1 5 OPTIONS
① (B1 HAS WALL
② HIT 20' INTO
③ HIT W/ W/ B1
B1 TO B2 OR C.

④ B1 20' INTO WALL FOR CARRY
W/ B2 OR B3 OR C
B1 CARRY TO B2 OR C
W/ WALL OR B1

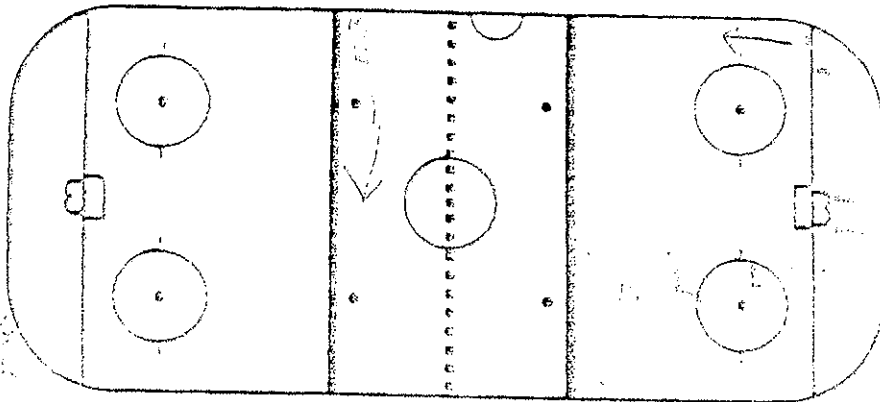
⑤ B1 20' INTO WALL FOR CARRY
W/ B2 OR B3 OR C
B1 CARRY TO B2 OR C
W/ WALL OR B1

CENTER F1 C/O F1 SWINGS
WITH SPEED CAN PICK UP F1
FROM B1 OPTIONS @ BACK
TO B1 THROUGH WALL TO B2
HAVE PICK TO F1 OR F2 OR
SKATE IT IF FB TAKES F1
W/ W/ LOW F1 OR B1 STOPS
OUT WITH SPEED

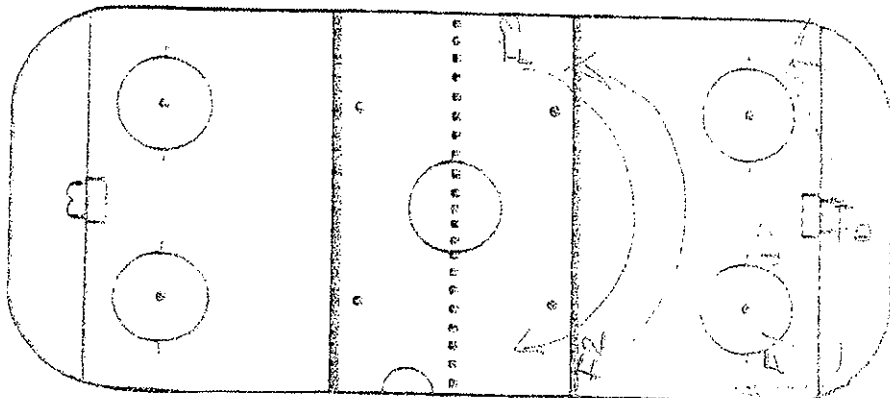
SETUP



SETUP



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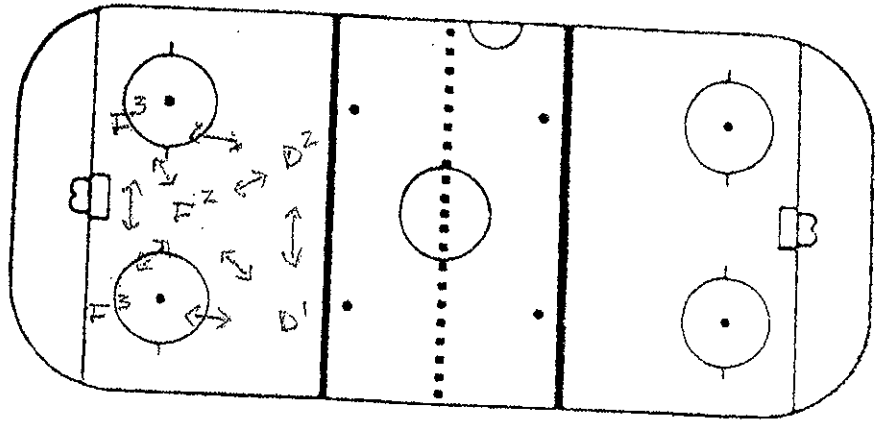


TOWER PLAY E. INZONE

ACTIVITY/DRILL NOTES

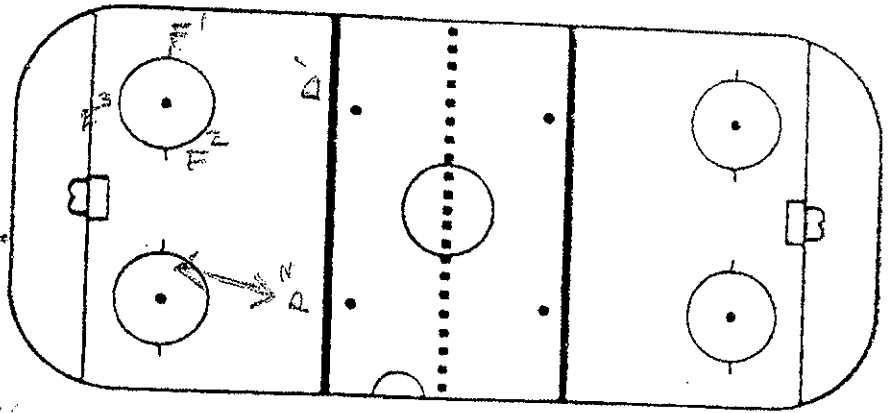
1) 2-1-2

TEAM PLAY PAGE 65
IN MANUAL



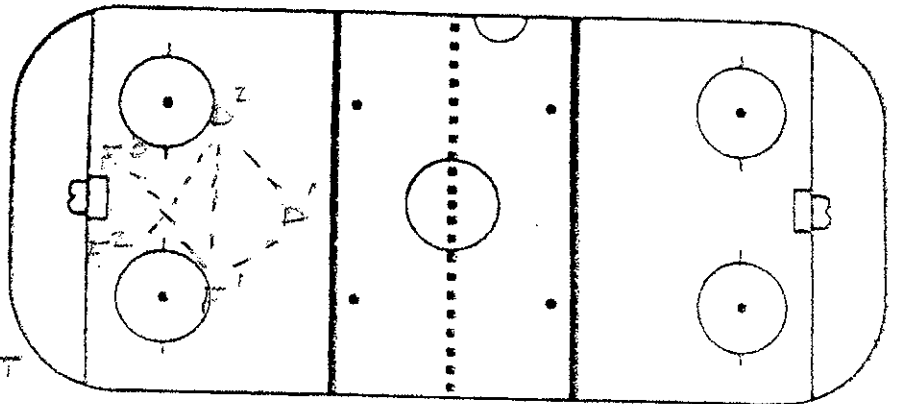
2) OVER LOAD

D¹ AND D² CAN PLAY CATCH TO
DRAW OUT PICK FORWARDS, D¹
THEN MAKES PASS F¹. F¹ HAS
OPTION TO F² FOR SHOT OR PASS
TO F² WHO CAN WALK TO NET
OR LOOK FOR D² ON BACK DOOR.
F¹ MAY ALSO USE F³ WITH
F¹ GOING TO NET. F³ HAS F¹ AS
OPTION, F² AS OPTION, D² AS
OPTION, OR CAN ROULETC COUNSEL
TO START PLAY OVER.



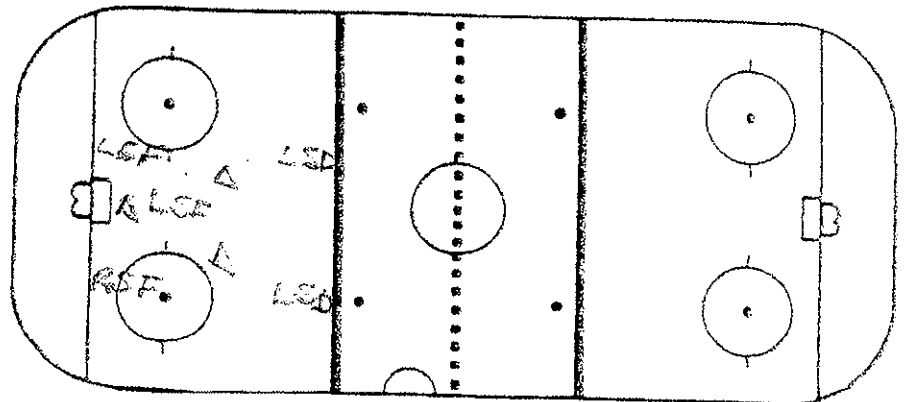
3) UMBRELLA D¹ HAS F¹

AND F² AS SETUP OPTIONS
F¹ MAY ALSO SHOOT FROM
TOP OF UMBRELLA. F¹ HAS
D² OPTION OR F² OPTION
THROUGH SEAM. D² HAS PASS
OPTION TO F¹ OR F² THROUGH
SEAM. F² AND F³ MAY ROLL OUT
FOR OUTLET OR CRASH NET.



4) 5 ON 3 2-1-2

USE FOUR LEFT HANDED
OR RIGHT HANDED SHOOTERS
SO WHEN PICK BACK AND FORW.
RIGHT TO DRAW OUT PICK, QUICK
PASS TO RSE WHO HAS 2
LSF OPTIONS. RSE MAY ALSO
FAKE PASS AND SHOOT IF
GOALIE CHECKS ON PASS.



Penalty Kill

A Mission

- Take away the quality scoring opportunities
- Gain momentum in game with a big kill
- Create scoring chances shorthanded
- Give goaltender a chance to make save (no back door plays)

B Philosophy

- Does your team want to be aggressive or passive
- How does your personnel stack up to oppositions
- Aggressive
 - Keep opponents pressured and having to execute
 - Take away time and space (don't let them set up)
 - Any loose puck is our puck
 - Cause turnovers
- Passive
 - Is opponent in complete control
 - Opposition better skilled
 - Discipline is needed for execution

C Personnel

- Selection of players
- 2 units of penalty killers 3?
- Good skaters with use of angling

D Offensive Zone fore-check:

- 1-1-2
- Quick line changes
- Communication
- 1st on the fore-check cannot be beat by puck carrier
- Both Forwards cannot be beat by first pass
- Defensemen must be aware of stretch pass

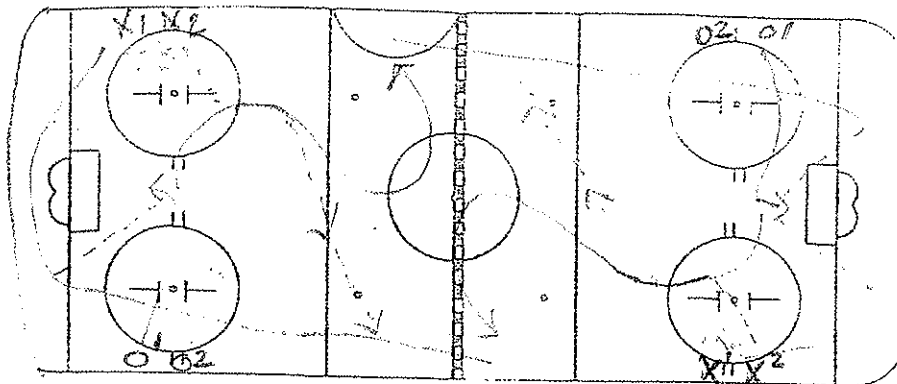
E Neutral Zone

- Use of the Diamond
 - Force puck carrier to dump puck
 - Control all three Lanes
 - Communication, work as one
 - Close gaps when possible

F In Zone Concepts

- Get in shooting lanes (blocking shots)
- Good stick position (stick police)
- Be aware of passing lanes

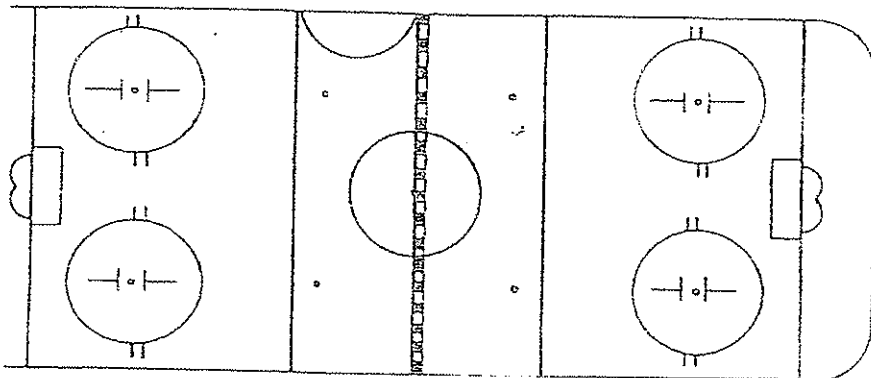
- Protect front of net (give up low percentage chances)
- G Offensive / Clearing the zone
- On forehand whenever possible
 - Use of boards, off of glass or weak side outlets
 - Five feet from blue line puck must go out (down ice)
 - High player be quick to defender on clear
- H 5 on 3, 4 on 3
- Passive except for loose pucks
 - Take away prime shooting lanes
 - Take away cross ice pass
 - Let goalie see the puck
 - Keep triangle tight
 - Try to minimize back door plays
- I Individual skills
- Ability to skate
 - Body position
 - Stick on ice in passing lane
 - Head on swivel
 - Stop and starts no looping
 - Communicate/talk
- J Game Management
- Face-offs importance of winning draw
 - Which unit?
 - How much time?
 - Replacements ?
- K Additional Thoughts
- All players need to PK systems
 - Need to play smart outwork
 - Reward role players
 - Have pride in killing off penalty
 - Short shifts



THE KWING FULL (ICE)

LONG ANGLING DRILL

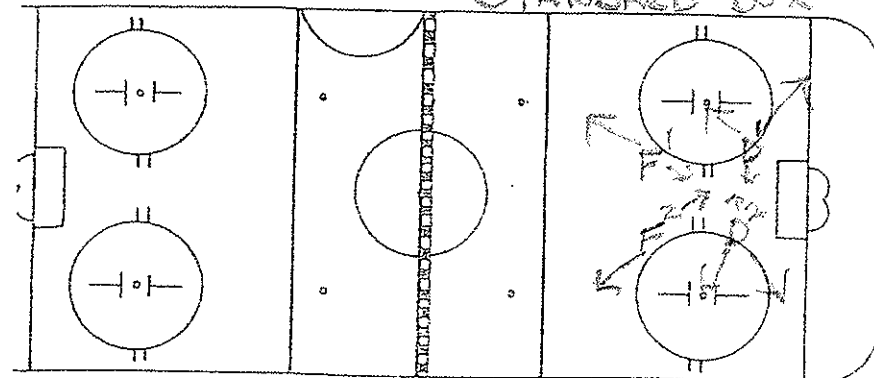
SET UP 4 LINES. 2 LINES HAVE
 PUCKS @ EACH END OF ICE
 BOTH ENDS START AT THE SAME
 TIME. X1 TAKES PUCK BEHIND GOAL
 LINE + PASSES TO O1 IN HIGH
 SLOT. O1 SHOOTS, WHILE X1 HEADS
 UP ICE. AFTER O1 SHOOTS THEY REVEAL
 APASS FROM X2. O1 PASSES WIDE +
 X1. X1 ATTACKS OFF END, WHILE
 O1 MOVES UP ICE + ANGLING
 X1 FROM OPPOSITE END.



STANDARD BOX

STANDARD BOX

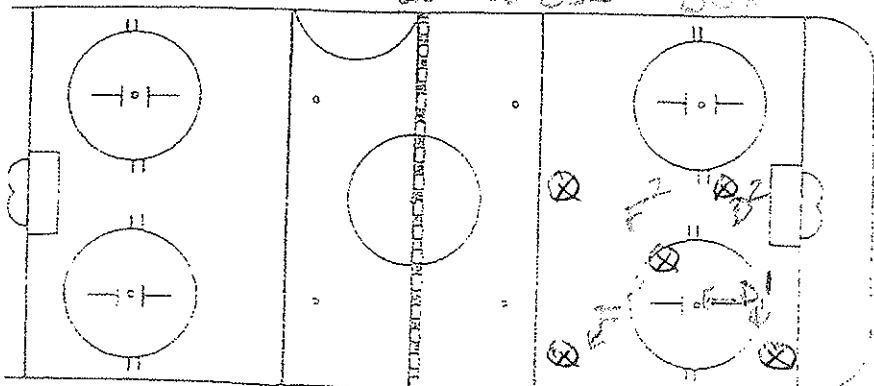
FORWARDS AND DEFENSE
 FACE PUCK. STICKS ON
 ICE IN LANE. STOP
 ALL STICKS. HEAD ON
 SWIVEL



COLLAPSED BOX

COLLAPSED BOX

O1 PLAYS PUCK IN CORNER.
 BOX SHOULD SWIFT.
 VIEW SIDE COLLAPSES TO
 MIDDLE. MUST BE
 ALWAYS VIEW SIDE W
 COMING DOWN.



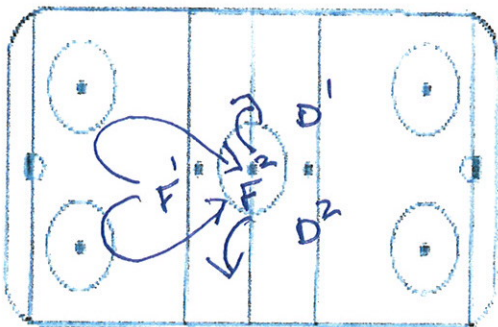
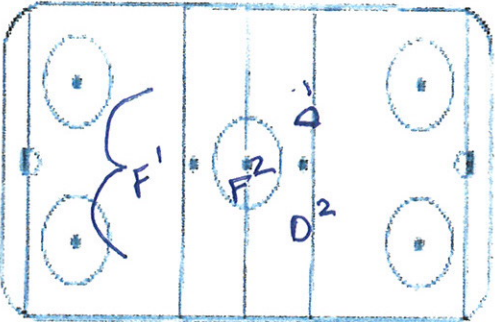
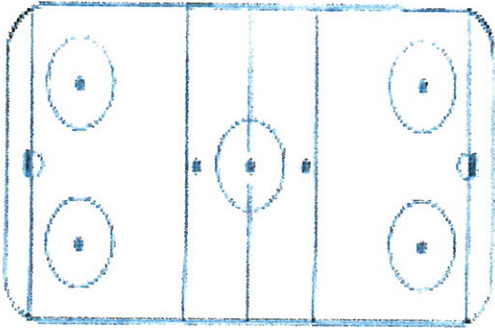
Penalty Killing reminders

F1 Can Disrupt PP up ice

F2 may pressure only if F1 has them boxed in, or anticipates pass

Sticks on ice Containment crest

Pressure on fumble or back to play



Clearing the Puck

- Unless you have room to skate the puck in our zone –clear the puck the length of ice
- 30 secs on ice look to get fresh unit out
- In Neutral zone
- If you have open ice challenge pp to score forwards on PP aren't ready to defend. If you turn a puck over use straight away speed try to get them to hook draw penalty
- Rag puck if opportunity presents itself spread out
- Hold puck lay it in zone make change.

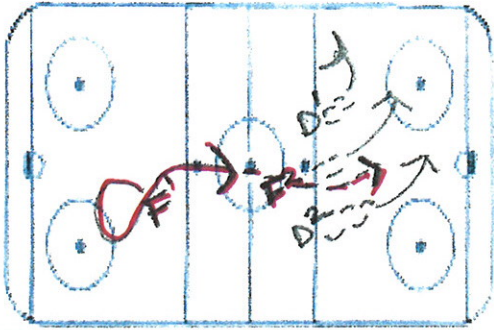
Forcheck Penalty Kill

- F1 Angles puck carrier to outside may pursue next pass or pressure back on puck
- F2 creates triangle with D1 and D2 these 3 players must create good gap
- With puck carrier on the outside we can challenge their entry into our zone
- If F1 can't pursue puck he recovers back through the middle of the rink
- F2 then can angle puck carrier from mid ice trying to force Dump or Pass
- Remember F1, D1, D2 now try to keep tight gap challenging the entry if you can
- 'Pressuring the entry'
- If we can stall the entry at our blueline it may kill 20 sec. off the clock. Normally the PP will try another attempt.
- "Three ways to Challenge the Entry"
- 1. Blueline stand
- 2. Force the half wall
- 3. Pressure the Dump in (wrap)
- Next page

ATTACK PENALTY KILL

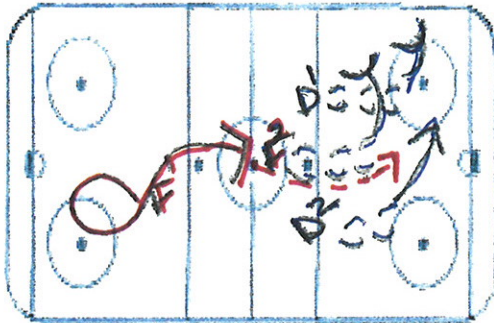
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BLUE LINE STAND



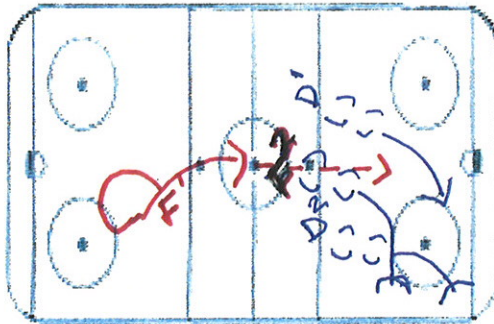
- F1 Angles puck outside
- D1 Stands up to prevent entry
- F2 Hold inside position (mid ice) protecting D1 fold in look for loose pucks
- D2 moves over just past mid ice ready to jump (recover) loose pucks
- F1 holds low slot (safety)

Half Wall stand (Force)



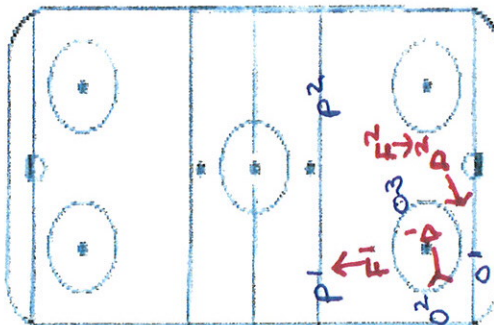
- F1 angles puck outside (may continue puck pressure with angle and skating)
- D1 couldn't stand up so he pressures the half wall
- F2 reads of D1 holds slot (safety)
- F1 seals off high area take away point jumps on loose pucks
- D2 moves to recover loose pucks low or pressures pass to corner

Pressure Dump Force them to Dump



- D2 goes hard to puck tries to get control or bumps it behind net
- F2 locks area above the puck stays on the defensive side of their 2nd forward
- D1 stays on the dump, then comes across in position to help D2 pressure low pass or give outlet
- F1 stays in slot (safety)

Point Force PP keys on F1



- F1 forces point (P1) hard from inside out/try to stop D to D pass /take lane
- D1 jumps hard on (02)
- D2 slides to post ready to move on (01)
- F2 stays normal until pass goes to half wall or low to (01) he then drops to net replaces D2
- F1, D1, D2, man to man F2 plays zone Defense
- (03) moves over load F2 applies stick pressure
- D2 must be aware of (P2)

