



POWER PLAY

Every day you should work on some aspect of your power play. This year the National Hockey League, over 25% of the goals scored were scored with a man advantage. Each team averaged between four and five opportunities per game to play with a man advantage and were successful over 21% of the time.

"Execution is the key to success of any power play."

- 1) Evaluate your personnel before you determine what type of power play you are going to use. Put them through drills to determine their ability to:
 1. One-touch pass
 2. One-time shot
 3. Hockey sense - see ice
 4. Perform under pressure
 5. Play unselfishly
 6. Play with courage - take hit to make play
 7. Tip pucks in front of net

- 2) Determine system and where your personnel should play in system. Plays within system will depend on passive or aggressive penalty killing.
 1. Shooting power play
 2. Czech power play
 3. Slot power play
 4. Umbrella power play
 5. Right handed or left handed power play
 6. 4 on 3 advantage
 7. 5 on 3 advantage

. . . . 2

3) Determine Breakouts

1. Choose a breakout that has the option for both aggressive and passive forechecking.
2. Choose a breakout that allows your best puck handler to carry the puck.
3. Use short passes.
4. Attack the blue line with speed. Try to carry puck in. Control is key.
5. Try to score on initial rush.
6. Do not go into power play set up until you have complete control of puck in the opponents end.

4) Teaching Aids

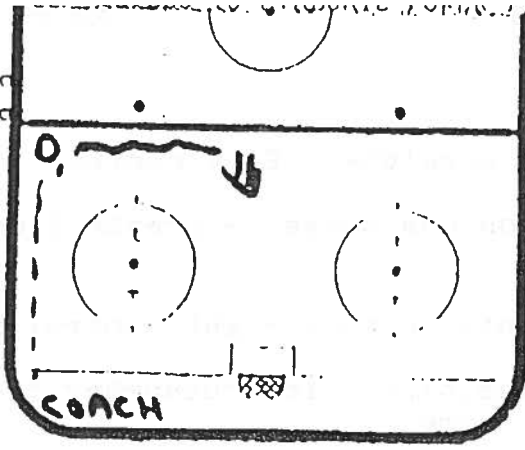
1. Chalk board - diagram plays.
2. Rink on floor in dressing room - use pucks as men.
3. Walk through breakouts and set up system on dry land. You can use a tennis ball.
4. Walk through on ice with no resistance.
5. Do same with token resistance and full resistance.
6. Practice individual skills. ie) 1-touch passing
1-time shooting
tipping pucks
7. Video replay - create a tape if possible.
8. Meetings to discuss general philosophy of power play. Understand what your goals are for power play.
ie) set up for one high percentage shot or just a shooting power play

5) General Philosophy

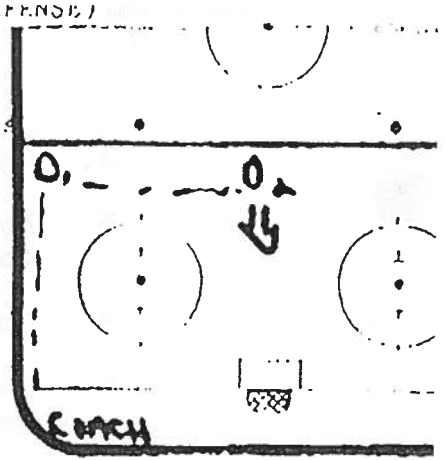
1. Everyone on team must know power play. Give everyone a r Be 2 or 3 deep at each position.
2. Puck movement - once you set up, puck should not stop. Y can have only one quarterback on your power play.
3. Pucks should go stick to stick - avoid the big home-run play-work percentages.

4. Carry puck in if possible. Puck control is the key.
5. Do not play one on one hockey - create 2 on 1 hockey with movement.
6. Outnumber opponents on puck - get control before you set u
7. Out work the opposition. You outnumber them so you should get chance every time
8. Practice everyday - your power play can be difference.
9. Bear down on every face off. You must get possession of puck.
10. Take puck deep in opponents zone, then move puck back to points. Spread out the penalty killers.
11. Set goals for power play - understand philosophy of power play.

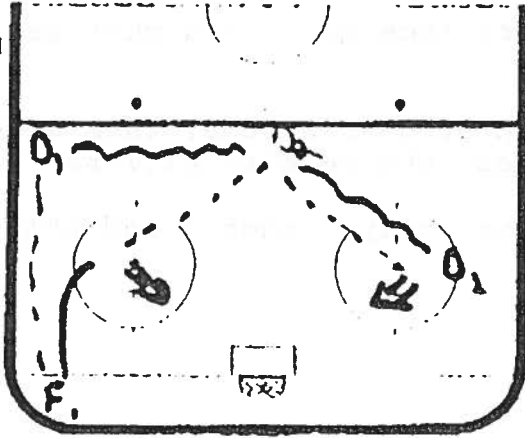
1) Pucks in corner. Pass to D1. D slide into middle & shoot.



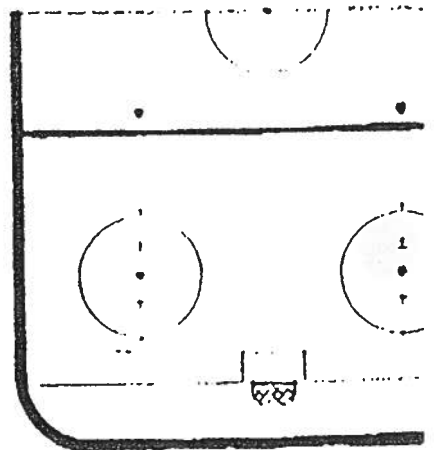
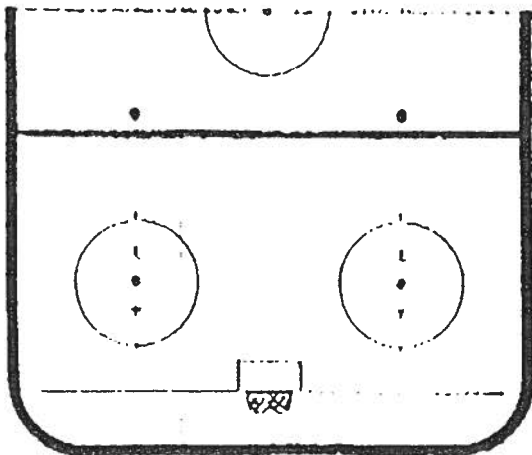
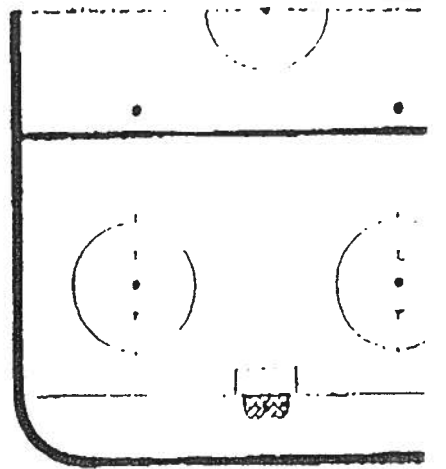
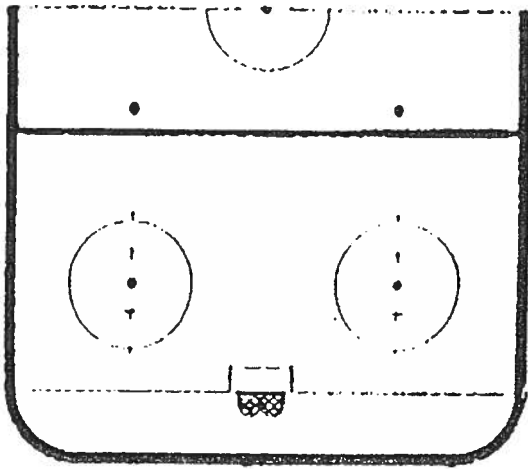
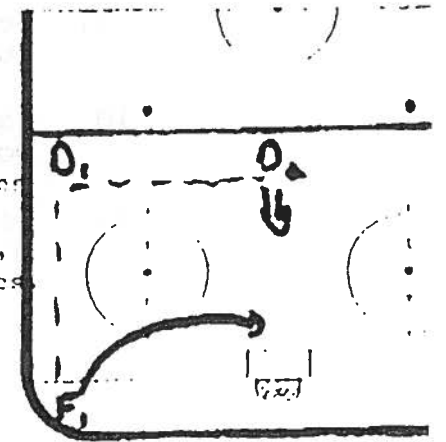
2) Pucks in corner. Pass to D1. D1 pass to D2. D2 shoots off of pass or right away.



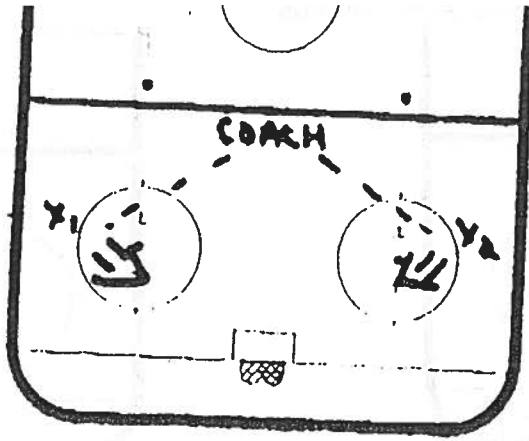
4) Pucks in corner. Forward pass to D1. D1 slide to middle. D1 passes to D2 or F1 shoot off of pass.



3) Pucks in corner. F1 passes to D1 and goes to front of net. D1 passes to D2. D2 shoots at F1, repeat 3 times

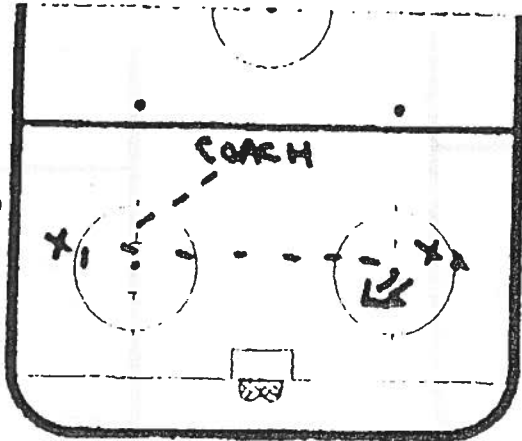


- 1) Coach with pucks.
- 2) Coach passes to X1, X2 one-time shots.



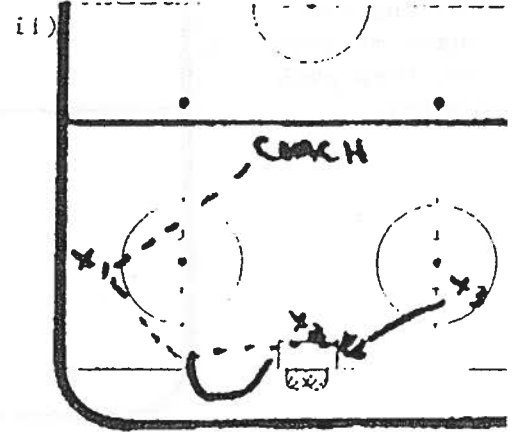
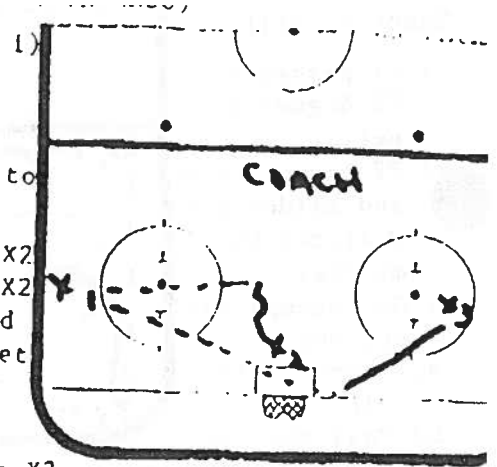
DRILL II

- 1) Coach with pucks.
- 2) Coach passes to side. X1 on side, one-touch pass to other side. X2 one-time shot.



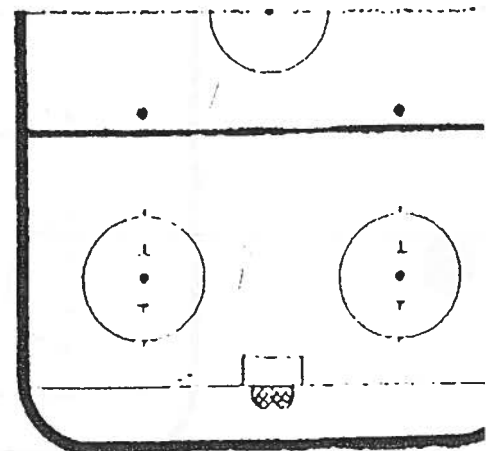
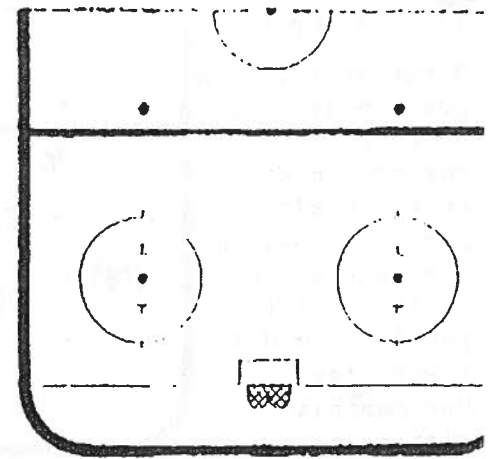
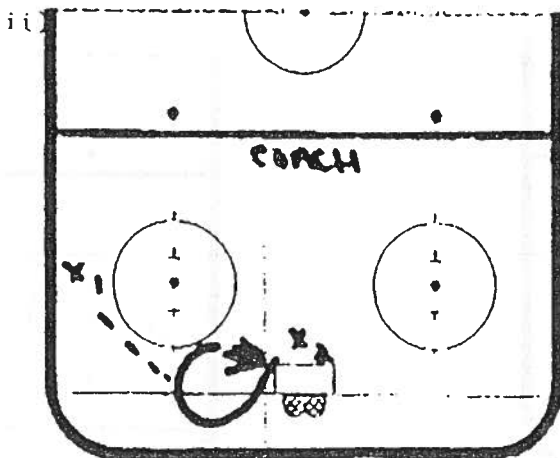
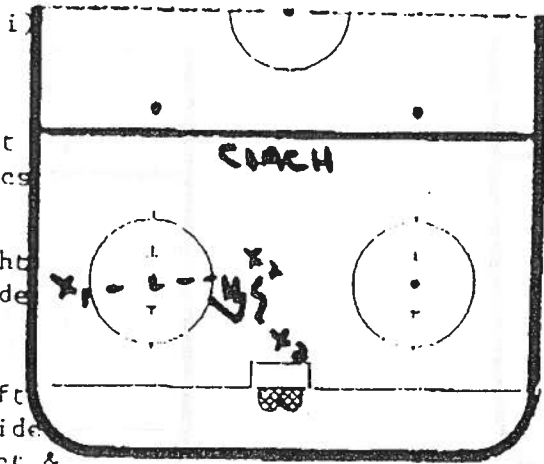
DRILL IV

- 1) Coach with pucks.
- 2) Coach pass to X1.
 - i) X1 pass to X2 in slot. If X2 is right hand X3 goes to net
 - ii) X1 pass to X2 at side. X2 passes to X3 in front.



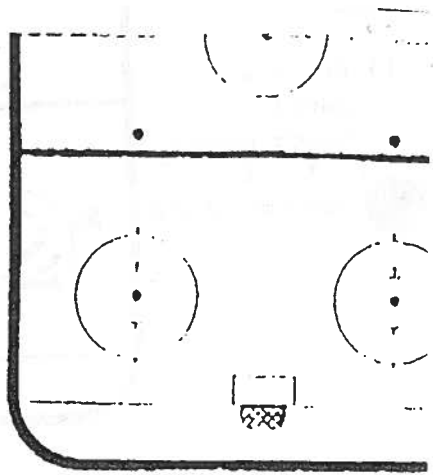
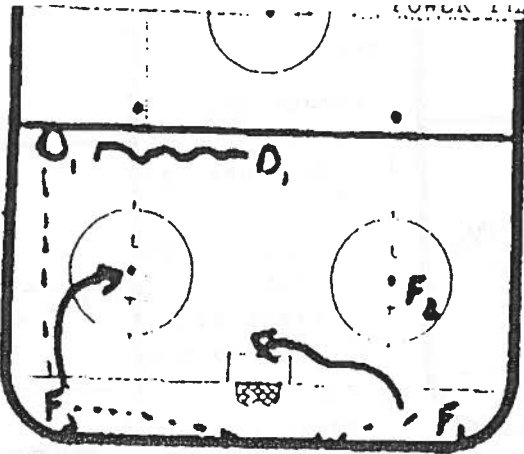
DRILL III

- 1) Coach with pucks.
- 2) Pass to X1 at side. X1 passes to X2.
 - i) If X2 is right hand shot slide into slot for one-timer.
 - ii) If X2 is left hand shot slide to side of net & stuff it.

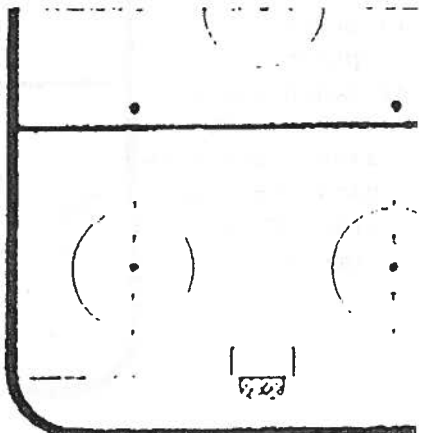
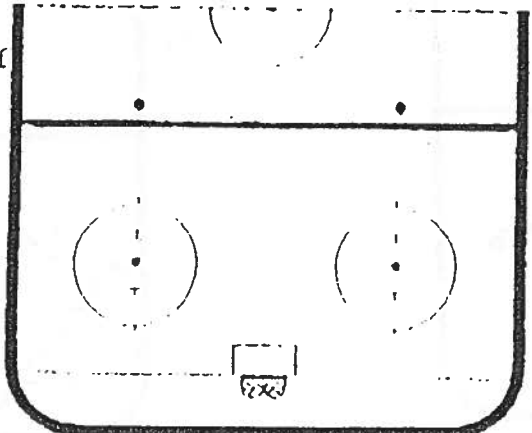


Shooting Drill!

- 1) F1 passes to F2 & goes to net.
- 2) F2 passes to D and slides out.
- 3) D slides to middle.
- 4) Go through all options.
 - a) Shoot F1 for tip.
 - b) Pass back to F2 who shoots.
 - c) Pass to F3.

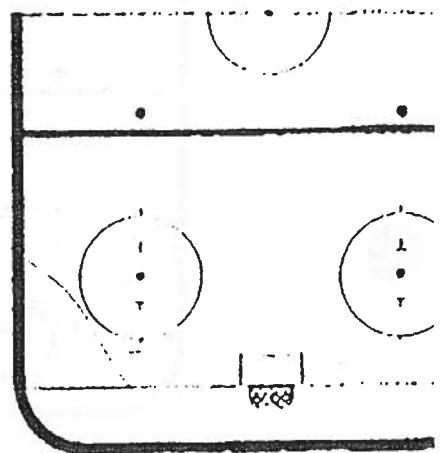
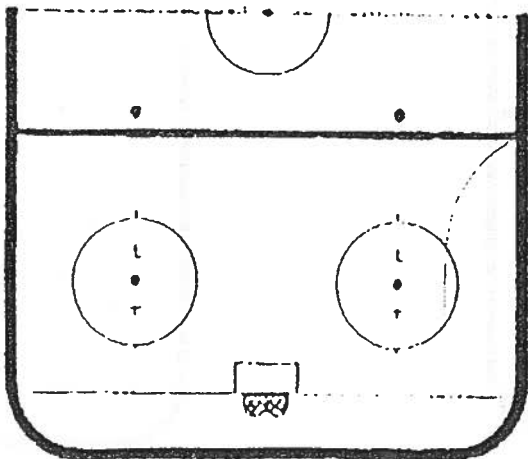
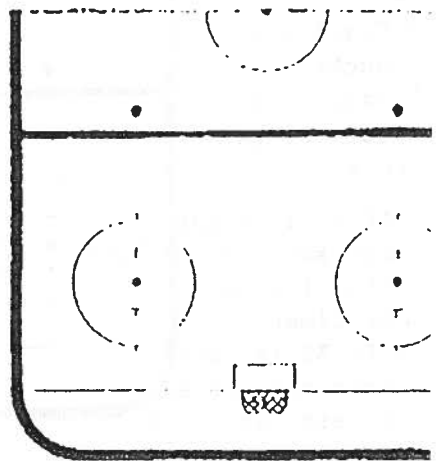
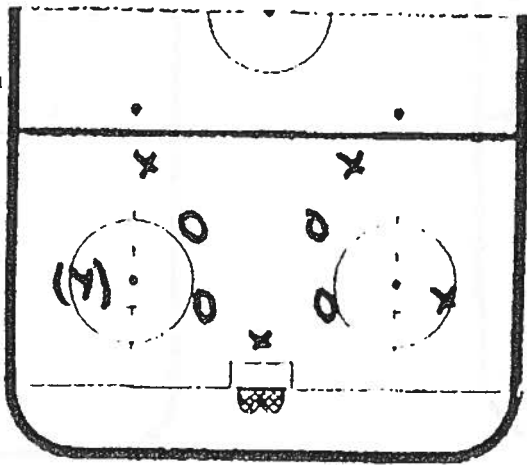


Everyone can have one-time shots, if not keep puck moving.



II Joker Drill

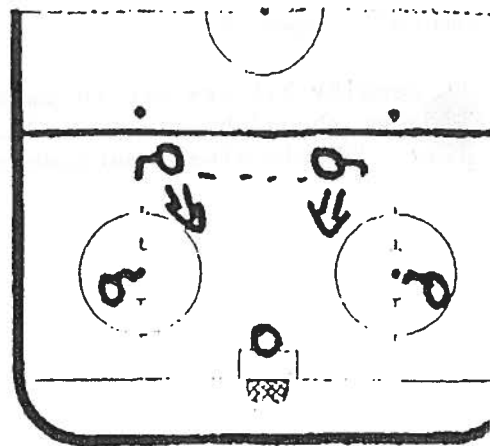
9 man drill. X on power play until score or lose possession of puck. O kill penalty. Switch everyone around so that X kill penalty and O on power play. One man has to play on both penalty killing and power play.



POWER PLAYS

Shooting Power Play

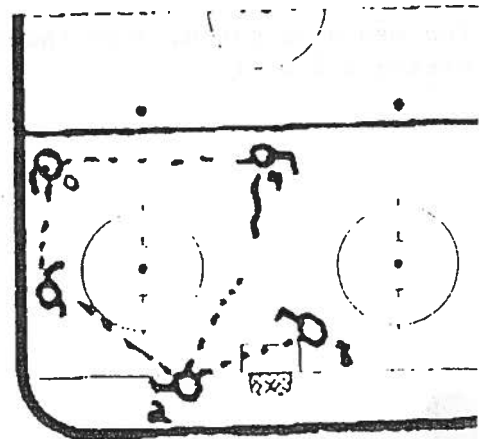
● control of puck deep. Move it back to points. Go D to D or shoot right away. Man in front, wingers on off-side ready to tip or get rebounds. Three closest men on puck after shot.



Czech Power Play

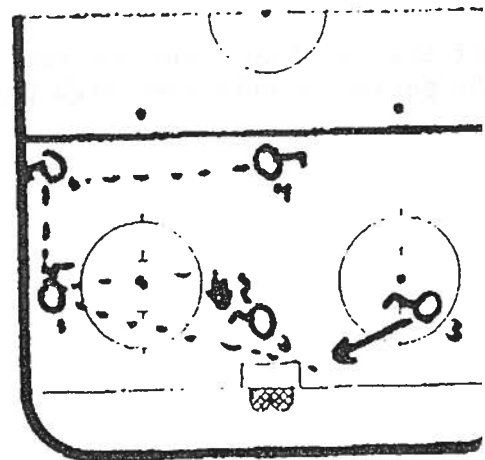
Get control of puck deep. Move it back to point. Slide puck to 1, 1 move puck to 2. 2 has 3 options.

- 1) stuff puck
- 2) slide puck to 3
- 3) slide puck to 4 moving in



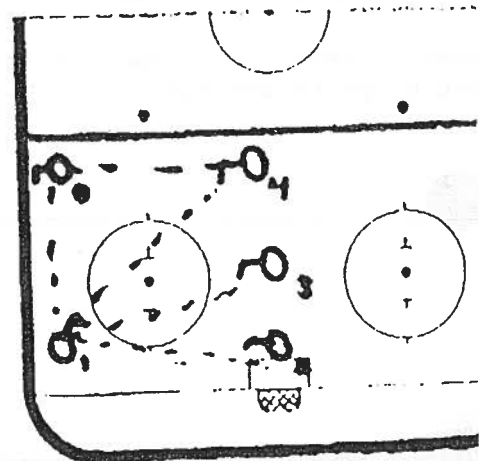
Slot Power Play

Get control of puck deep. Move it back to point. Slide puck to 1, 1 pass to 2 who slides into slot. 3 goes to net.



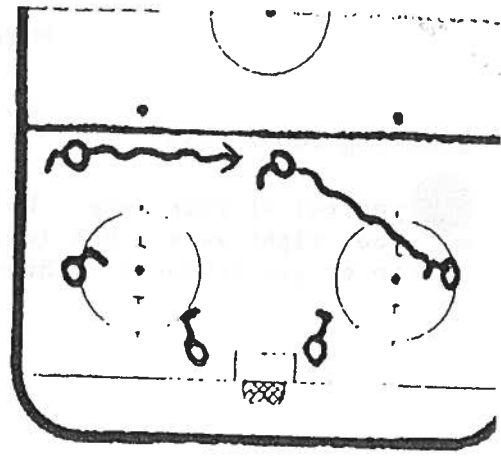
Right Handed Power Play

1 is the quarterback. Get control of puck deep, move it back to point.



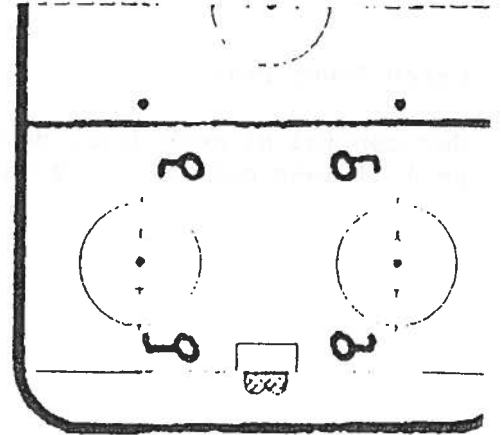
Umbrella Power Play

If penalty killers are in passive box, slide to umbrella.
Center should be on off-side. You can go to a 1-3-1 power play. Should always outnumber opposition on loose pucks.



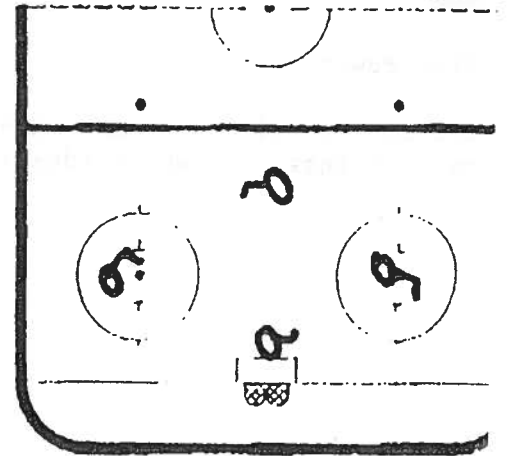
Four on Three Power Play

Top men play catch, draw their men out. Slide puck deep to create a 2 on 1.



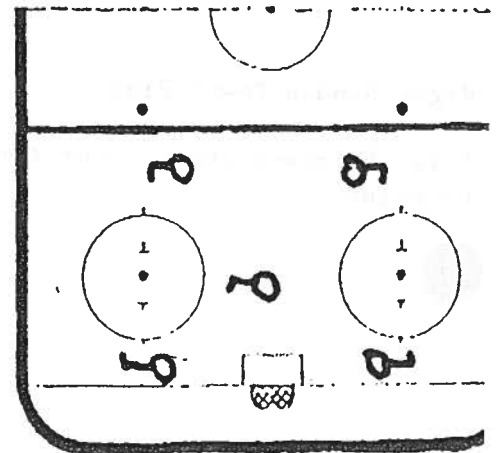
Second Option

If they send only one man out, then slide to umbrella.
Be patient - only take high percentage shot.



Five on Three Power Play

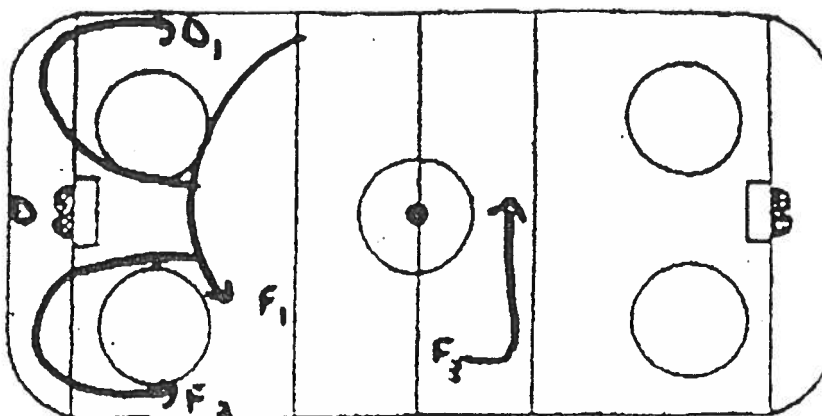
Same as above, only one man in middle of box. Can pick high man or go to umbrella.



POWER PLAY BREAKOUTS

Control Breakout vs Little Pressure

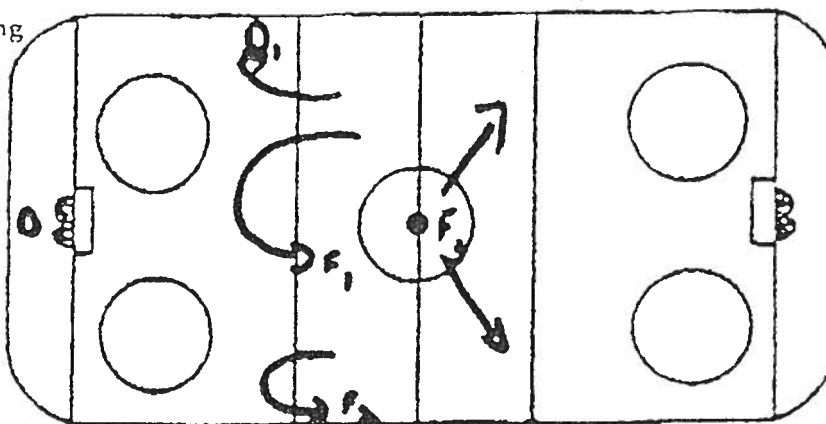
Timing is important.
 F1 is first option - you want him to carry puck.
 F2 is second option.
 D1 is third option.



2) High Breakout vs Agressive Forechecking

D passes to D1, at blue line.
 F1 is first option.
 F2 is second option.
 F3 is third option.

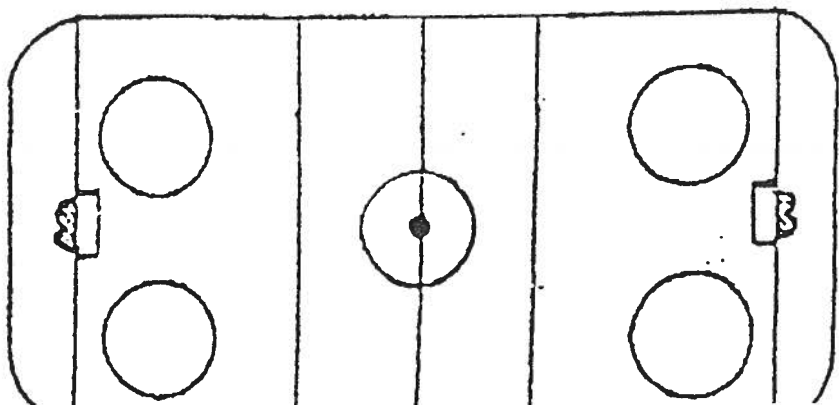
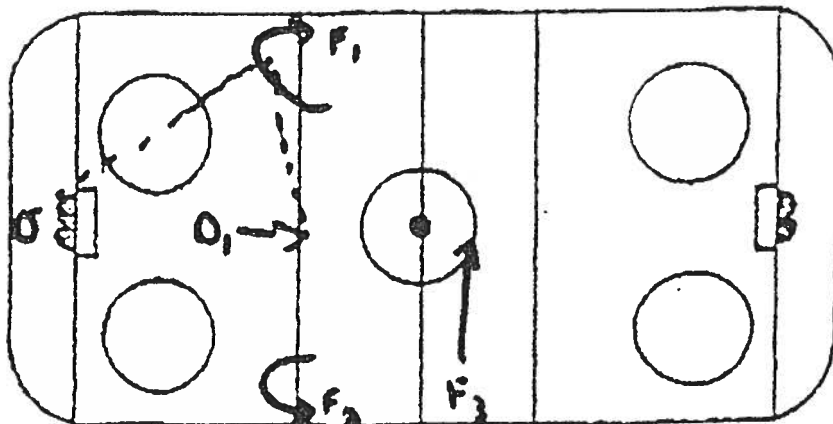
Try to catch other team with 3 on 2 break.



3) New Jersey Breakout vs Agressive Forechecking

D passes to F1 or F2.
 D1 takes off.
 F1 can pass to D1, F2 or F3.

Again, try to catch other team on 3 on 2 break.



Uj

