



“When we have the puck when penalty killing, all of our players should be separated and open so we can move the puck around and waste time”

NEUTRAL ZONE - PENALTY KILLING

One Short

When two forwards go out to kill a penalty, they must talk to each other and agree who is going to have responsibility for which side of the ice. Usually a left hand shot will take the left side and a right hand shot will take the right side. If a centre goes out he will take the face offs and the other forward will line up on the wide side wing at the face off.

Pick up one of their players, stay with him and **stay on your side**. If you get control here waste a little time if you can, shoot the puck down the ice or pass the puck back to our defenceman if he is 100% open. No big body checks that can take you and their player out of the play. That will leave a 4 on 3.

Two Short

Our one forward should stay in the middle trying to hurry any passes and making sure he does not get caught in the neutral zone behind their 3 forwards.