



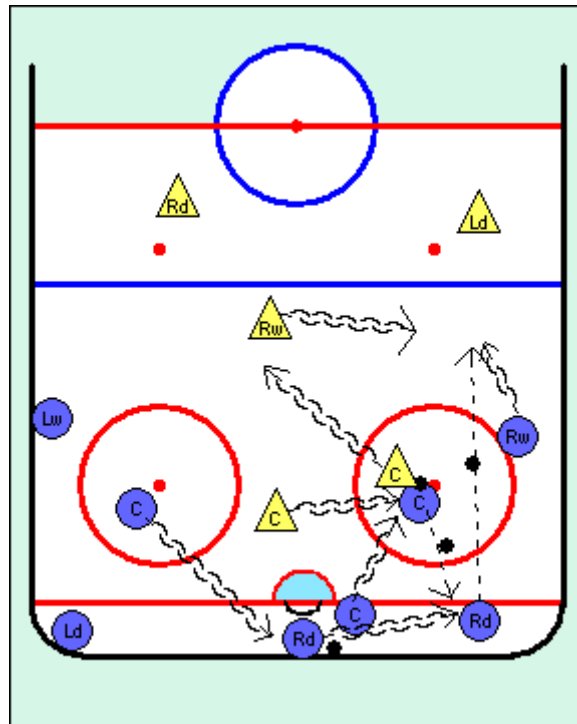
“Don’t let them come out of their end too easily on a power play, keep as much pressure on as you can without giving up your ability to get back”

OFFENSIVE 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.

If the puck is in their corner, one of our players should challenge hard but under control because all they are going to do is pass the puck by you or over or up to their open player. If they take the puck behind their net, one of our players should go and stand in front of their net about 15 feet from their goalie until they pass. Our other forward should stay in the middle just inside their blue line so he can challenge their player receiving a pass on either side of the ice. This helps waste their power play time. Do not chase their player behind their net unless you are pretty sure you can stop him passing the puck ahead because if he does you are behind the play.



If their centre comes behind the net to pick up the puck from their defenceman, wait until he does and then force him to pass back to the defenceman as the centre comes around the net. Then body check the centre to prevent him from getting a return pass but not so you are out of the play



or go down. This will force their defenceman to carry the puck or to make a pass to someone else.

If their set up power play system starts in front or at the side of their net with one their defencemen with the puck and their forwards ahead of him, one of our forwards should challenge him to force a hurried pass while the other is around the blue line reading which side the pass is coming to.

If we happen to intercept the puck in their end, shoot on net. If you can't shoot the puck on net, pass it back into their corner or all the way back to your defencemen to waste time, or freeze it against the boards.

Two Short

We will send the one forward into their zone to make them make some good initial passes but our forward should not get caught down low