"Very rarely are there games when we have a 2 player advantage…we should score every time we have this opportunity"

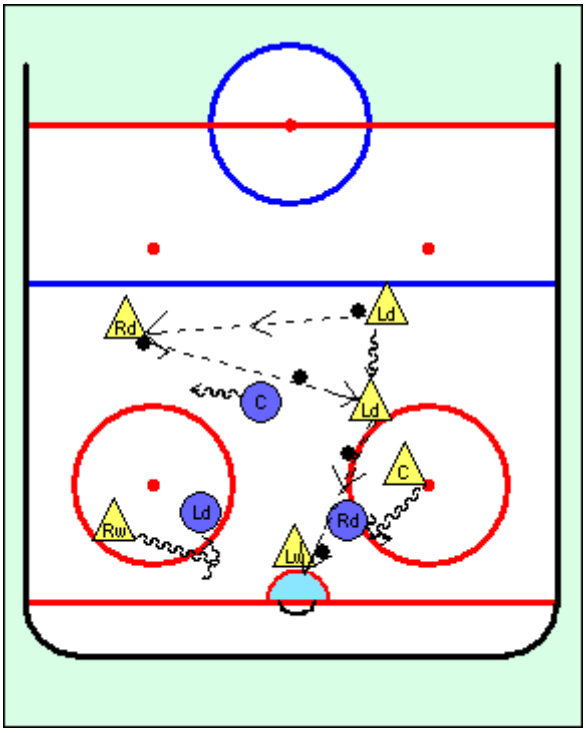
OFFENSIVE ZONE – POWER PLAY 5 ON 3

Pass the puck to our open player so we can move the puck over their blue line. Slow the play down in order for all five of our players to set up and spread out in and around their zone. This way we take the most advantage of our extra 2 players. They will probably set up a defensive triangle in their zone with 2 players down low and one player high.

Below is an illustration of a **starting** formation, but remember we create openings for good scoring chances by moving around, rotating player positions, trying to force them out of the triangle, making them lunge, and trying to block shots, which allows us to create 2 on 1 situations, and to screen their goalie. This will lead to better scoring opportunities, shots and rebounds with their goalie down.

Our defencemen are the key to defeating their triangle. We should put 3 of our players down low, one in the middle at the top of the crease screening their goalie and the 2 others on either side of the net forcing their 2 defencemen to cover these 3 players as best they can.

This leaves a 2 on 1 against their player at the top of the triangle. Our 2 defenceman can pass back and forth until the timing and positioning for a soft pass and one-time shot is just right for our defenceman with the best shot as close in as we can get.



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