

BOB HALKIDIS

Coaching Tips

POWERPLAY
and
PENALTY KILLING



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Hockey Training & Coach Development

Powerplay

There are three components to a successful powerplay. They are:

- 1) The breakout**
- 2) The set up**
- 3) The finish**

Powerplay

1) The breakout:

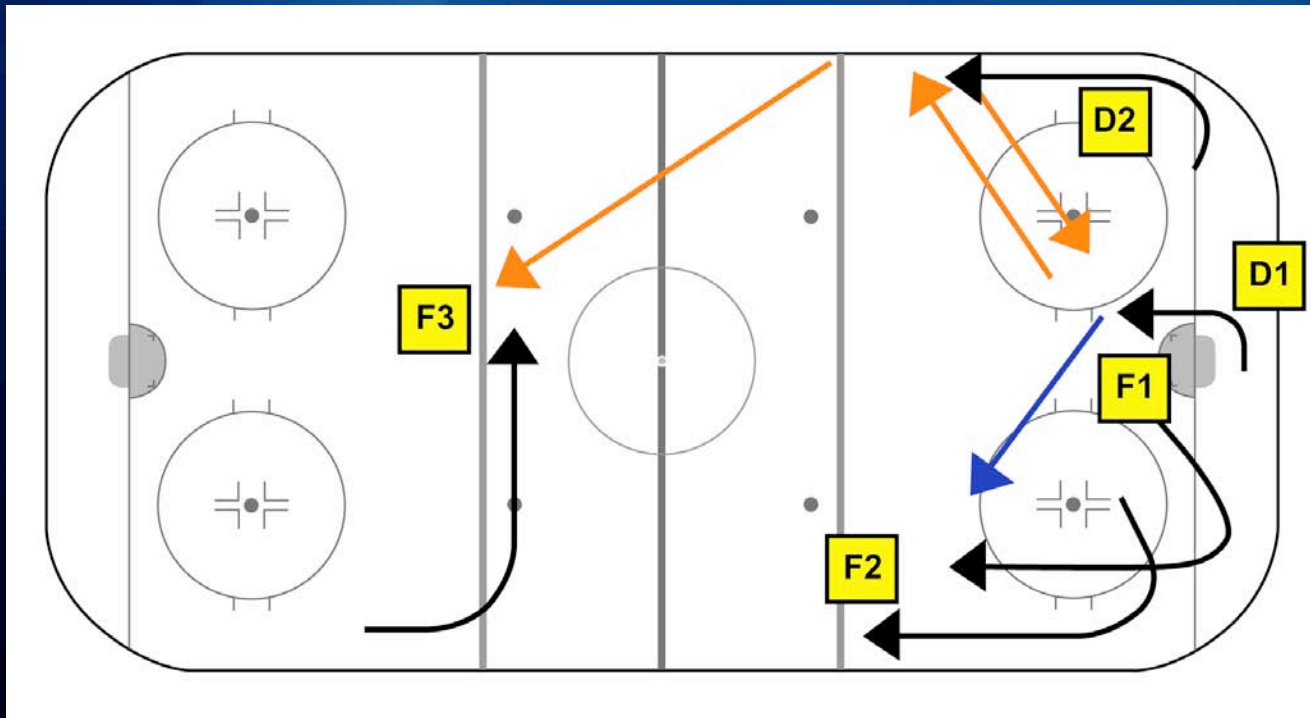
A successful breakout depends upon the following:

- Perfect routes
- Perfect timing
- Tape to tape passes
- Decisiveness

Powerplay

The Breakout

TRIPLE SWING OPTION BREAKOUT



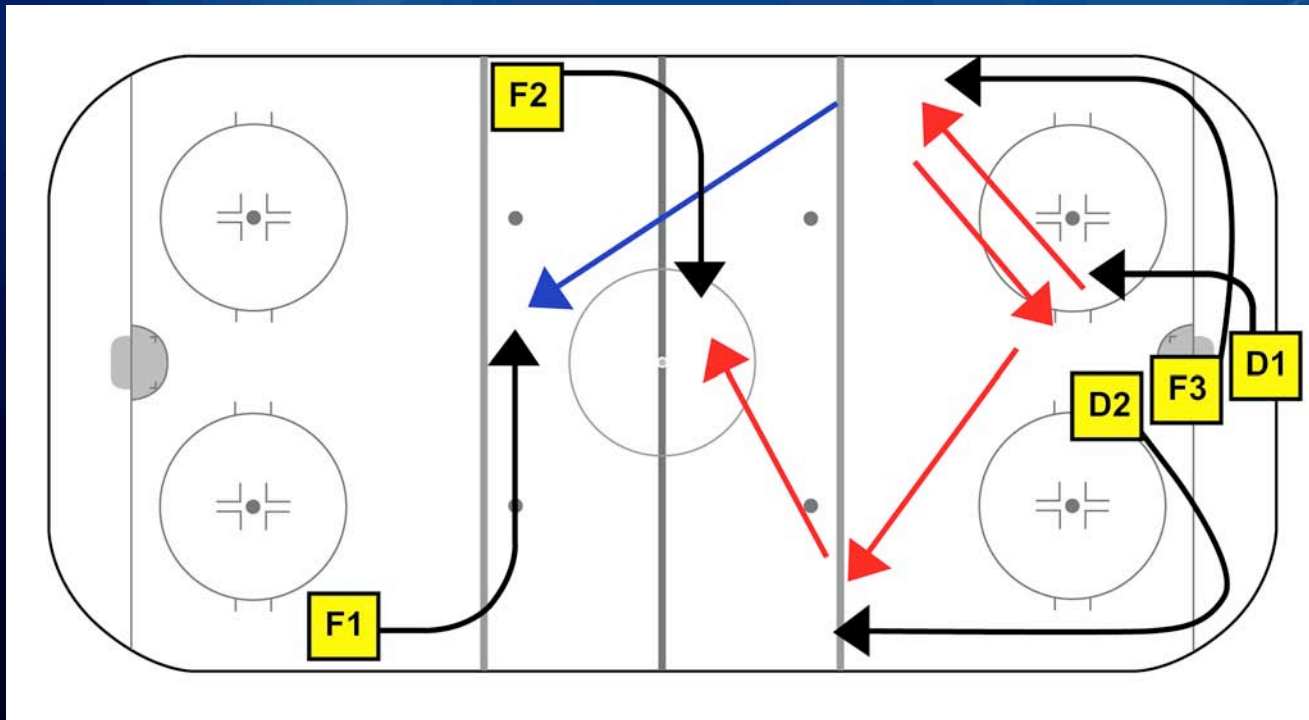
D2 CAN PASS TO F3,
SKATE HIMSELF, OR
BUMP BACK TO D1

IF PUCK IS BUMPED
BACK , D1 GOES TO F1

Powerplay

The Breakout

WIDE SWING BREAKOUT



F3 TAKES IT AND FLIES. TAKES IT ALL THE WAY IF HE CAN. IF NOT, BUMPS BACK.

Powerplay

2) Recovery and setup

If you did a good job breaking out, perhaps you can skate the puck into the zone for a quick setup. If not, you will have to dump it in and recover it. A team that cannot recover the puck will spend the entire two minutes going back into their zone, breaking out again, etc. Recovering the puck and setting it up is a project unto itself that usually requires **all five men**. We do not begin to think about finishing until we have a good setup.

The recovery and set up requires:

- A dump-in that cannot be handled easily by defense or goaltenders.
- Aggressive pursuit.
- A desire to punish opponents competing for the puck.
- Moving the puck back against the grain into empty space on the weak side under heavy pursuit.

Powerplay

3) The finish

There are many different finishing plays we will use, but our play must be governed by some simple rules:

- The puck must be in constant motion, either by passing it or carrying it.
- We must shoot often.
- We must crash and screen their net.
- We must not be outnumbered.
- We must not forget basic defensive awareness.

Powerplay

Three Basic Setups

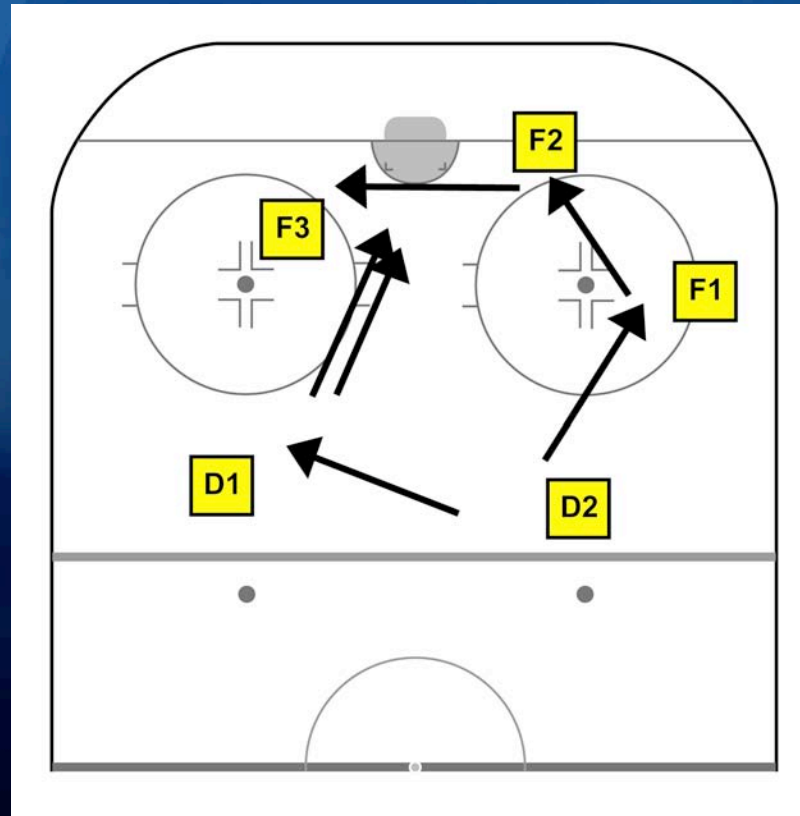
- 1. Half Wall Option**
- 2. Umbrella**
- 3. Wide Spread**

Powerplay Half Wall Option

F3 IS A RH
SHOT. MOVES
IN AND OUT.

D1 IS A PURE
SHOOTER.

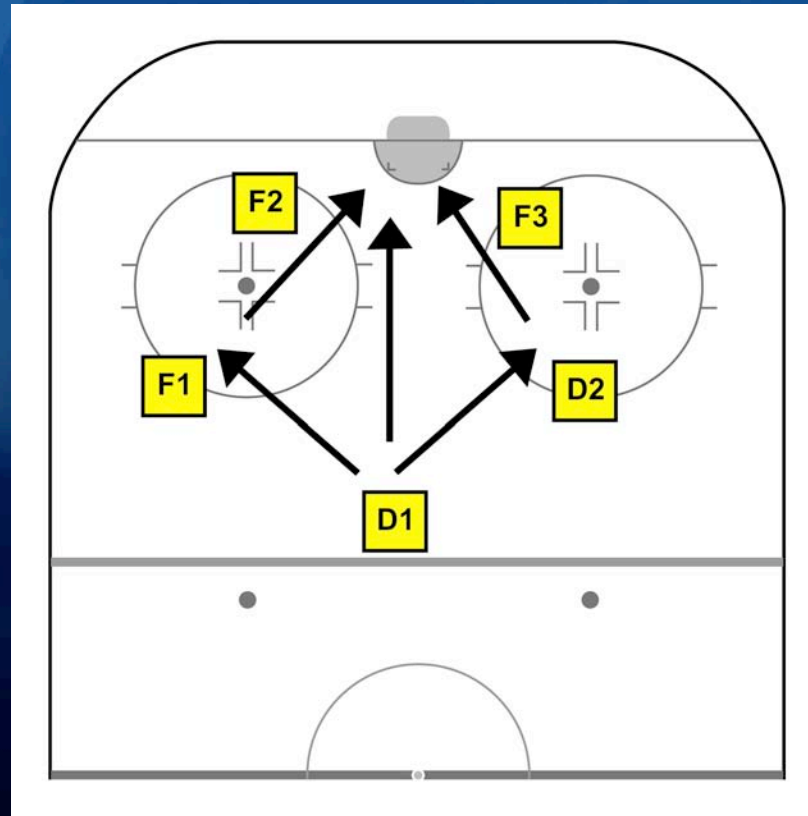
D2 IS THE
QUARTERBACK



F1, F2 AND F3
HAVE UNLIMITED
NUMBER OF
COMBINATIONS.

THIS SET IS
DEPENDANT
UPON CONSTANT
THREAT AND
MOTION, LOOKING
TO DRAW A MAN
OUT AND FIND AN
OPENING.

Powerplay Umbrella

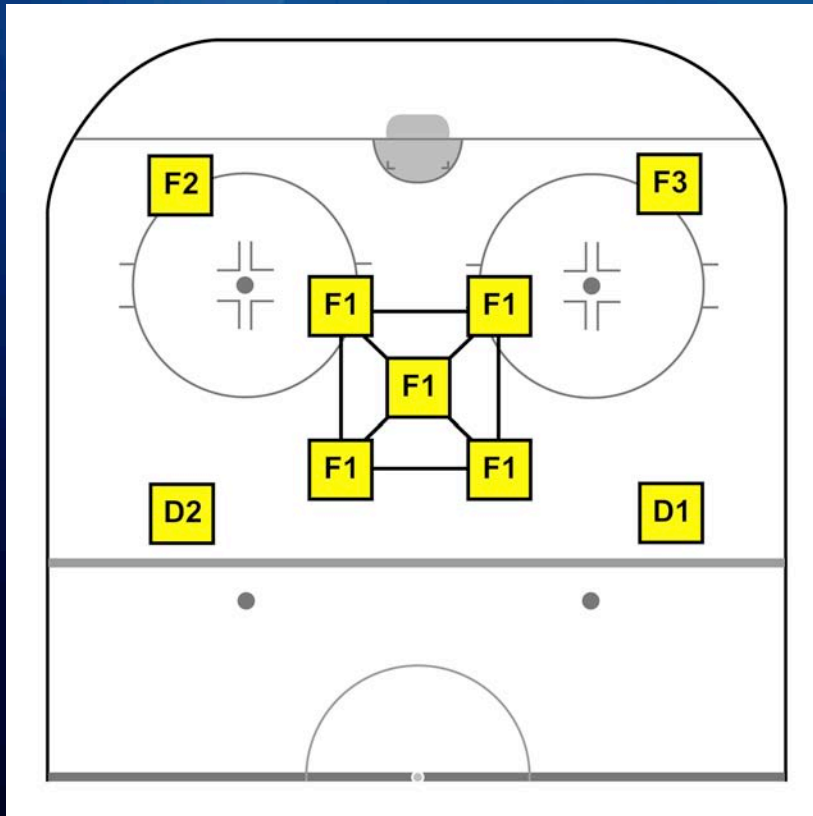


D1 FEEDS F1 OR
D2 OR SHOOTS
HIMSELF.

F2 & F3 CRASH,
SCREEN, AND LOOK
FOR REBOUNDS.

F1 & D2 ARE
OFF-HAND FOR
ONE-TIMERS.

Powerplay Wide Spread



**F1 SETS UP IN THE MIDDLE
AND LOOKS FOR PASSES
FROM ANY ONE OF THE OTHERS.**

**ALL OTHERS SPREAD
OUT TO DRAW DEFENDERS
AWAY FROM F1. ANY
DEFENDER WHO GETS TOO
CLOSE TO F1 LEAVES A
MAN OPEN**

Penalty Killing

When killing a penalty, we approach it in the same three stages as our power play, only from a defensive perspective. They are:

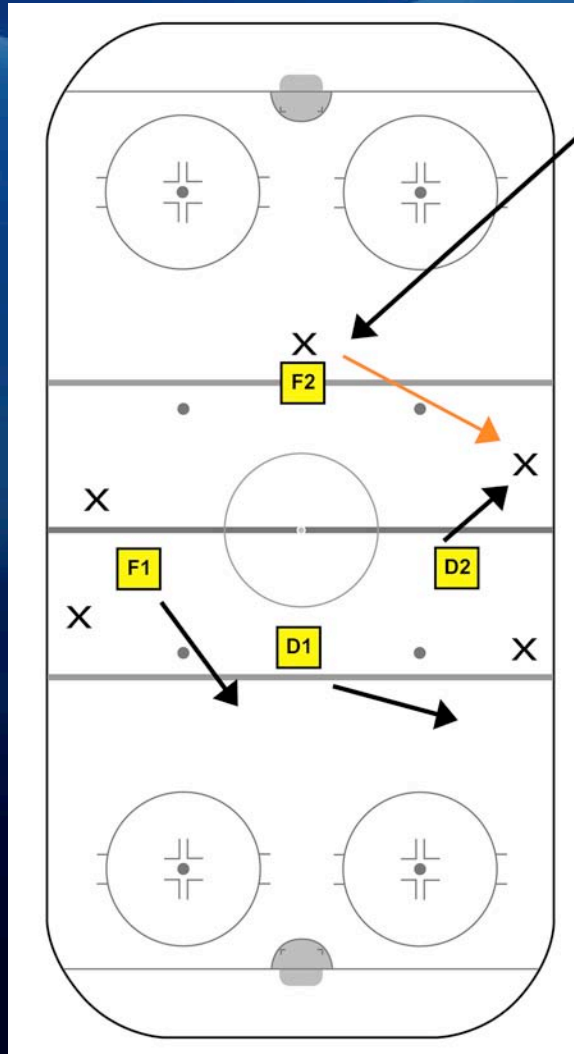
- 1) Disrupting their breakout.**
- 2) Denying them the set up.**
- 3) Defending against their finishing attempts.**

Penalty Killing

1-3 TRAP

1) Disrupting their breakout:

We will vary our forecheck to keep them guessing. Coach will call the forecheck from the bench. Pay attention.



F2 PASSIVELY ALLOWS DEFENSEMAN TO SKATE PUCK UP TO BLUE LINE, BUT DOES NOT ALLOW HIM TO CROSS, FORCING PASS TO BOARDS.

F1 OR D2 ANTICIPATE SIDEWAYS PASS, AND SET UP TO MAKE HIT.

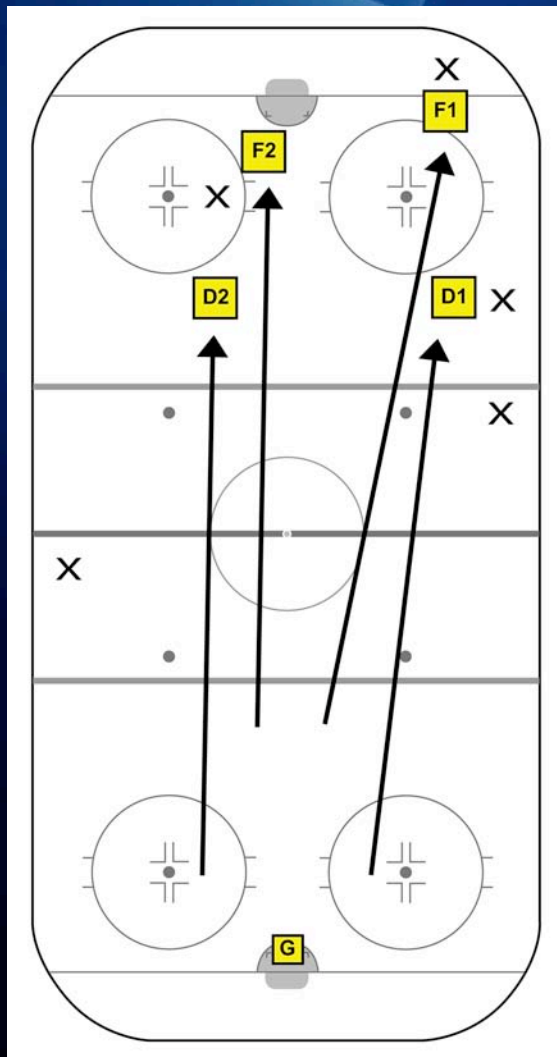
D1 BACKS UP D2

F1 FILLS IN FOR D1

Penalty Killing

Disrupting their Breakout

FAST ATTACK



A few times each period, we will call a fast attack. Usually, the attack is called at a defensive zone faceoff, 60 to 90 seconds into the kill, after we have changed for fresh penalty killers and they leave the same unit on.

As soon as we ice the puck, we send all four men up ice, trying to catch a tired unit in a lazy breakout. We want to gain possession and score, outnumbering them in their own zone.

This is an aggressive play, and you must commit to being aggressive.

Penalty Killing

2) **Denying the setup:** We want our opponent to eat up as much time as possible trying to get set up. Some of the ways we try to accomplish this are:

- Denying a walk-in entry by protecting the blue line, forcing a dump-in.
- Aggressive pursuit.
- Cornering the puck by outnumbering our opponent by halving and quartering the ice.

Penalty Killing

3) Defending against their finishing attempts:

Once our opponent gains good possession and our aggressive options are exhausted, we go into a passive system that depends upon the following:

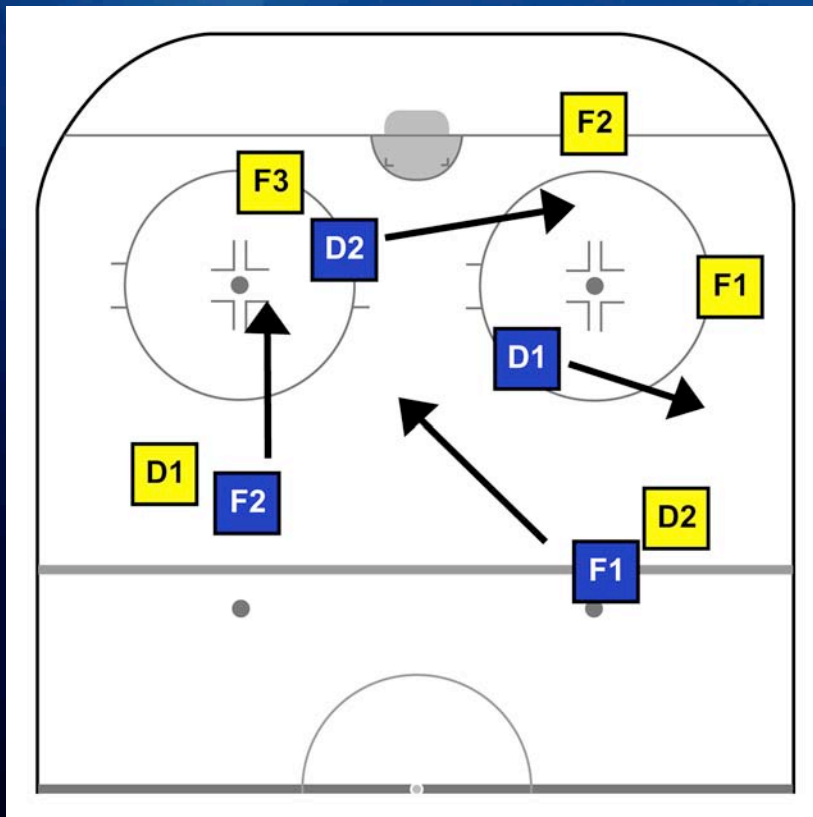
- Skates and feet in shooting lanes.
- Sticks in passing lanes.
- Good rotations.
- Back door awareness.
- Punishing anyone in front of our net.

Penalty Killing

The Three Basic Defenses

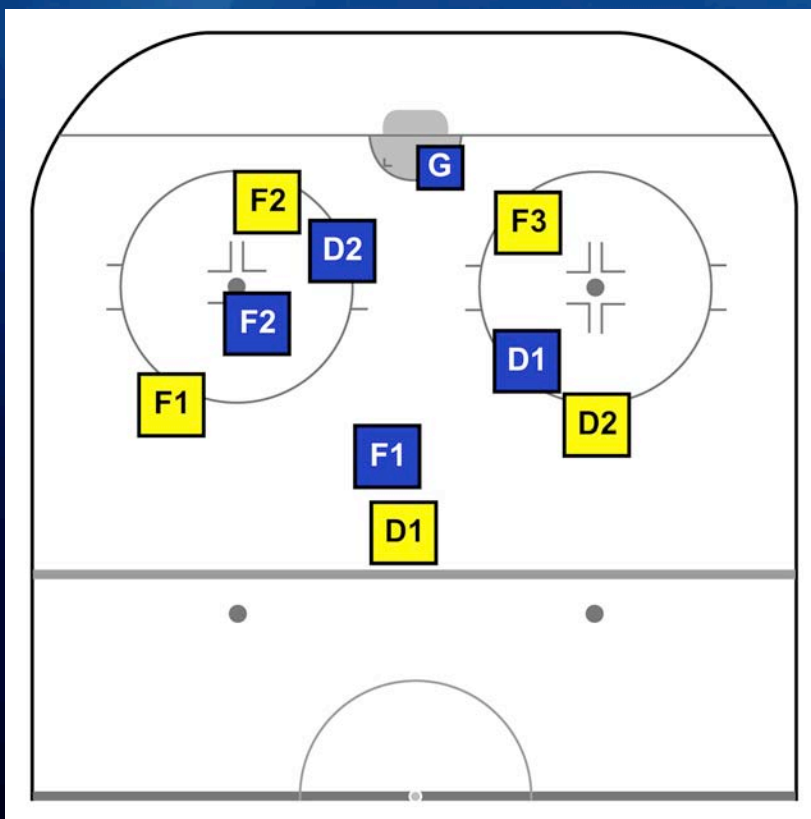
- 1. Vs. the Half Wall Option**
- 2. Vs. the Umbrella**
- 3. Vs. the Wide Spread**

Penalty Killing Vs. the Half Wall Option



- 1) D1 ATTACKS HALF WALL.
- 2) D2 ATTACKS LOW FORWARD.
- 3) F2 ATTACKS BACK DOOR.
- 4) F1 COVERS SLOT.

Penalty Killing Vs. the Umbrella

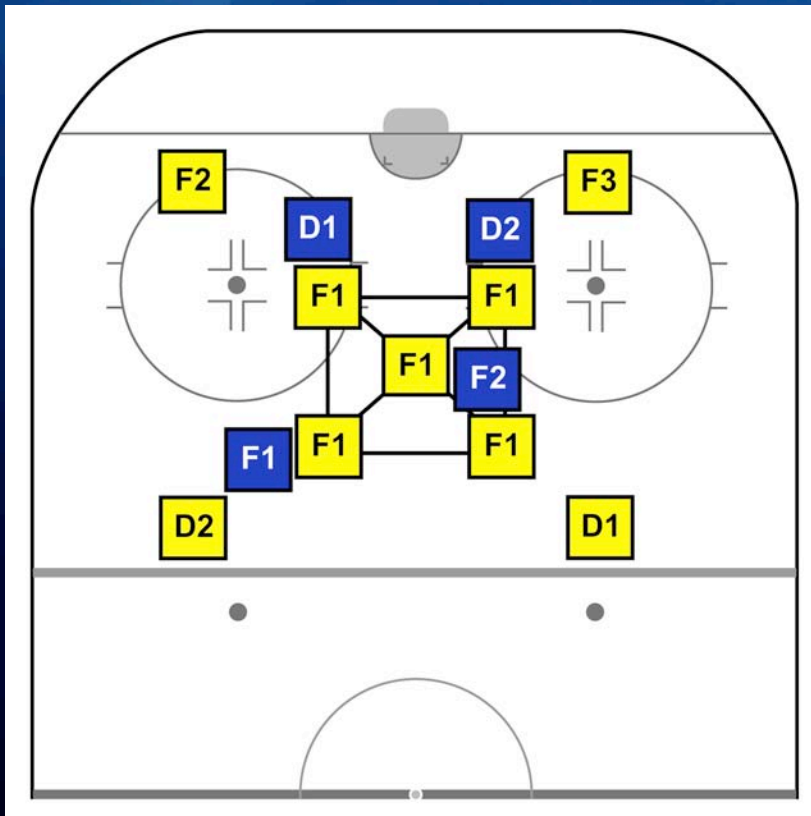


WE PLAY A DIAMOND FORMATION AGAINST AN UMBRELLA. THE IDEA IS TO DENY SHOOTING LANES TO THEIR THREE SHOOTERS.

WEAKSIDE MAN MUST COLLAPSE TO COVER BACK DOOR.

Penalty Killing

Vs. the Wide Spread



FORWARDS COLLAPSE,
AND HINGE UP. ONE UP
CHALLENGING POINT,
ONE IN LOW SLOT
GUARDING AGAINST
THE QUICK D TO LOW F
TO SLOT PLAY.

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