

## Penalty Killing

Remember the 5 P's: **P**rior **P**lanning **P**revents **P**oor **P**erformance

When organizing your Penalty Killing it may help to divide the ice into three zones.

### Offensive Zone:

- Pressure loose pucks hard – Speed and pressure – Know when to back off
- One pass does not beat two people – Good depth by 2<sup>nd</sup> F and D
- Proper angles with active stick – Sticks on ice taking away passing lanes – Protect Middle
- Do not finish checks after pass is made – Need to back check immediately
- Hard back through middle – Try and pressure puck before blue line, force PP to make plays.
- 'D' good 'Gaps' – Read the rush – No odd-man rushes against

### Neutral Zone:

- Gaps – close on puck carrier and force dump-ins
- Fill 3 lanes after redline – pressure until set-up

### Defensive Zone:

- Pucks down ice hard – First Time/Every time!
- Pressure in straight lines, sticks on ice – Net is the magnet
- Pressure all dumps and force until set-up
- Don't get tied up in front
- Bodies in shooting lanes/Sticks in passing lanes
- Outwork opposition – Use short shifts/"Change before you are tired"

Special Skills Needed For Penalty Killing:

- Good Judgment, anticipation
- Sound Checker – Intensity and determination
- Quickness and strength
- Good at all face-offs
- Using stick in either hand
- *Must be willing to block shots*
- Must recognize the importance of “defensive side” positioning
- Quick feet/Mobile
- Head on a swivel – split vision
- Will to be successful

Goaltender Must:

- Communicate situation to teammates
- Freeze puck whenever possible
- Prevent and handle walk-outs-jam plays
- Handle Pass-outs and pass-throughs with good stick
- Be ready for bad angle shots
- Be the best penalty killer

**Most Importantly ....STAY OUT OF THE BOX!**