

## Penalty Killing – Part I

### *Rules and Systems*

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From material presented at the 2004 International Coaches Conference*

### LAWS OR THE RULES

#### POWER PLAY

vs.

#### PENALTY KILLING

1. Break out (Timing and Support) Transfer, drop pass, long pass and short pass	1. Steering, Chasing, Covering, Angling, Aggressive or Passive
2. Speed in the Neutral Zone	2. Gap and Standing the Blue Line
3. Entries <input type="checkbox"/> Dump <input type="checkbox"/> Control  NOTE: With Lewiston we gave up fewer goals when the other team had to dump the puck.	<input type="checkbox"/> Early Press (3) <input type="checkbox"/> Pressure (1)
4. Set up <input type="checkbox"/> Shooting  <input type="checkbox"/> Low Plays	<input type="checkbox"/> Passing and Shooting lane, Flush and blocking shots, Loose pucks and clears <input type="checkbox"/> Rotation, 4 players low, Passing lanes, Loose Pucks and Clears

Which System do you want to Use?

*There is no bad system, there is only bad execution*

1. 0-4
2. 1-1-2      Standing Still  
Rotation  
Split Standing  
Split Rotation
3. 1-3      Board  
Middle  
Overskate and Middle
4. 1-2-1
5. 2-2
6. 3-1

### Different Systems

AGGRESSIVE	PASSIVE
1-1-2 Rotation	0-4
1-1-2 Split Rotation	1-2-1
F1 Overskates F2 Locks Middle	2-2
1-3	3-1
	1-1-2 Split Standing
	1-3 Middle



## What Do We Want to Give Up in the Offensive and Neutral Zone?

1. Smart
2. When to be aggressive or passive
3. chase or you don't chase behind the net
4. Don't finish your check
5. Angling and pressuring
6. Stick down
7. First forechecker dictates the job of the second forechecker
8. Take away the best skater
9. Want to force them on one side
10. Take away their speed by a good gap
11. Trap
12. Stand Up
13. Cover the blue line with 3 players