Penalty Killing – Part II
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Penalty Kill Forecheck Systems

PENALTY KILL FORECHECK SYSTEM
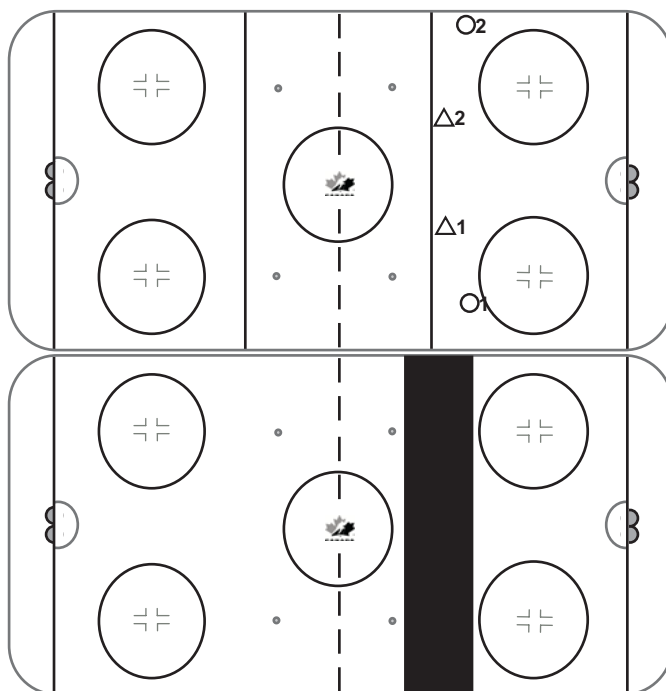
0-4

PROS
- ☐ 4 back
- ☐ Standing the blue line
- ☐ Creating turnovers at the blue line

CONS
- ☐ No turnovers in the offensive zone
- ☐ Give speed to the other team in the neutral zone
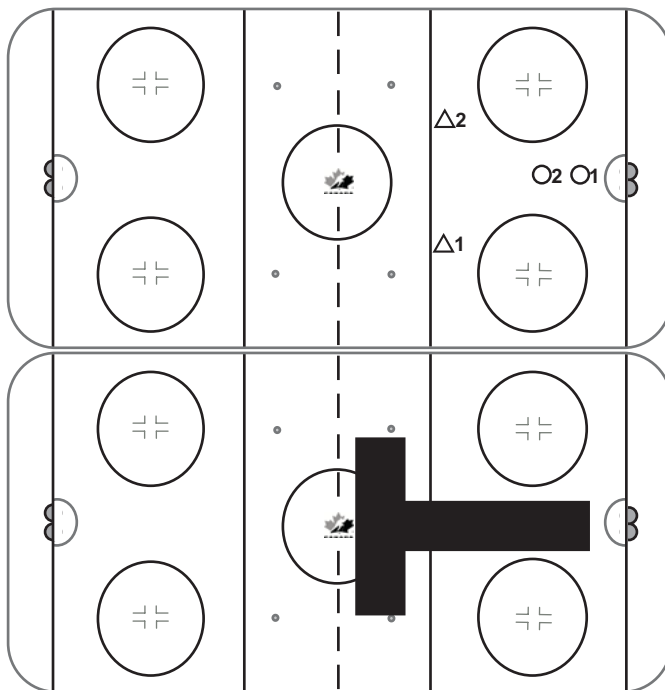- ☐ Passive in the offensive zone

1-1-2 Stand Still

PROS
☐ Cover middle of the ice
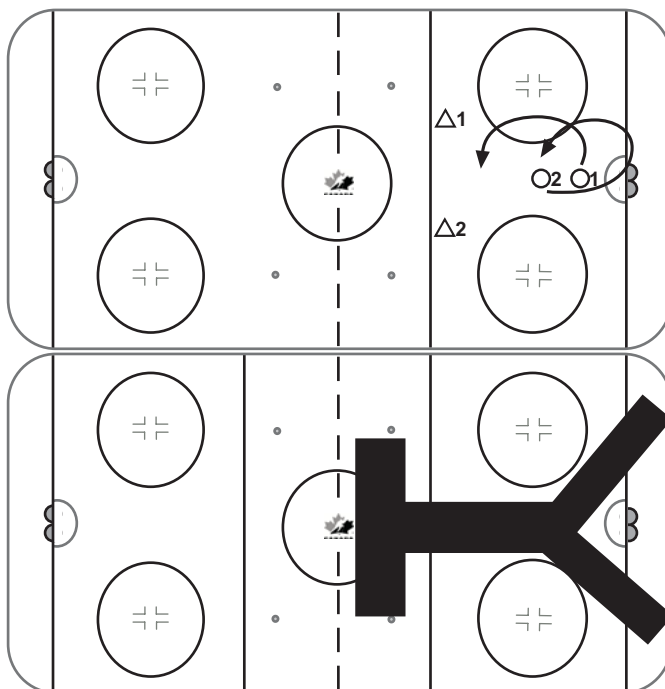☐ Create turnovers

CONS
☐ Give 2 options
☐ Hard to stand the blue line

1-1-2 Rotation

PROS
☐ Protect the middle of the ice
☐ F1 and F2 are in movement
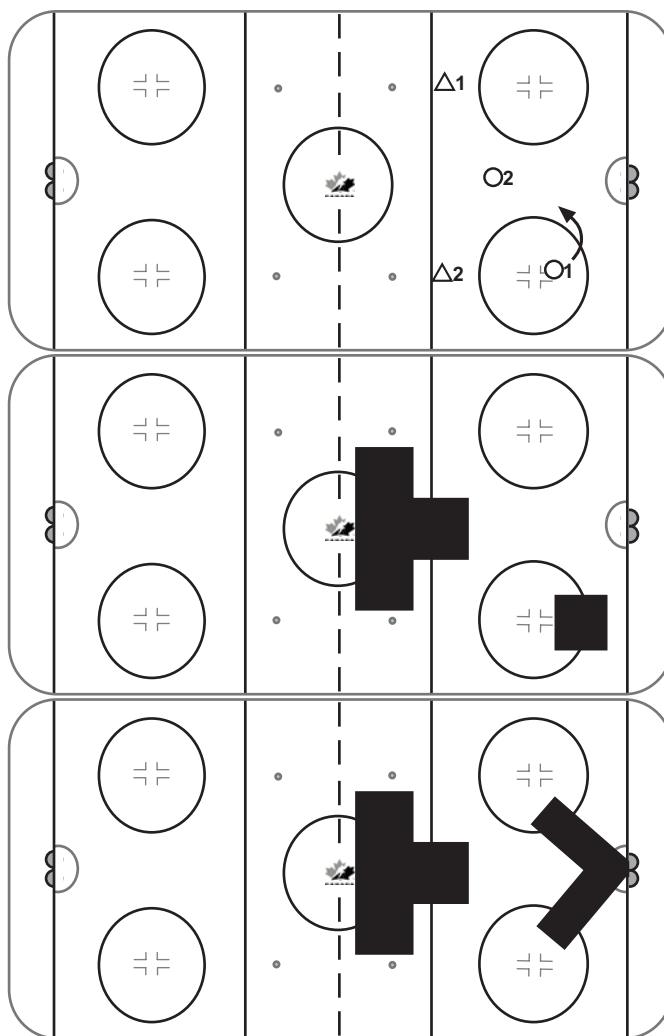☐ Possible to create turnovers in the offensive zone

CONS
☐ Harder to stay up at the blue line
☐ Back to the play

1-1-2 Split Standing Still
1-1-2 Split in Movement

PROS
☐ Dictating the other team where to go
☐ Would like to trap them at the red line
☐ Easier of the D

CONS
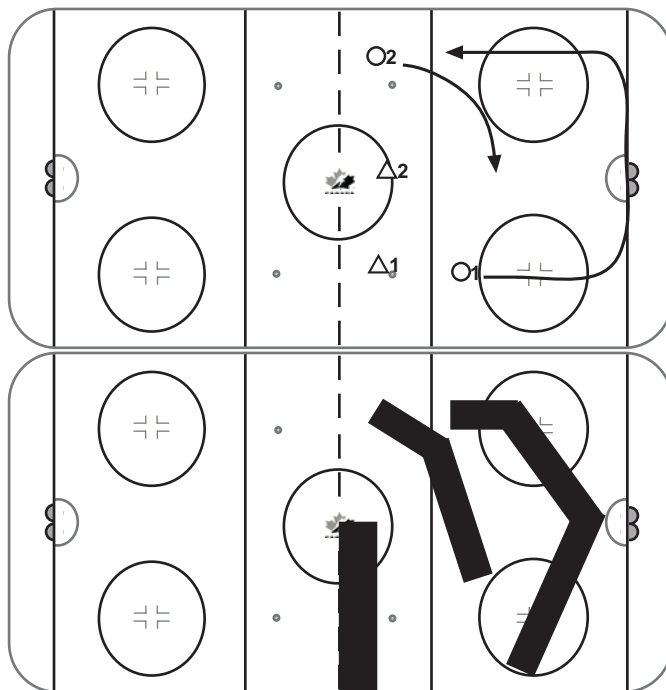☐ Still 2 defensemen at the blue line
☐ 2 players doing the same job

1-3 Overskates and Takes Middle Ice

PROS
☐ Easy to read
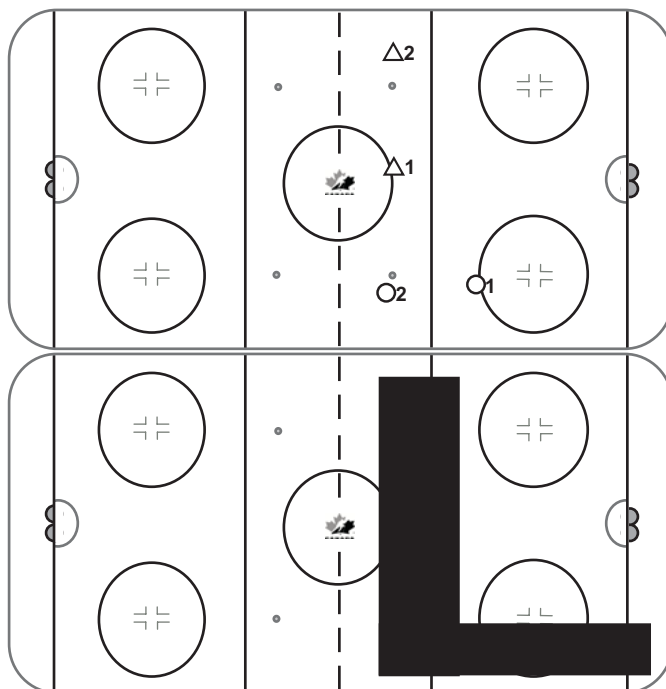☐ Possible to create turnovers
☐ Stand the blue line

F1 and F2 same side

PROS
☐ Cover one lane
☐ Stand up blue line
☐ Easy to read
☐ Dictate which way the puck has to go

CONS
☐ Passive

1-2-1

PROS
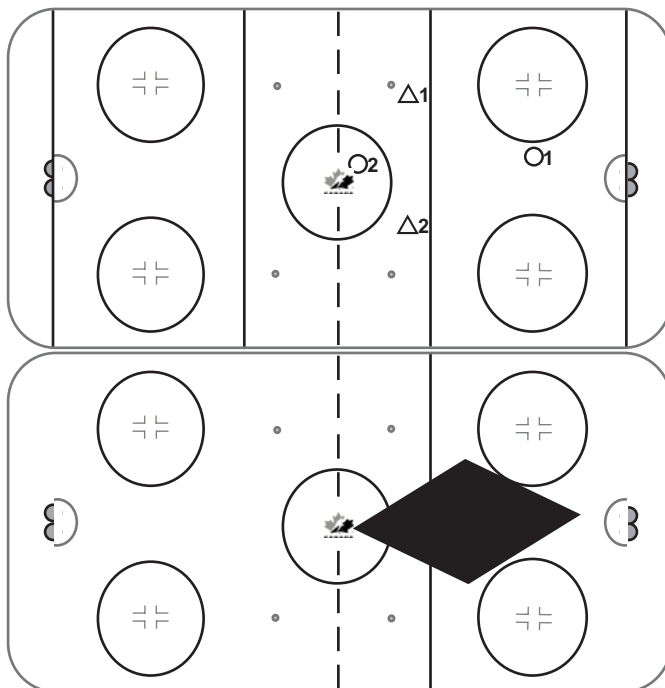☐ Cover the middle of the ice
☐ Tight unit
☐ F2 gets the loose puck

CONS
☐ Hard to stand up the blue line
☐ Passive in the offensive zone

2-2

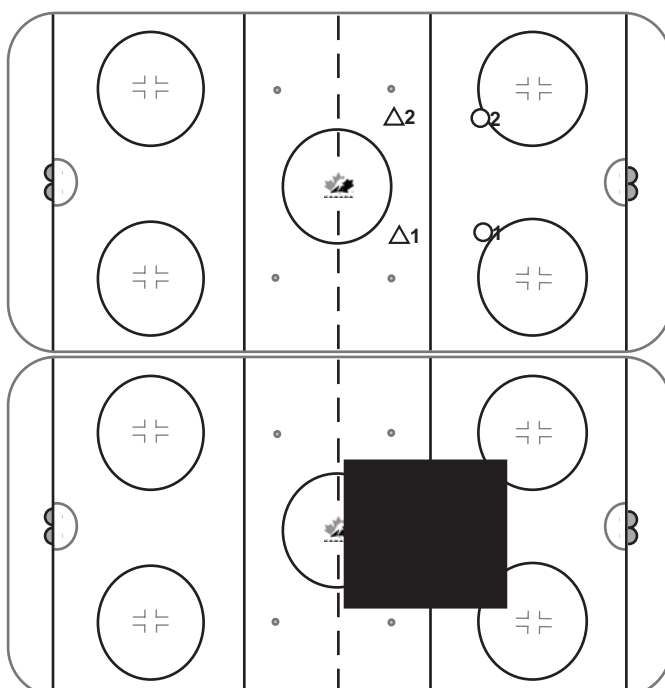PROS
☐ Tight unit
☐ Protect the middle

CONS
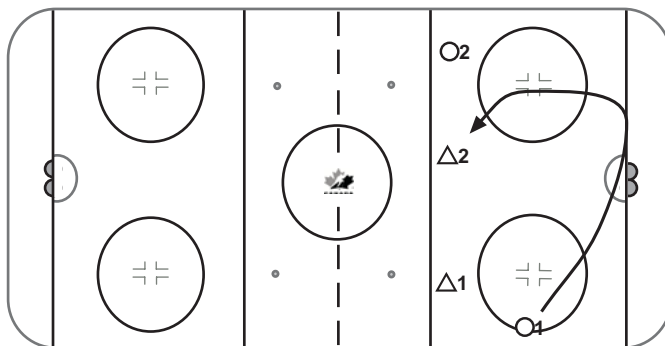☐ Passive in the offensive zone
☐ Hard to stand up the blue line

1-3 Board

PROS
- ☐ Dictating where the puck is going to go
- ☐ Standing the blue line
- ☐ Forcing the play to our defensemen
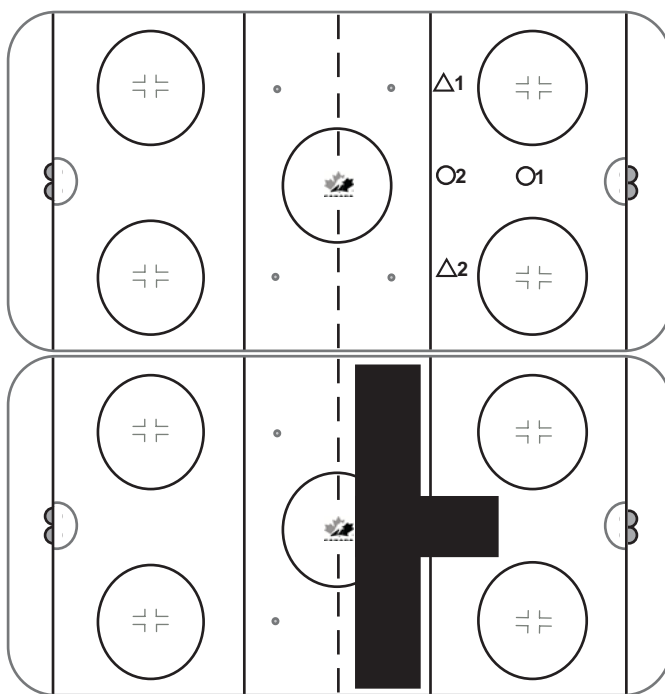
CONS
- ☐ No pressure
- ☐ No turnover in the offensive zone

1-3 Middle

PROS
- ☐ Protect the middle of the ice
- ☐ Stand blue line
- ☐ Guide the puck carrier to the defensemen

CONS
- ☐ No turnover in the offensive zone
- ☐ Passive
- ☐ Sometimes the forward skates backwards

3-1

PROS
☐   Cover 3 lanes

CONS
☐   Passive in the offensive zone