

## Penalty Killing – Part III

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### *Penalty Kill in the Defensive Zone*

Teaching steps - 19 situations

1. Positioning - Standing Still (Skate for Position)
  - ☐ Puck to the point
  - ☐ Puck in the middle
  - ☐ Puck at the hash mark
  - ☐ Puck behind the net
  - ☐ Puck in the corner
2. Possession of the puck on the Boards or Low - Movement (Job definition)
  - ☐ 2 on 1 down low
  - ☐ Cycling with the defenseman
  - ☐ Back door
  - ☐ Forward in the slot - high or low
  - ☐ Forward close to the post
  - ☐ Defensemen jumping in the slot
  - ☐ Forward carries the puck to blueline
3. Different situations
  - ☐ Face offs - winning or losing
  - ☐ D to D
  - ☐ Flush
  - ☐ Defenseman who takes middle
  - ☐ D to wing back to D for a shot

#### PRINCIPLES OF DEFENSIVE ZONE COVERAGE ON PK

1. Stick on the ice
2. Stop and Start
3. Not hitting in the zone
4. No clears on the backhand
5. Block shots
6. Shooting lanes (with your body not with your stick)

