



POWER PLAY

BE THE DIFFERENCE

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POWER PLAY

- As the coach make sure your PP is successful by making sure you spend time, pay attention to detail and work on it in practice daily or some coaches designate a practice day just for special teams.
- Teach all players in practice to play on the PP. This will distinguish who can and who can't be a PP player.
- Have competitive PP vs PK drills in your practices.



POWER PLAY

The Breakout

- Breakout up ice together as a unit, know your routes, and have your timing under control to accept outlet pass.
- Skill/Speed low on breakout to skate puck up ice. Puck carrier beat first forechecker or make good 1st pass.
- Keep puck in middle as long as you can with speed and support up the ice.



POWER PLAY

- Practice being creative-tougher to defend.
- Combination of **skill** and **grit** on your five man PP unit. Good PP's work as a group not as individuals.
- Use video to teach your PP. Show different PK's so your PP can make adjustments to be effective against all opposition teams.
- **Five** players outworking **Four** players.
- **Different** looks from **different** units.

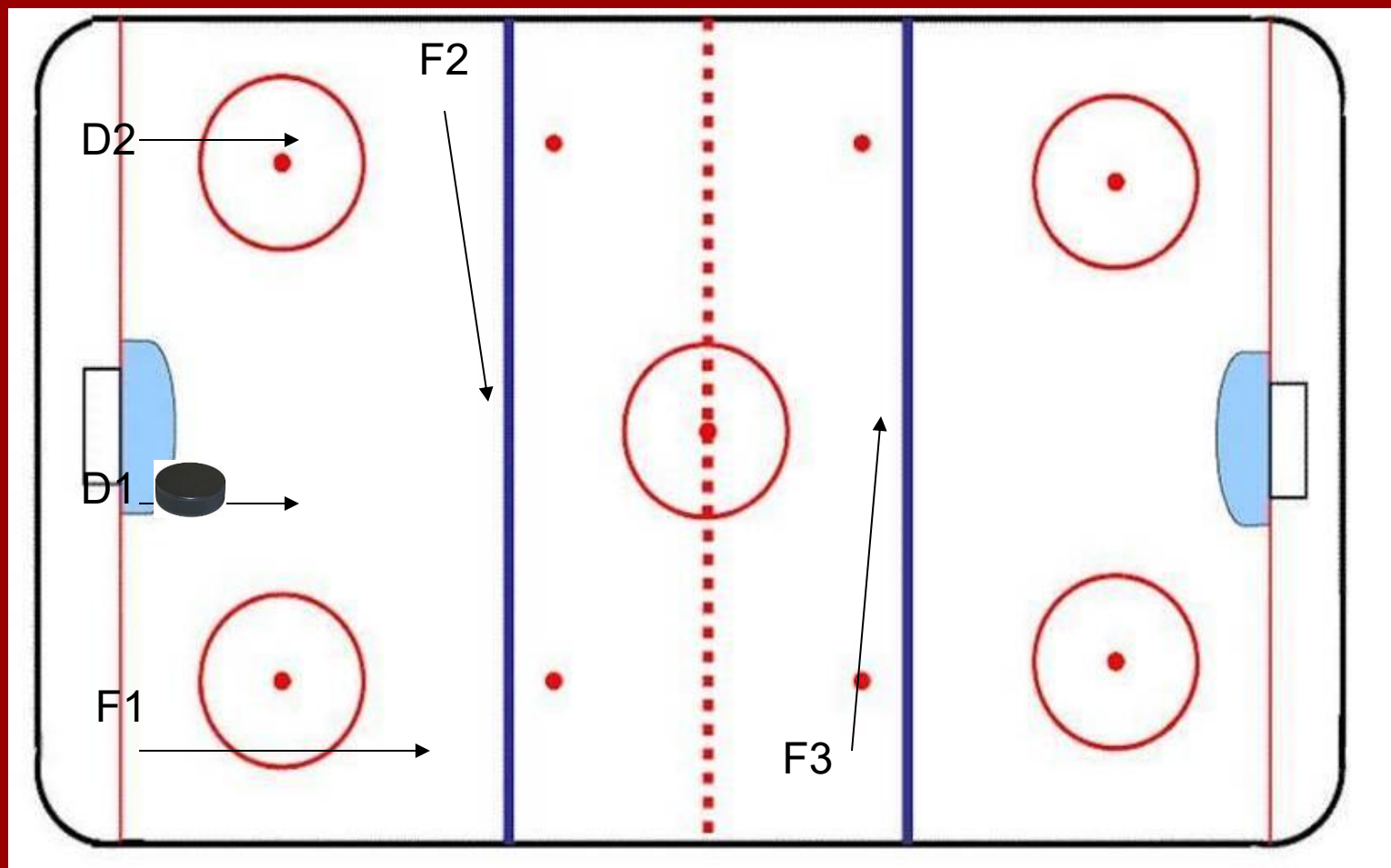


BREAKOUTS

- Practice and use a couple of different breakouts to adjust to varied fore checks from opposition.
- Breakouts: * Double Swing w/stretch far blue
 - * Five Man Swing
 - * D1 Step Out Single Swing each side near blue and far blue stretch
 - * Quick Up
 - * D Wheel Fwds Adjust



BREAKOUT





ENTRIES

- Keep puck in **middle** if possible. Puck goes to wall advantage to PK. Middle ice entries **backs off PK** and can enter zone with more speed.
- **New Game** allows more **speed** on entries and **less hold ups** on dumps.
- Puck carrier can use quick pass to wall, soft side chips to speed in corner.
- Use red line as decision maker with puck, outnumber on dumps, stay in your routes.
- Practice hard rims, chip plays and carrying in.



PUCK RECOVERY

- **Outnumber on Puck!** Forechecker #1 attack half wall on rims. Other players support, outnumber and take away PK outlets and releases. Ex: Bump Back to Def.
- Once possession established use East/West play, rim, width and depth to escape the PK and get puck away from pressure.
- **POSSESSION BEFORE POSITION!**
- **PAY THE PRICE TO GET THE PUCK!**



OZ SET-UPS

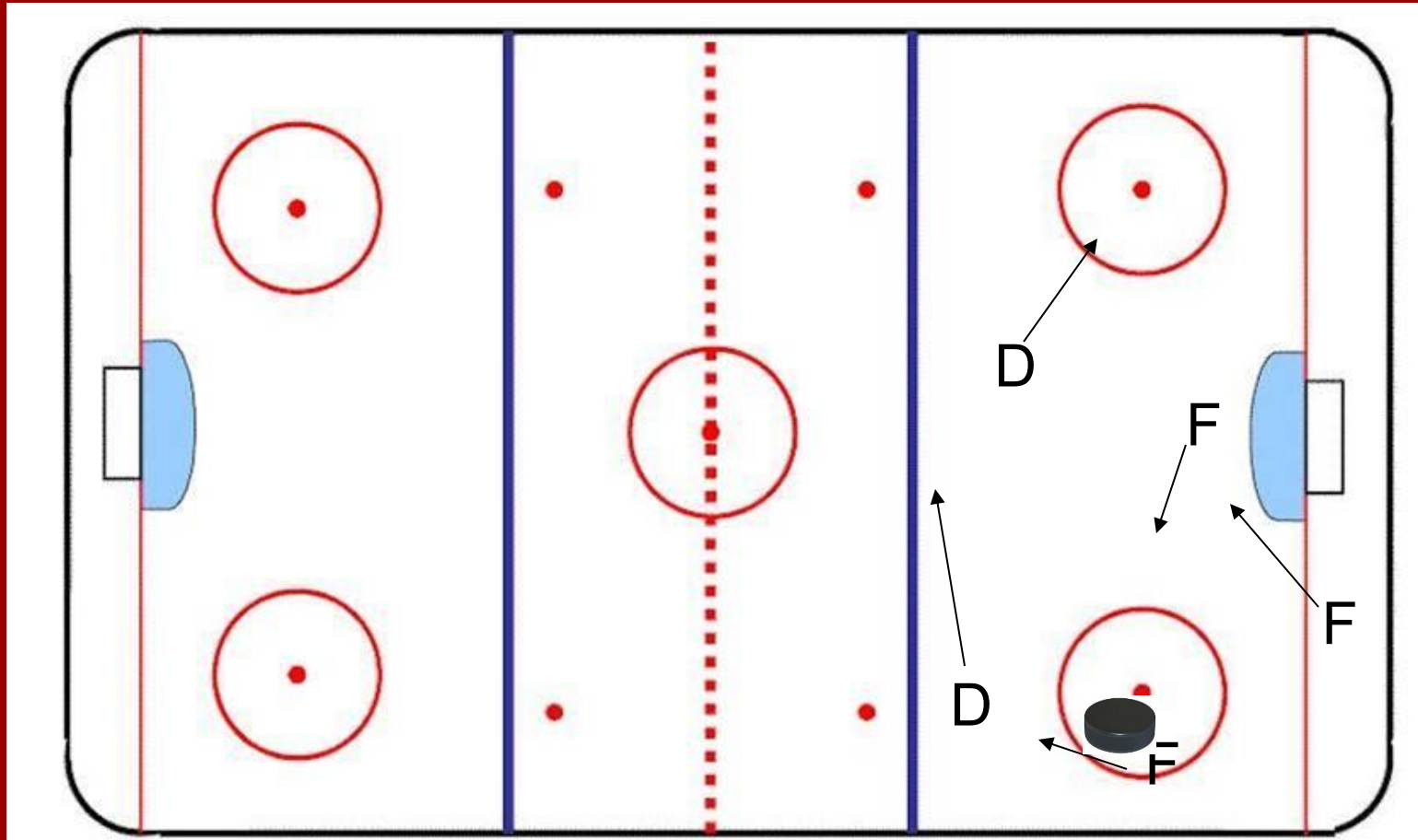
- Use width and depth to spread out PK.
- Good quick puck movement, attack seams and holes with and without puck. **Be active without puck don't stand still get available.**
- **Shot first mentality and take pucks hard to net mentality.** Shoot early in PP to get PK out of sorts.
- Players know options: Def on forehands or 1 timer, fwds in 1 timer shooting position, 2 at net shoot puck, how much pressure? Etc.



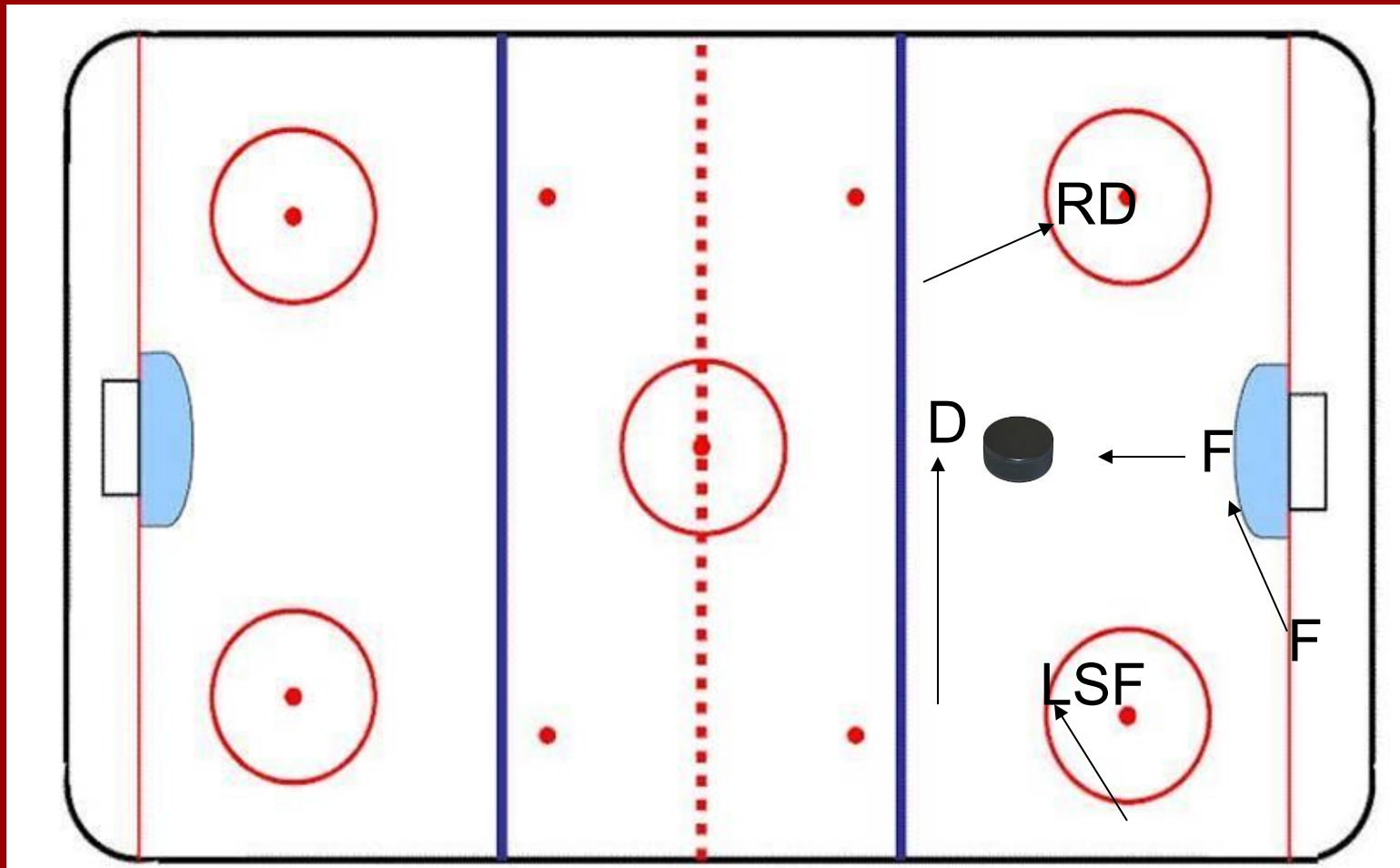
OZ SET UPS

- **Overload** * Pop out play (F3 starts at net and releases to slot for 1 timer, D2 goes to back door) * Strong Net Front Presence (Jam plays and Stuffs, Shot/Pass to strong stick at net)
 - * Half Wall Walk and Shot (Give and go with F2 low and to net)
- **Umbrella**
- **Box + 1 5on 4 and 5on 3**

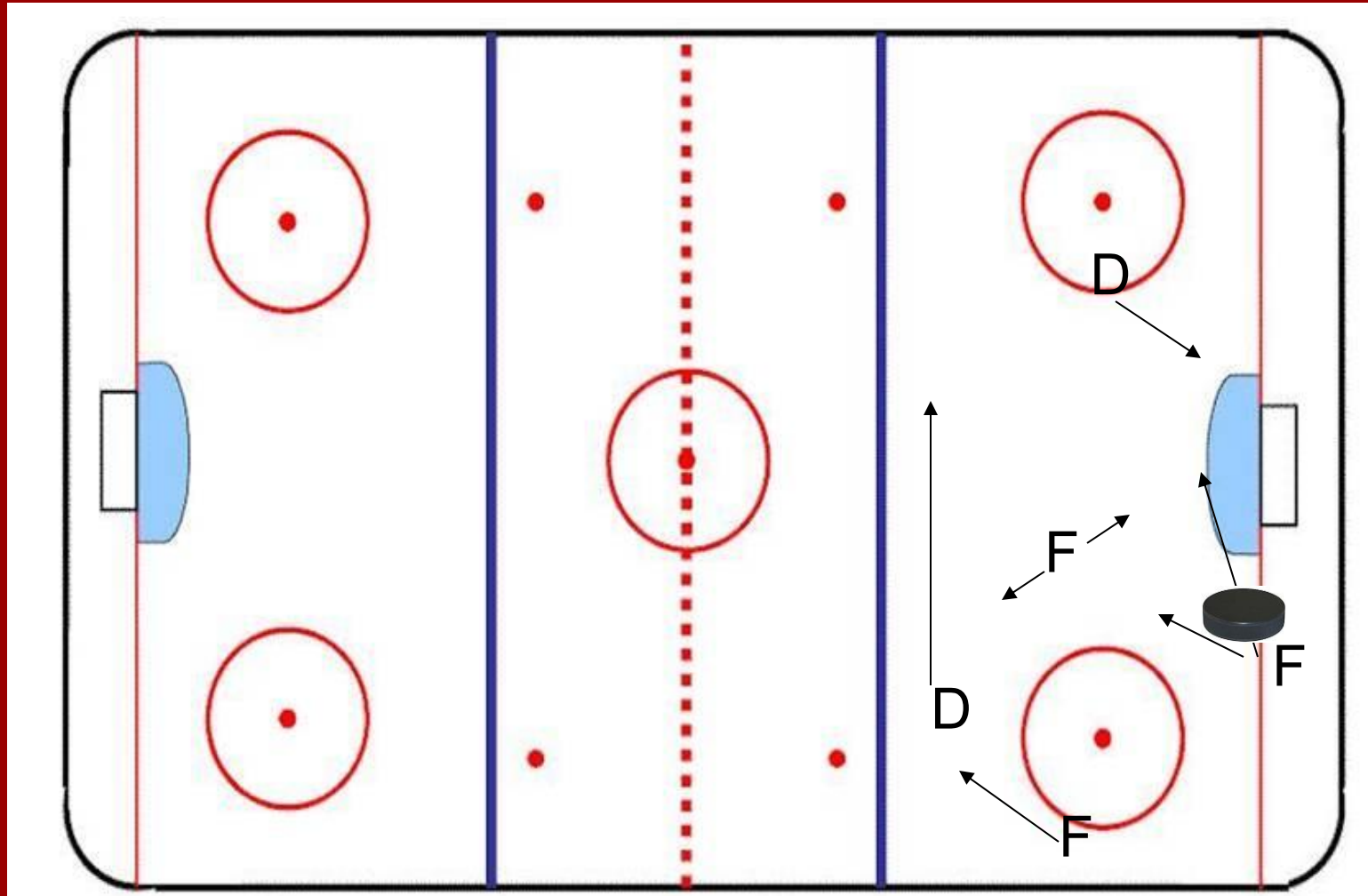
OVERLOAD/NET FRONT PRESENCE



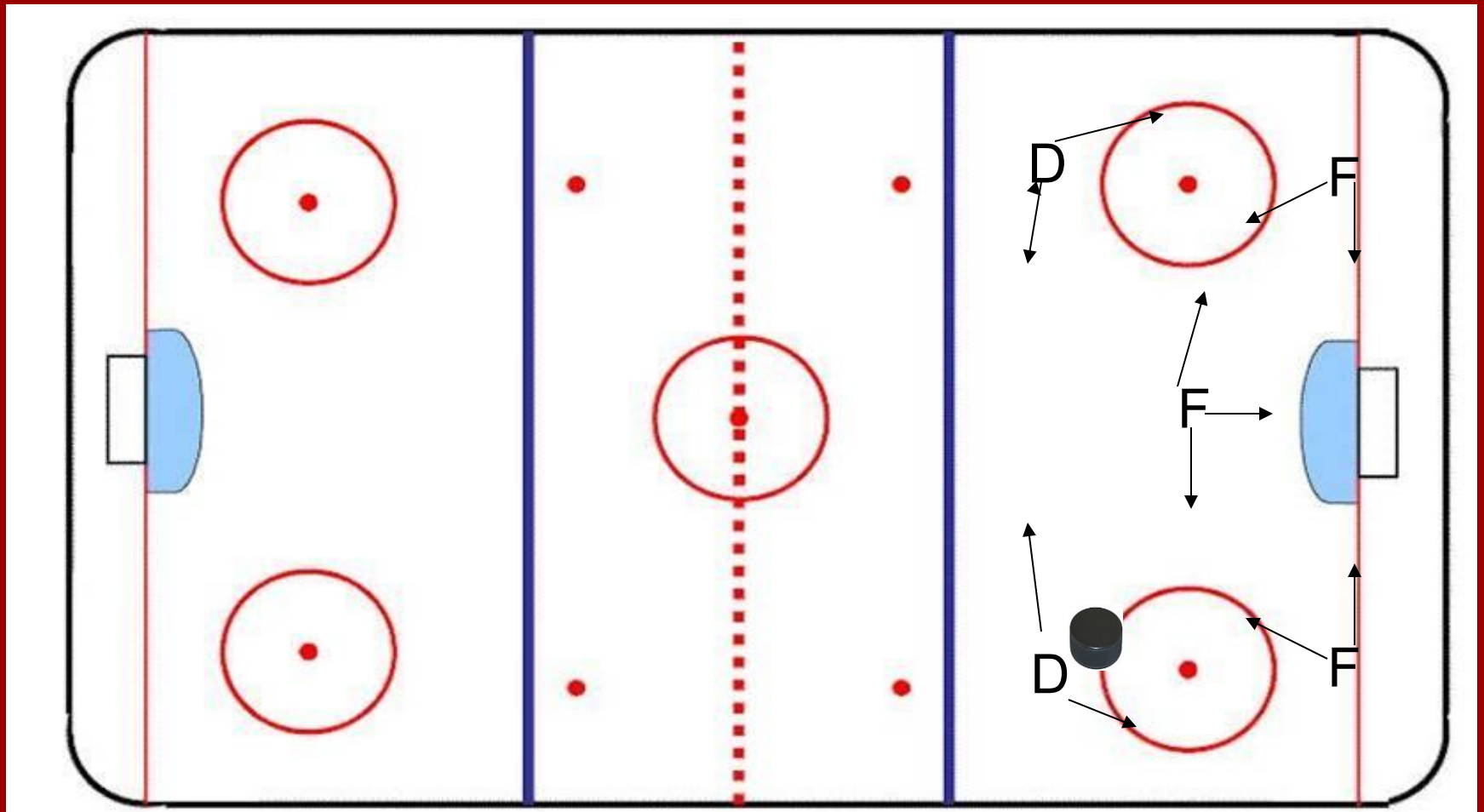
UMBRELLA (5 on 4, 5 on 3)



OVERLOAD/POP OUT



BOX + 1 (5 on 4, 5 on 3)





PP CONCEPTS

- Practice **with and without pressure**, both on breakouts and in zone set-up.
- **Face offs in New Game on PP's are Crucial**, practice scoring off draw plays, getting puck to net early in PP.
- **Be active and jump hard to the dead area's and seams.** In the New Game the ability to get to those areas are there now with hooking and holding out of the game.
- Use the right personnel in the right positions on your PP.
- Have poise, patience and vision on half wall and low, grit and finish at net front. Take pucks to net from goal line and have the ability to hit back door or pop out fwd.



PP CONCEPTS

- On Defense have a quarterback to get puck up ice effectively and run the in zone set up with patience, poise and confidence. Have a Shooter who can bomb shots from the back and also get pucks through under pressure. Be active to the back door or jumping into slot openings.
- **Be Creative without being Individuals**, play to your strengths with the ability to make adjustments if PK shutting down your #1 option.
- **Set Plays will work more often in the New Game.**
(Practice set plays 5 on 0 to build confidence and awareness to find teammates automatically)



**POWER PLAY
BE THE DIFFERENCE
BETWEEN
A WIN AND A LOSS**