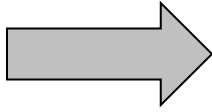


Putting The Power Into Our Power Play



Paul Flannigan
Sherwood Falcons

*“Nothing is so common as the
wish to be remarkable.”*



Three Power Play Essentials

1. Skills

- Skating
 - ◆ Agility, pivots, stop and starts, decoy
- Puck Handling
- Passing and Receiving
 - ◆ One touch, saucer, deception, redirect
- Shooting Skills
 - ◆ One timer, quick release, wrist, snap (under bar), shooting in stride
- Net Front Skills
 - ◆ Screens, tip-ins, rebounds, pull-outs

Three Power Play Essentials

2. Effort

- Effort is the foundation for every successful Power Play
- It means outworking the PK in every area of the ice
 - ◆ Playing with desire
 - ◆ Hungry for loose pucks
 - ◆ Having a Gang Mentality
- “If you have big dreams, you better have a huge work-ethic.”

Three Power Play Essentials

3. Offensive Principles

A. Support

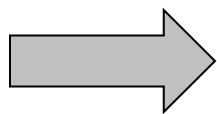
- ◆ Always outnumber the PK (in puck battles, passing options) in every area of ice
- ◆ Move your feet to be an option, create seams and lanes
- ◆ Eliminate one on one hockey
- ◆ Anticipate and move with purpose
- ◆ Know the PP system and options
- ◆ Win the puck before releasing to set-up positions, especially on face-offs

Three Power Play Essentials

3. Offensive Principles

B. Puck Movement/Control

- ◆ Move puck so as to trap a penalty killer
- ◆ No 'H' passes – High Risk, Hope, Hospital
- ◆ Puck Protection
 - Escape under pressure – turn your back
 - Don't play from the end of your stick
 - Turn toward boards
- ◆ Use deceptive passing/shooting skills
 - Fake shot/fake pass
 - Look away passing



Three Power Play Parts

■ At Home – The Breakout

- ◆ Goaltender is not a Spectator.
 - Talk, setup puck properly
- ◆ Get Back to D-zone quickly
- ◆ **Unsung Skill: shoulder check** to see pressure, options
 - Use net/ reverses to evade pressure
- ◆ Make good first pass decision. Trap someone
- ◆ Freeze first PK'er by going straight at him.
 - Don't allow him to angle you off

Three Power Play Parts

■ At Home – The Breakout

- ◆ Use our Power Play Swing Breakout; regroup if necessary
- ◆ Timing of the swing is important, more so than speed
 - Creates options
- ◆ The pass must be made at the right time
- ◆ “You can’t pass through talent.”
 - Lateral passes are best
- ◆ **TWIG: Take What Is Given**
- ◆ Respect the forecheck but leave it wrecked

Three Power Play Parts

■ Through The Street – The Entry

- ◆ Attack with speed
 - The speed with which you attack is the speed at which the PK has to think
- ◆ Determine point of entry and type of entry by center red line
 - Look for the gate to the Park – Don't climb the fence
 - If you have Support – carry or chip
 - No Support – Rim or Regroup

Three Power Play Parts

■ Through The Street – The Entry

- ◆ Outnumber PK at point of entry – 2 on 1's
- ◆ Make the following reads
 1. The gap
 2. The sticks of the PKer's
 3. Location of open ice
 4. Support from teammates
- ◆ Quick strike with stretch Torpedo cutting across or through seams
- ◆ Try to score off rush, but don't be in a rush to score

Three Power Play Parts

■ In The Park – O Zone Play

- ◆ Gang Mentality – Our Turf, our puck
- ◆ Swarm to recover puck by being on, below, and above all puck battles
- ◆ Move to Overload when puck control is assured
 - See Power Play Options
- ◆ Move to Umbrella on pass to SP
- ◆ Eliminate one on one hockey
 - Why give up the man advantage?

Three Power Play Parts

■ In The Park – O Zone Play

- ◆ Move your feet to create seams and lanes
 - Walkouts, half board drive, backdoor
- ◆ Be deceptive
 - Fake pass and shoot, fake shot and pass, fake pass and pass, look away pass
- ◆ Sticks are shot-pass ready
- ◆ Gretzky's office
- ◆ Always have a net presence
- ◆ **We want to score every power play**