

Special Teams
PENALTY KILL



Penalty Kill

KEYS TO SUCCESS

- 1** BE FACE-OFF READY
- 2** DENY ENTRY INTO THE DEFENSIVE ZONE
- 3** DENY PUCK POSSESSION
- 4** PREVENT SHOTS FROM THE SCORING AREA

Penalty Kill

RODEO MENTALITY



- **HARD PRESSURE FOR \geq 8 SECONDS**
- **FULL PRESSURE**
 - **FACE-OFFS**
 - **ENTRIES**
 - **SHOTS**
 - **RIMS**
 - **MOVEMENT ALONG THE WALL OR CORNER TO CORNER**
 - **CHANGE OF POSSESSION**
- **CHANGE AS QUICKLY AS POSSIBLE - AS MANY CHANGES IN THE 2 MINS AS POSSIBLE (10-20S SHIFTS)**

4v5 Penalty Kill Face-Off

LOSS

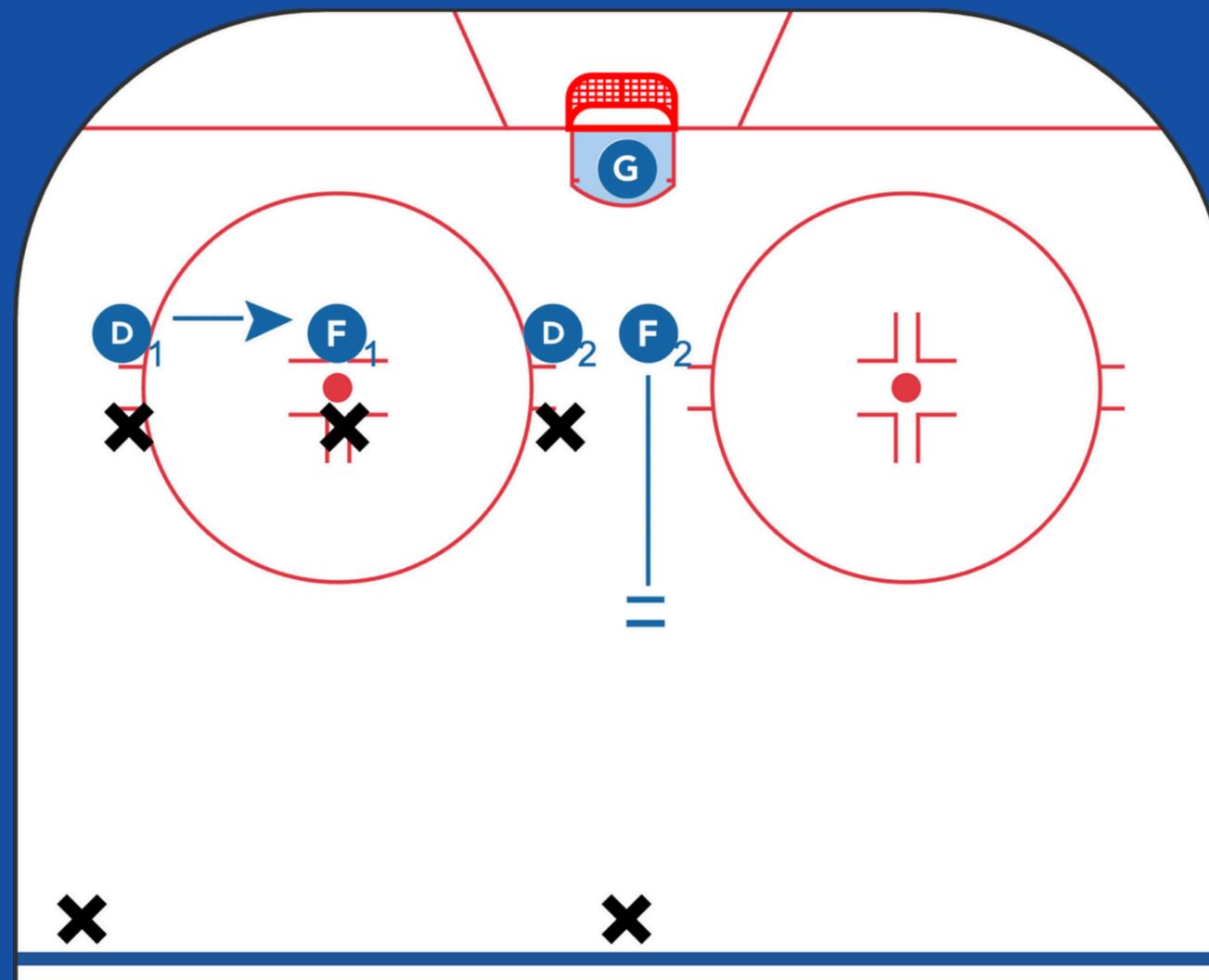
DESCRIPTION

F1 - TIES UP OPPOSITION C, COMMUNICATES SWITCH WITH F2

D1 - TIES UP OPPOSITION BOARD SIDE F, READY TO JUMP ON LOOSE PUCKS

F2 - SPRINTS TO TAKE AWAY MIDDLE WALK & PASS OPTION

D2 - TIES UP OPPOSITION NET FRONT FWD & HOLDS NET FRONT



KEY POINTS

- BE FACE-OFF READY
- RODEO MENTALITY
- BLOCK SHOTS

4v5 Penalty Kill Face-Off

CHiP

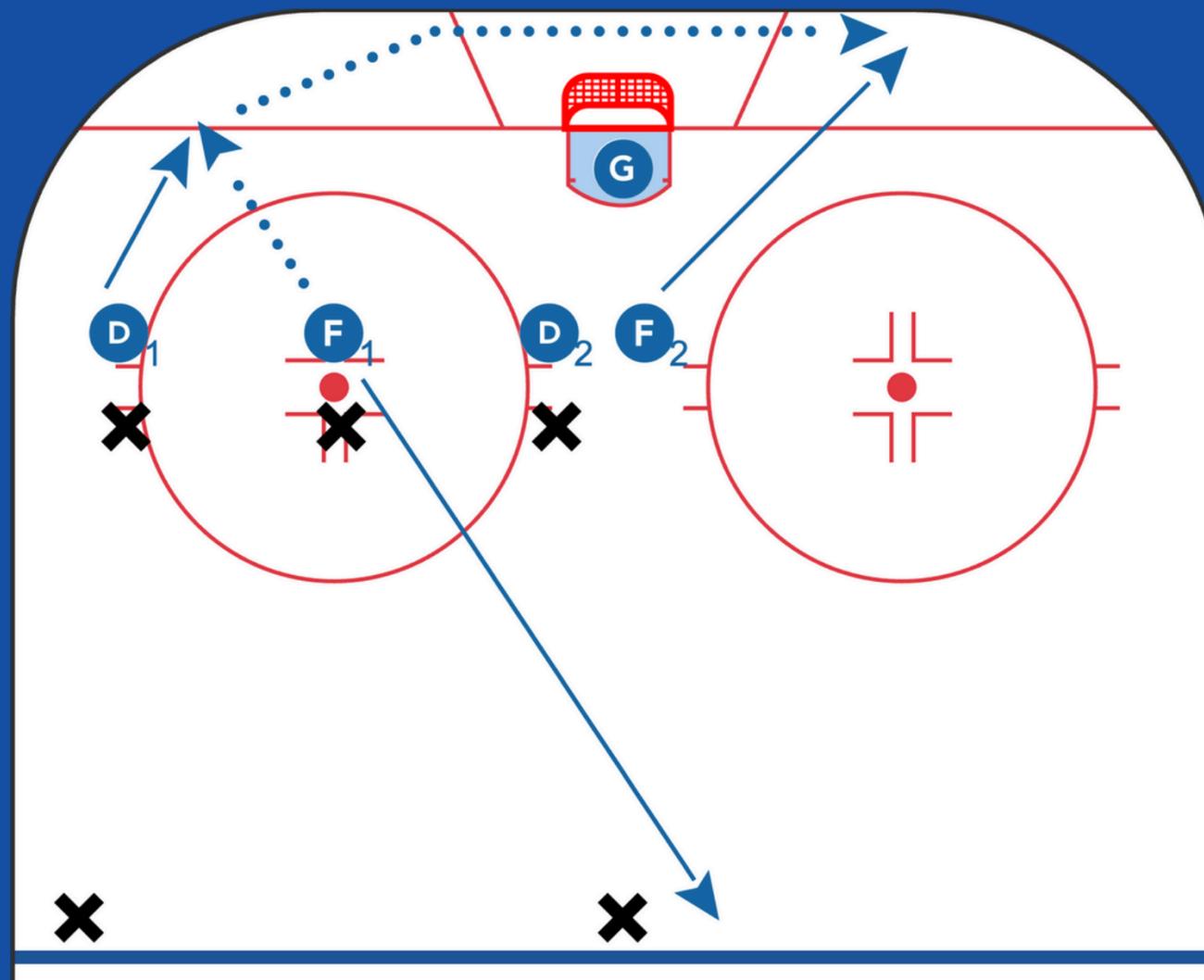
DESCRIPTION

F1 - DRAWS PUCK BACK TO D1, TIES UP OPPOSING CENTRE

D1 - OWNS LANE, CHIPS PUCK TO RW

F2 - SUPPORTS D1, QUICKLY SHOOTS DOWN ICE OR FINDS C FOR STRETCH PASS

D2 - TIES UP OPPOSITION TRYING TO GET THROUGH

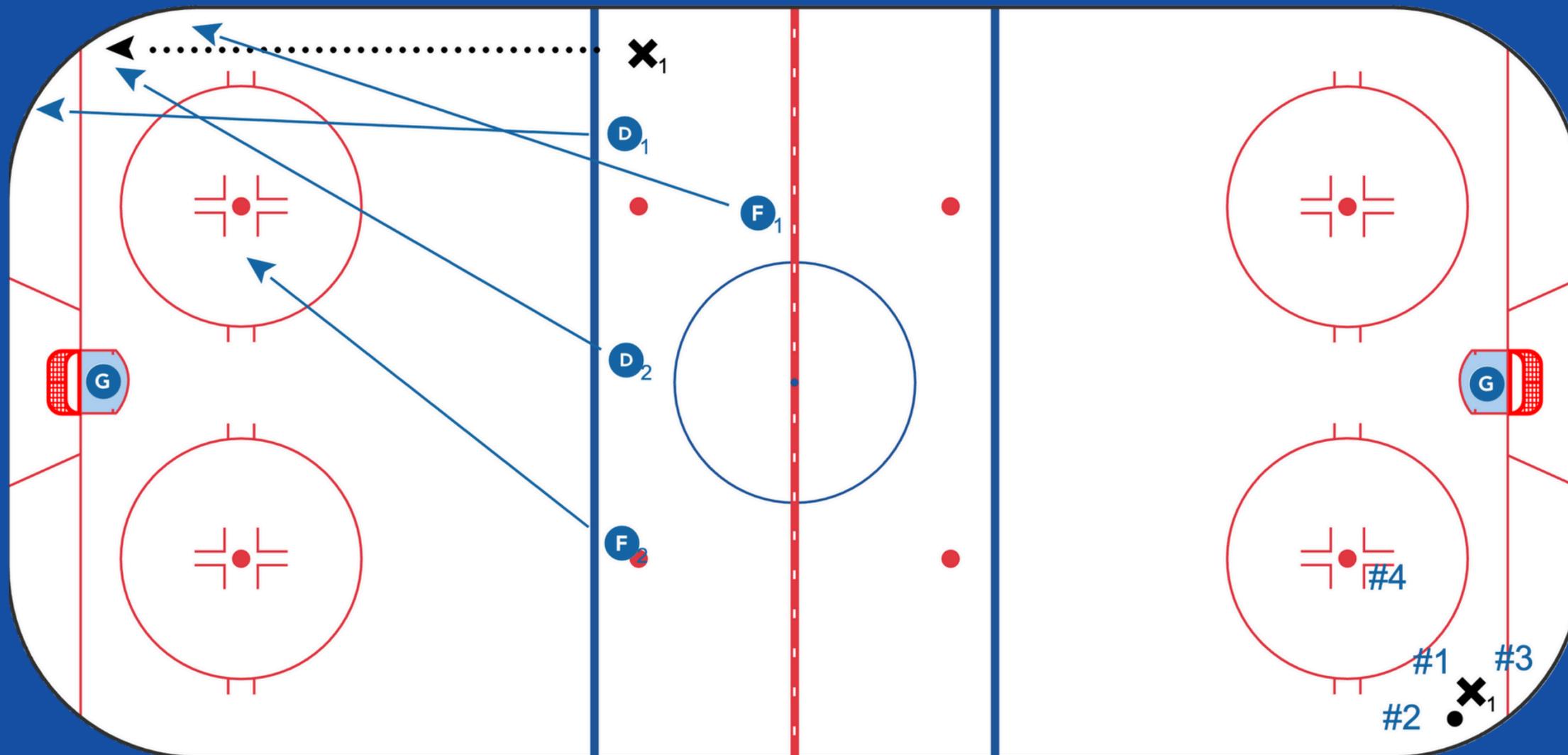


KEY POINTS

- BE FACE-OFF READY
- RODEO MENTALITY
- BLOCK SHOTS

4v5 Penalty Kill

4 GO SCRUM



DESCRIPTION

PRESSURE THE PUCK & DENY POSSESSION

4 GO RODEO ON ANY:

- DUMP
- RIM
- SHOT / RECOVERY (LOOSE PUCK)

#1 - HARD INTO THE BATTLE. SACRIFICE YOUR BODY

#2 - DENY THE TOP

#3 - DENY THE BOTTOM

#4 - DOT / RELEASE VALVE

KEY POINTS

- OWN THE MIDDLE - FORCE PUCK WIDE
- FORCE DUMP - GAP CONTROL (DENY THE ENTRY)
- ATTACK ON TURNOVERS

4v5 Penalty Kill

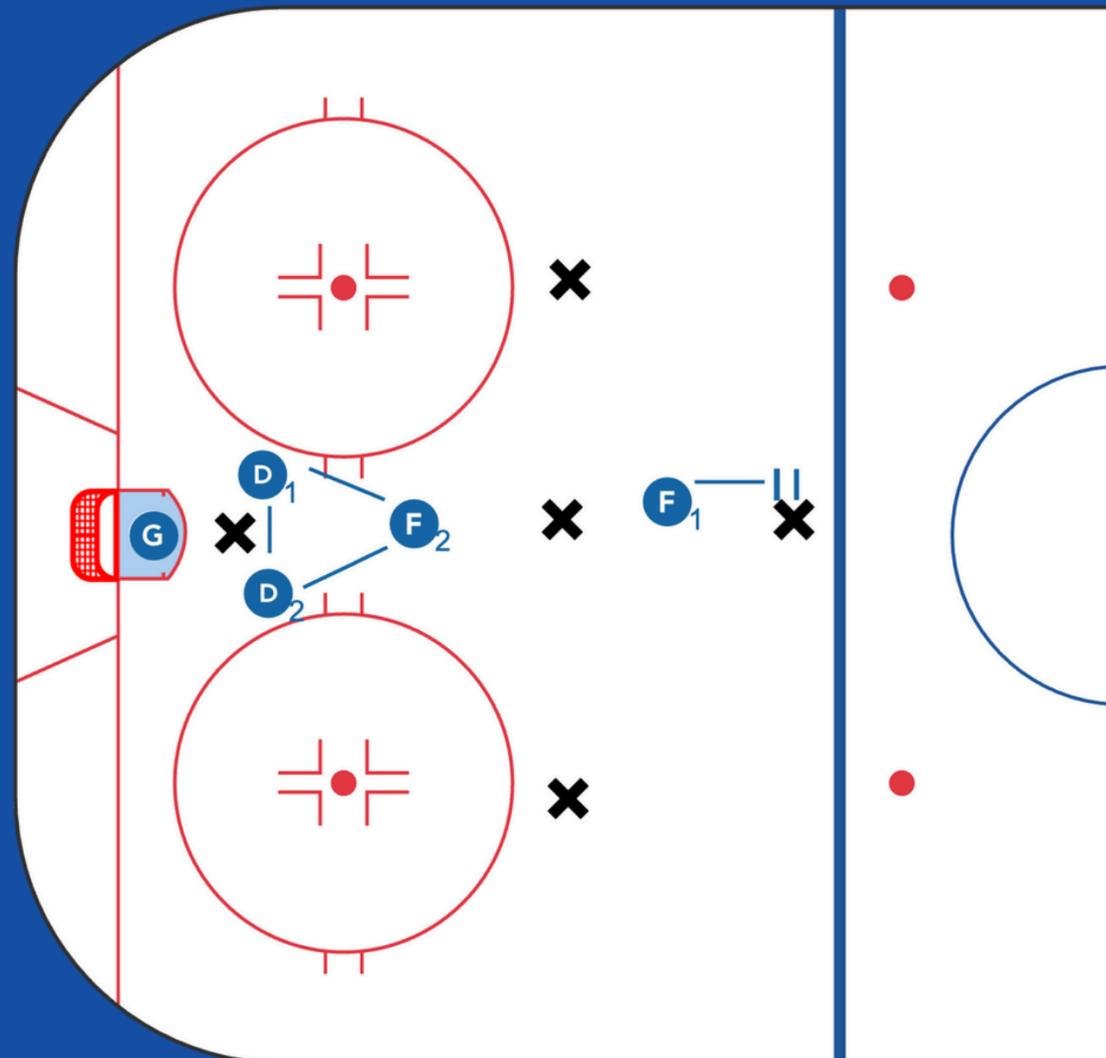
TRIANGLE & ONE - INTRO

DESCRIPTION

- **D1/D2**, JUST OUTSIDE OUTER EDGES OF THE CREESE, FORM A BASIS OF THE TRIANGLE.
- **F2** IS POSITIONED IN THE MID-TO-HIGH SLOT, COMPLETING THE TRIANGLE.

D1/D2/F2 FORM THE CORE AND LOOK TO DENY CROSS-SEAM PASSES AND SCORING OPPORTUNITIES WITH ACTIVE STICKS.

- **F1** ACTIVATES IN A STRAIGHT LINE FROM THE GOAL TOWARD THE OPPOSING PLAYER TO CONCEDE POSSESSION AND ANGLE TO THE LOWER-DANGER PORTION OF THE ICE.



KEY POINTS

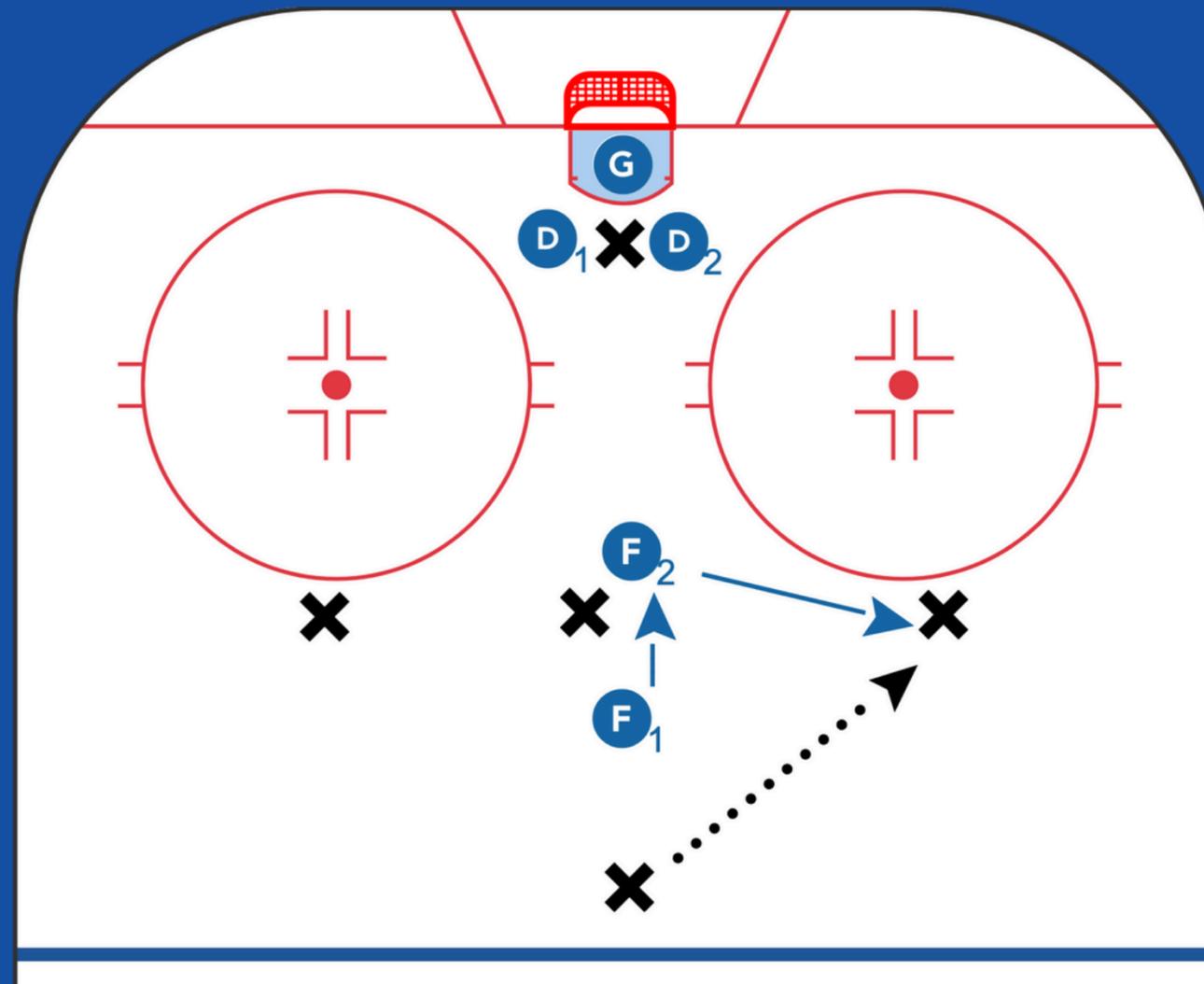
- BE FACE-OFF READY
- RODEO MENTALITY
- BLOCK SHOTS

4v5 Penalty Kill

TRIANGLE & ONE - EXCHANGE

DESCRIPTION

- **F1/F2 CAN EXCHANGE RESPONSIBILITIES WHERE F2 ACTIVATES INTO THE "ONE" POSITION, AND THE PREVIOUS PRESSURE FORWARD ROTATES DOWN TO FILL THE VACATED SPOT IN THE TRIANGLE.**



KEY POINTS

- **BE FACE-OFF READY**
- **RODEO MENTALITY**
- **BLOCK SHOTS**

3v5 Penalty Kill Face-Off

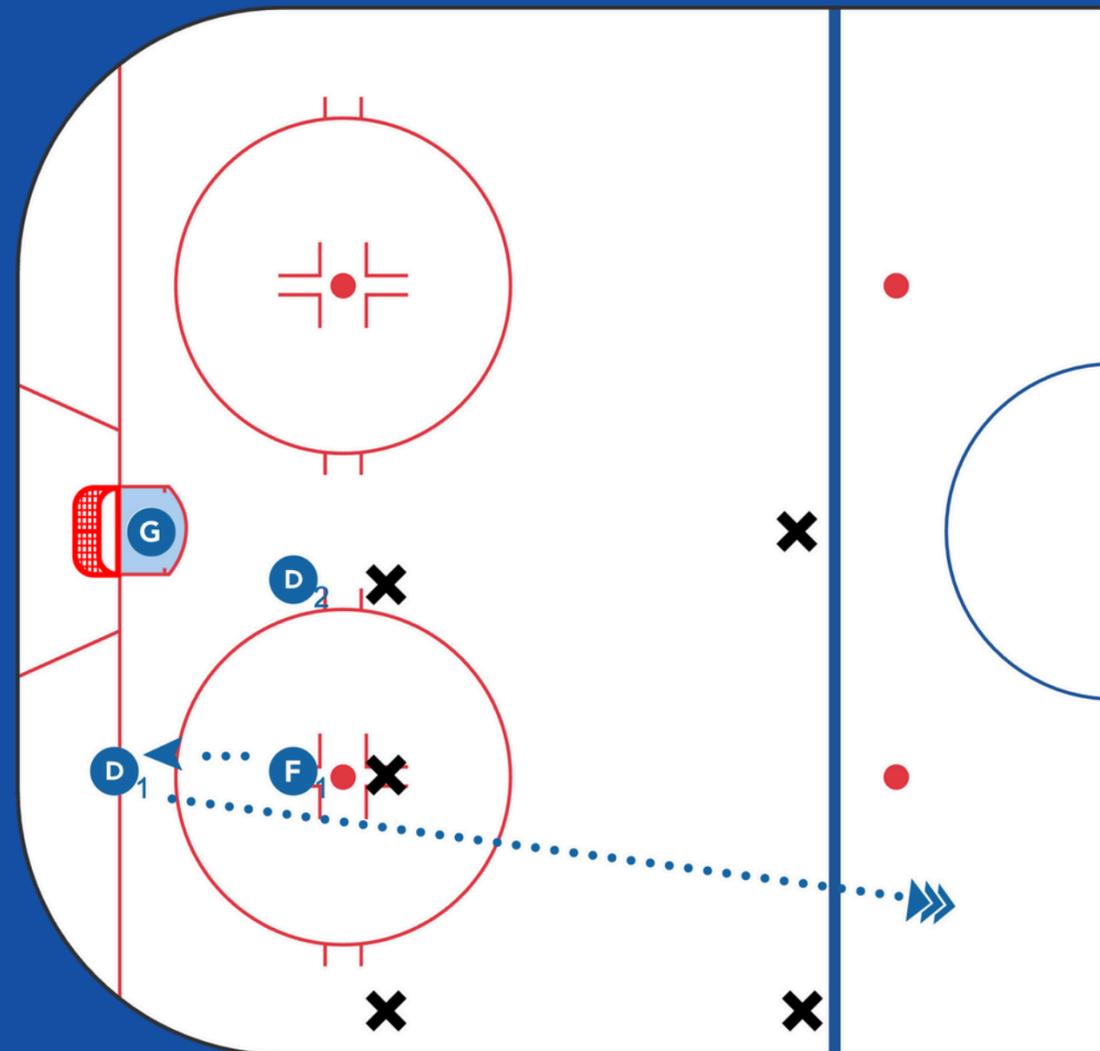
WIN

DESCRIPTION

D1 - LINES UP ON THE DOT LINE BEHIND AND ASSUMES THE BOTTOM OF THE TRIANGLE ON LOSS.

F1 - ASSUMES [SSF] POSITION ON LOSS.

F2 - ASSUMES [WSF] POSITION ON LOSS.



KEY POINTS

- ANTICIPATE - MEET OR BEAT THE PASS
- STICKS ON THE ICE AND IN PASSING LANES
- BODIES IN SHOOTING LANES
- STOPS & STARTS

3v5 Penalty Kill

SLIDING TRIANGLE

DESCRIPTION

3 LAYERS / DEFEND THE SMALL SPACE

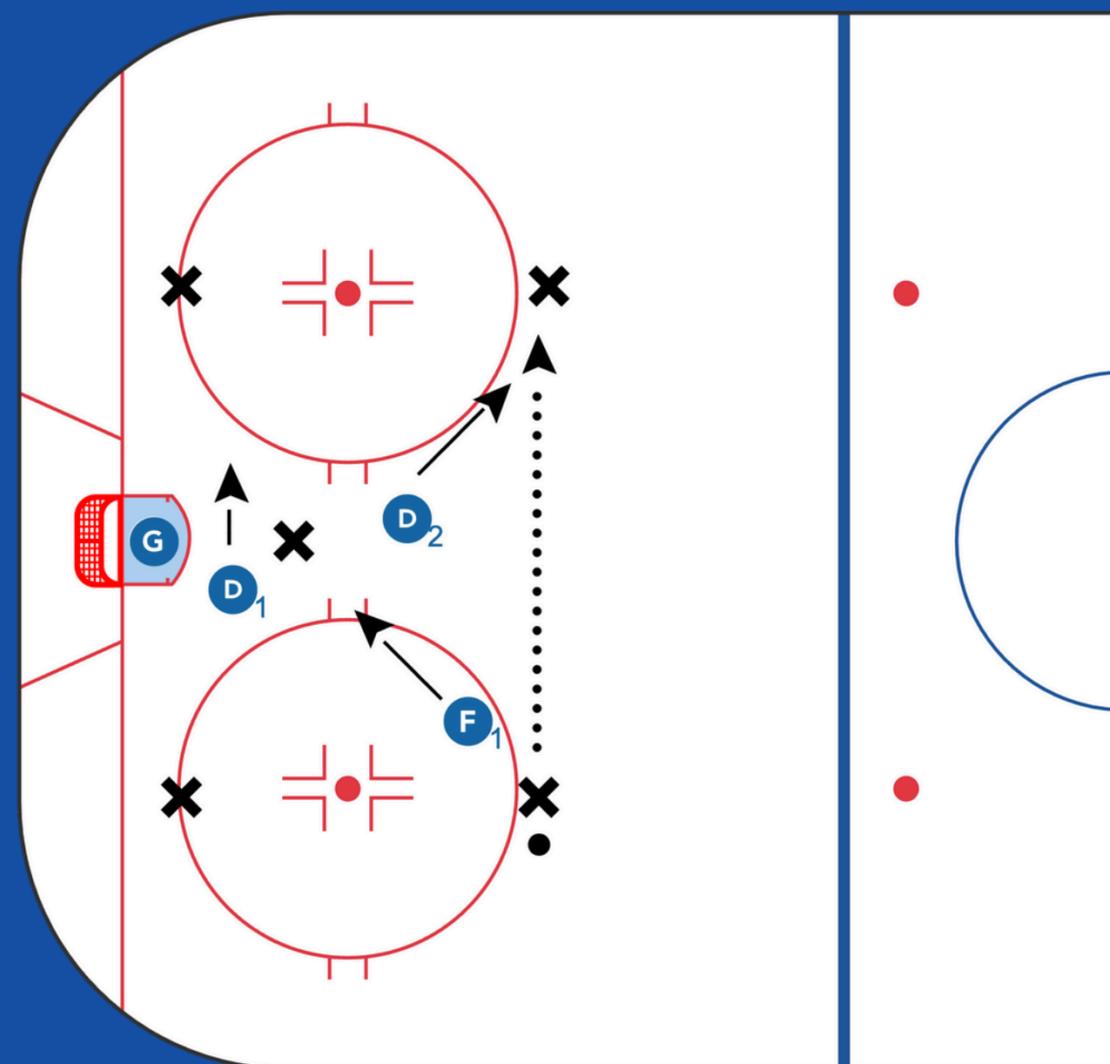
F1 [SSF] - STICK ON THE ICE, BODY IN THE SHOOTING LANE, NO HIGHER THAN THE TOP OF THE CIRCLES, ALWAYS INSIDE THE DOTS.

D1 [SSD] - OFF THE NEAR POST, FRONTING THE OPPOSITION FORWARD, DON'T GET TIED UP, ALWAYS INSIDE THE DOTS.

D2 [WSD] - HALFWAY, OWNS THE SLOT, STICKS ON THE ICE, DOESN'T GET TIED UP.

F1 & D2 SKATE NORTH/SOUTH

D1 SKATES EAST/WEST - POST TO POST



KEY POINTS

- ANTICIPATE - MEET OR BEAT THE PASS
- STICKS ON THE ICE AND IN PASSING LANES
- BODIES IN SHOOTING LANES
- STOPS & STARTS