

Special Teams
POWER PLAY



Power Play Face-Off

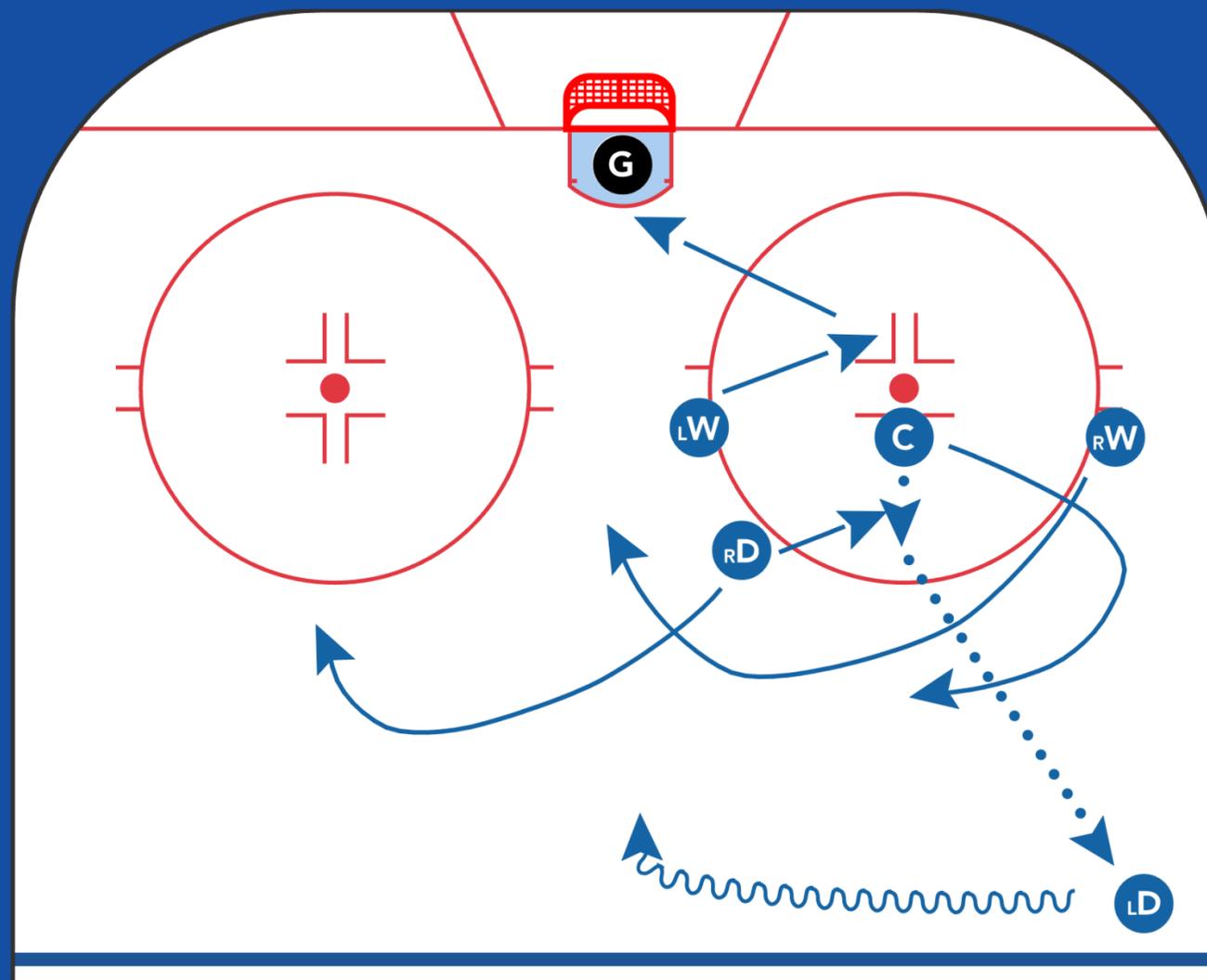
SPOTTED WIN - ATTACK

DESCRIPTION

RD & RW - RECOVER THE PUCK AND MOVE IT TO THE LD, THEN SPREAD THE ZONE, GETTING A NET PRESENCE IN FRONT FOR A QUICK SHOT OPTION.

LW - JUMPS IMMEDIATELY BEHIND THEIR CENTRE ON PUCK DROP BUT HEADS TO THE FRONT OF THE NET ON A CLEAN FACE-OFF WIN TO PROVIDE A SCREEN OR TIP ON A QUICK ATTACK. YOU MUST BE READY TO DROP BELOW THE GOAL LINE IF THERE IS NO SHOT.

RW - MOVES TOWARD THE FACE-OFF DOT AND THEN PROVIDES A HIGH SCREEN/TIP OPTION ON A QUICK D SHOT OR SLOT PASS OPTION.



KEY POINTS

- BUMP & JUMP
- COMPETE, COMPETE, COMPETE - OUTWORK THE PK
- SHOT MENTALITY - SHOT WITHIN 7 SECONDS OF PUCK DROP

Power Play Face-Off

SPOTTED LOSS

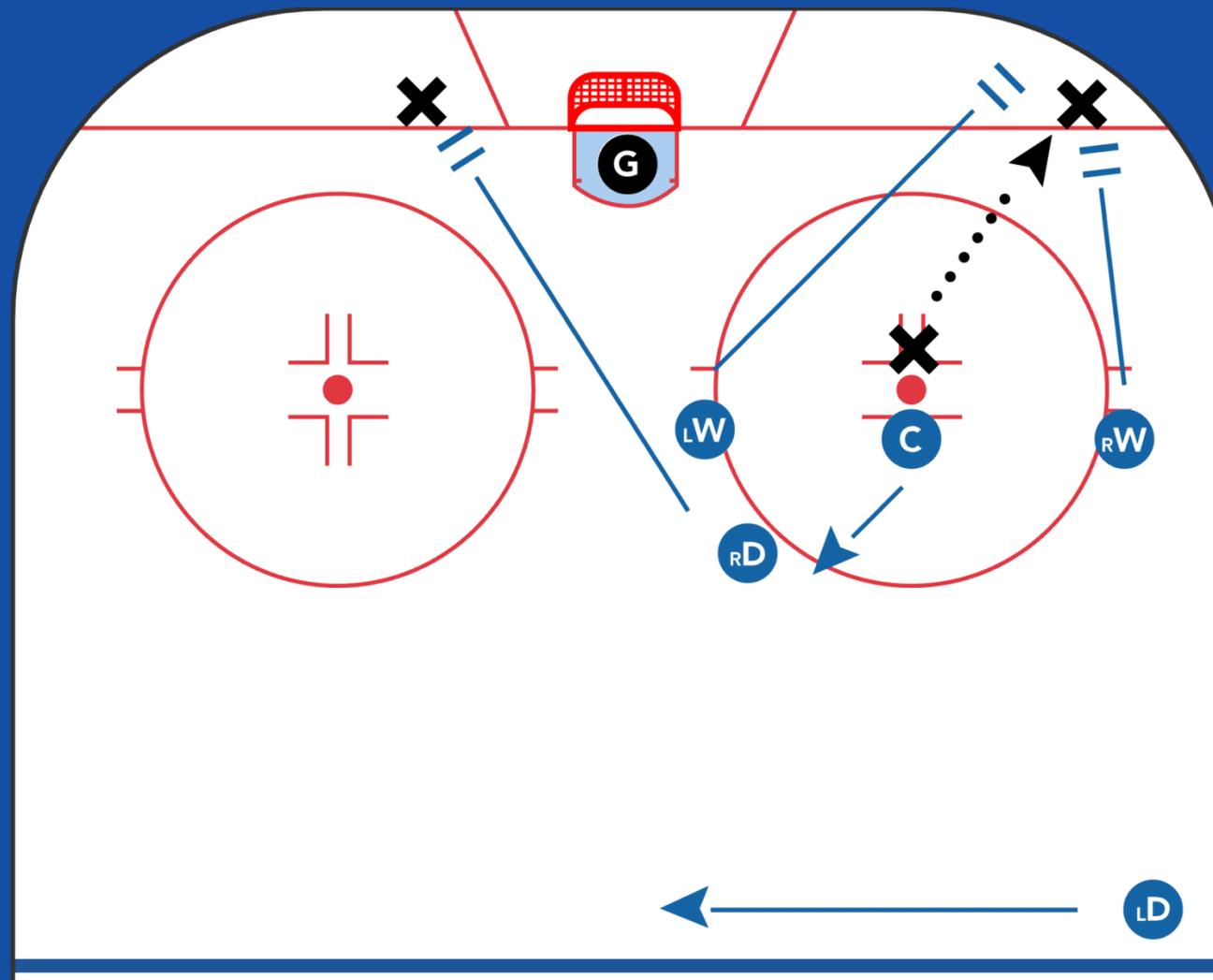
DESCRIPTION

LW - JUMPS TO COVER THE AREA BEHIND THEIR C, THEN ELIMINATES STRONG-SIDE D.

RW - JUMPS TO DOT FOR A LOOSE PUCK, THEN ATTACKS STRONG-SIDE D ON A FACE-OFF LOSS.

C - MOVES TO SUPPORT WHEREVER THE PUCK GOES TO CREATE AN OVERLOAD OF PLAYERS.

RD - READY TO HELP WIN LOOSE PUCKS. SHE ELIMINATES THE WEAK OPTION BUT IS READY TO RETURN TO AN RIM.

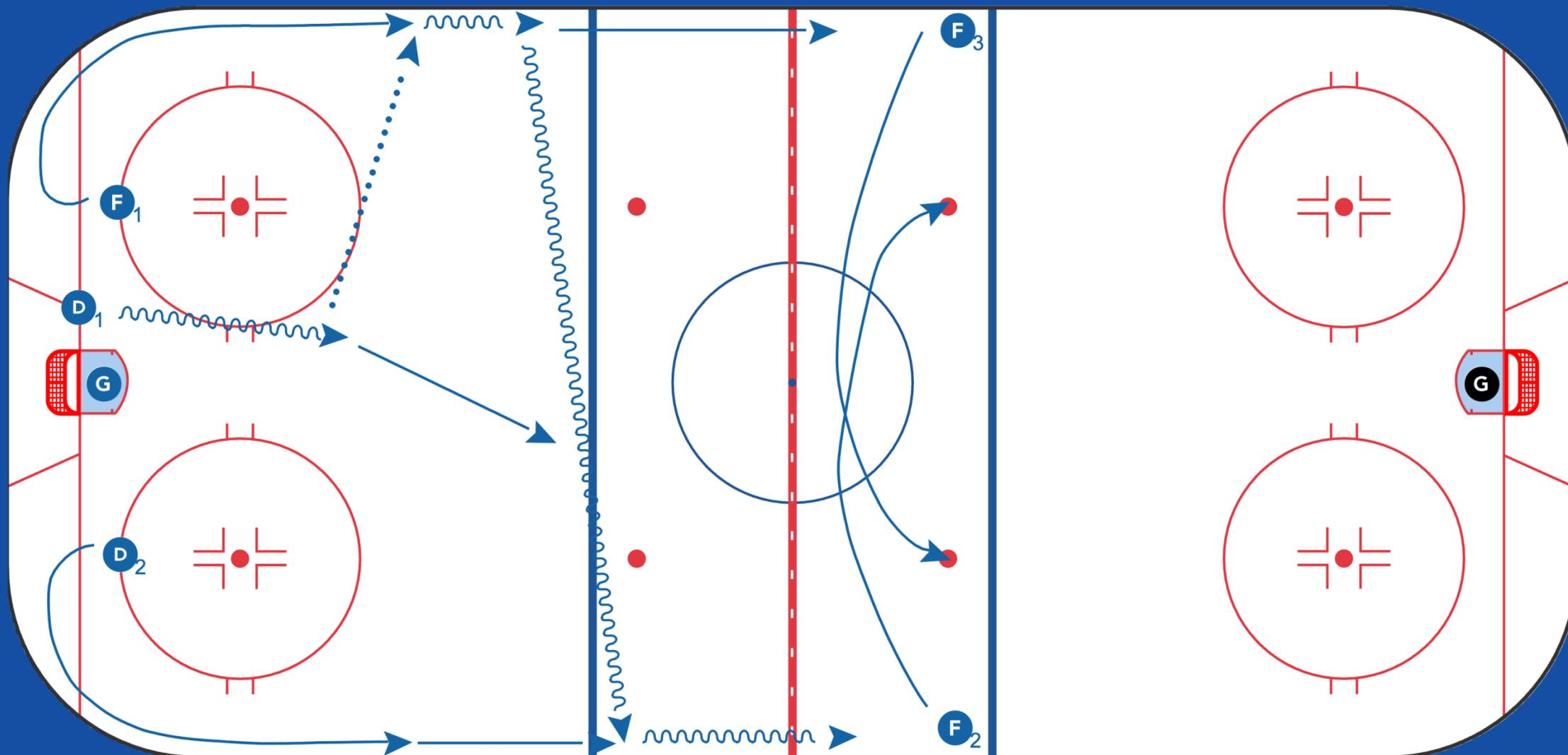


KEY POINTS

- BUMP & JUMP
- COMPETE, COMPETE, COMPETE - OUTWORK THE PK
- SHOT MENTALITY - SHOT WITHIN 7 SECONDS OF PUCK DROP

Power Play Breakout

SWING & POST



DESCRIPTION

D1 - RETRIEVES THE PUCK AND ATTACKS THE OPPOSITION'S FIRST FORECHECKER IMMEDIATELY.

D2 & F1 - SWING LOW AND PROVIDE LATERAL SUPPORT FOR D1.

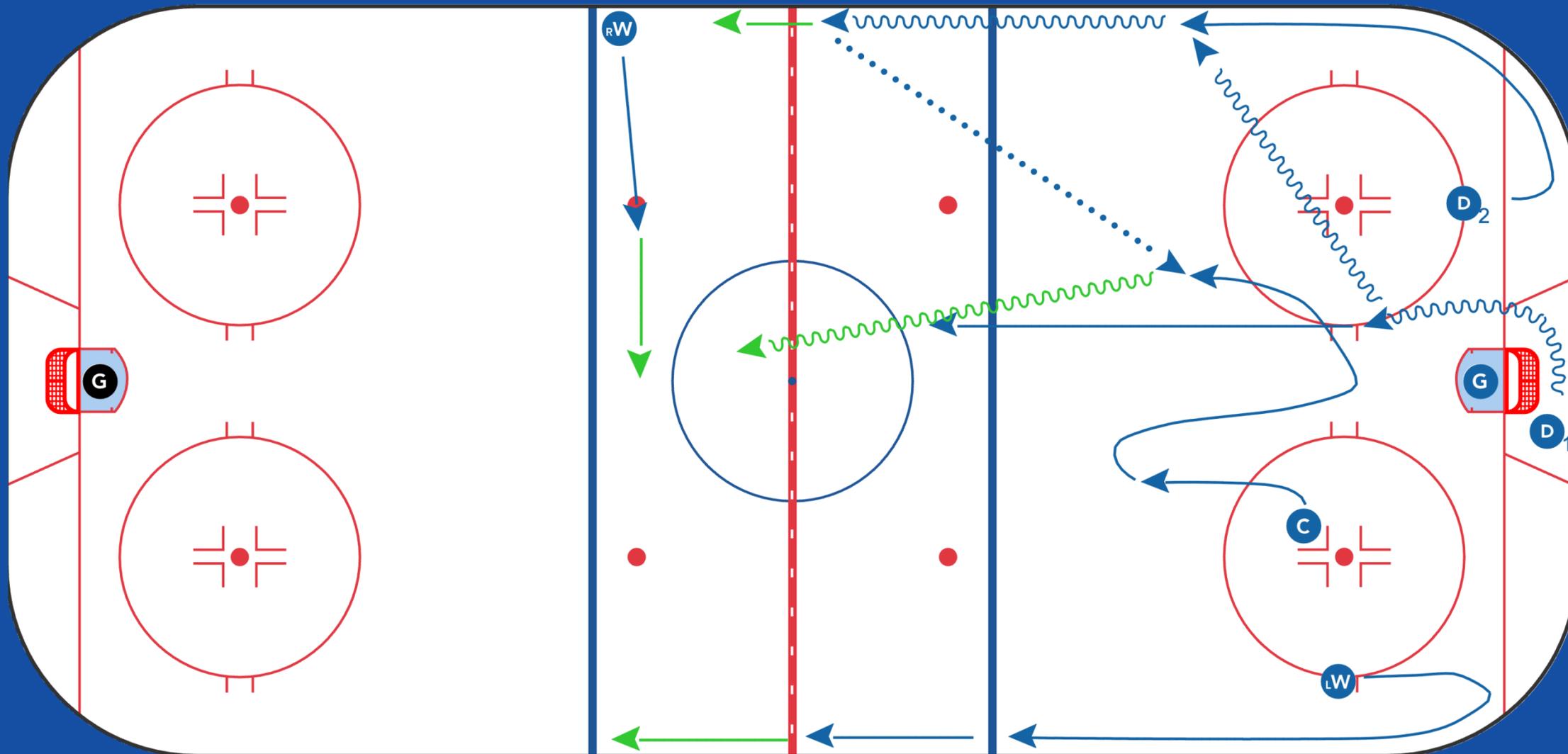
F2 & F3 - POST UP AT THE FAR BLUE LINE. AFTER 1ST PASS, THEY SWING THROUGH THE MIDDLE AND PROVIDE DOT SUPPORT FOR THE PUCK CARRIER.

KEY POINTS

- GOOD TIMING AND SUPPORT
- THE SECOND FLAT PASS HELPS US AVOID THE FORCING OF OUR PUCK CARRIER
- F2/F3 HOLD OPPOSITION D BACK AND CLEAR SPACE OUTSIDE FOR CLEAN ENTRIES

Power Play Breakout

FAKE SLASH & DROP



DESCRIPTION

D1 - RETRIEVES PUCK AND COMES OUT WITH GOOD TIMING AND SUPPORT FROM D2 & LW.

D2 & LW - PROVIDE LOW AND WIDE SUPPORT FOR D1.

C - SUPPORTS THE MIDDLE. AFTER THE FIRST PASS, CUT BACK TO CREATE THE DELAY OPTION.

RW - POSTS UP AT THE FAR BLUE LINE AND THEN SLASH SUPPORTS AFTER THE FIRST PASS.

KEY POINTS

- THE OUTSIDE OPTION IS TO RE-SET AND RETAKE SOME ICE ON THE DROP OR DELAY TO PROVIDE WIDE OPTIONS FOR THE PUCK CARRIER.
- STRETCH PLAYER TIMES CUT ACROSS TO PROVIDE A MIDDLE PASS OPTION AT THE BLUE LINE.
- KICK IT OUT OR DRIVE IT DEEP FOR A GOOD ENTRY.

Power Play

KEYS TO SUCCESS

- 1** SHOOTING MENTALITY
- 2** LOOSE PUCK RETRIEVAL
- 3** BUMPER SUPPORT
- 4** GET THE BOX MOVING

5v4 Offensive Zone Setup

1-2-2 UMBRELLA

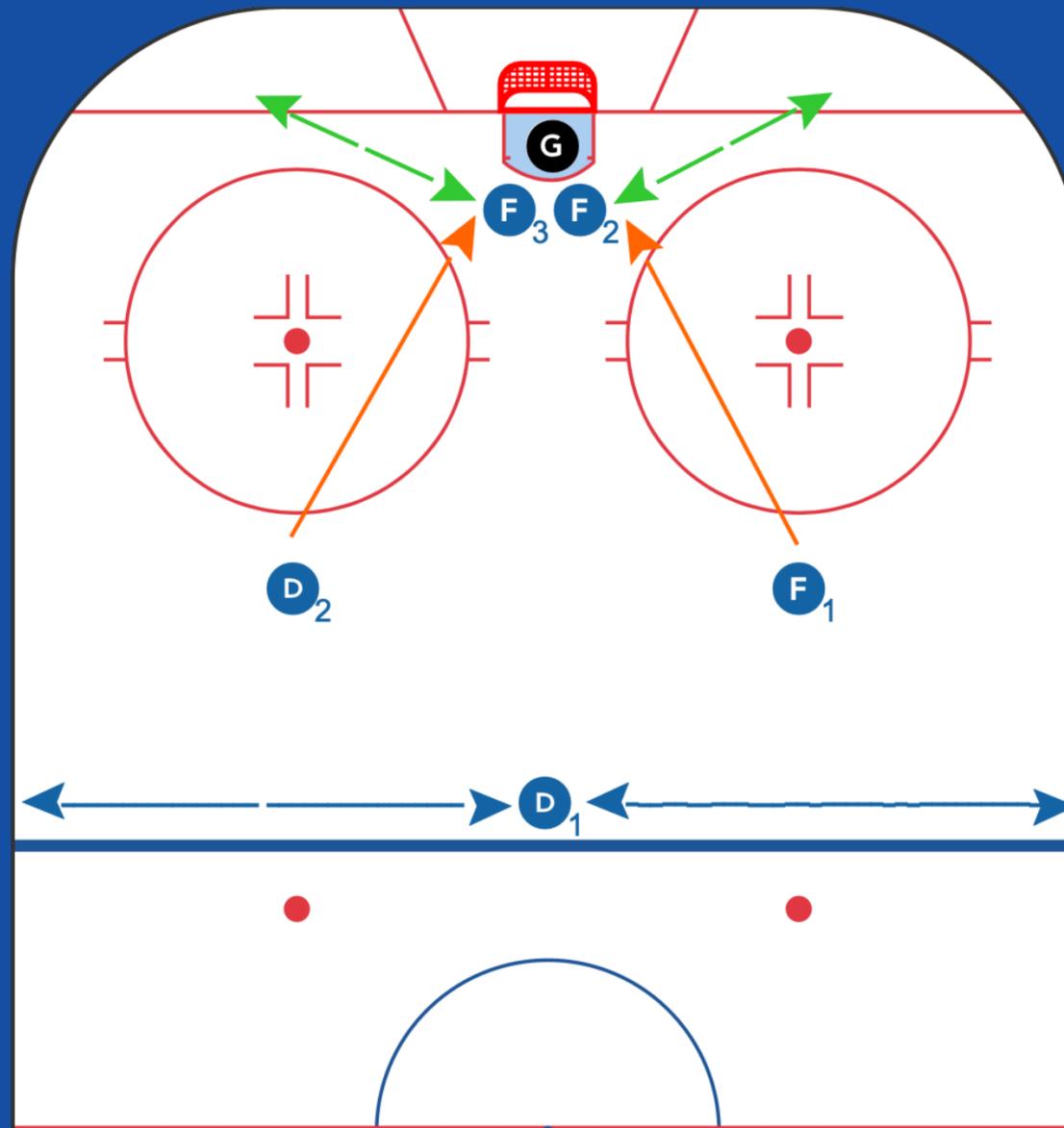
DESCRIPTION

D1 [QB] – FEET OUTSIDE THE LINE, DIRECTLY SUPPORTING THE FLANKERS AND BUMPER.

D2 & F1 [FLANKERS] – STICKS INSIDE THE DOT LINE, DIRECTLY SUPPORTING THE QUARTERBACK, BUMPER, AND NET FRONT.

F2 [BUMPER] – NO LIMITS ON POSITIONING. PROVIDES SUPPORT FOR EVERYONE BASED ON WHERE THE PUCK IS.

F2 & F3 [NET FRONT] – READ PRESSURE AND PROVIDE A NET PRESENCE FOR SHOTS AND GOAL-LINE SUPPORT FOR EVERYONE.



KEY POINTS

- SPREAD THE ZONE - PUCK AND PLAYERS HAVE TO MOVE
- NORTH, SOUTH, EAST, WEST PASSING
- SHOOT, SHOOT, SHOOT - 5X SHOTS-PER PP
- COMPETE, COMPETE, COMPETE - OUTWORK THE PK

5v4 Offensive Zone Setup

1-3-1 UMBRELLA

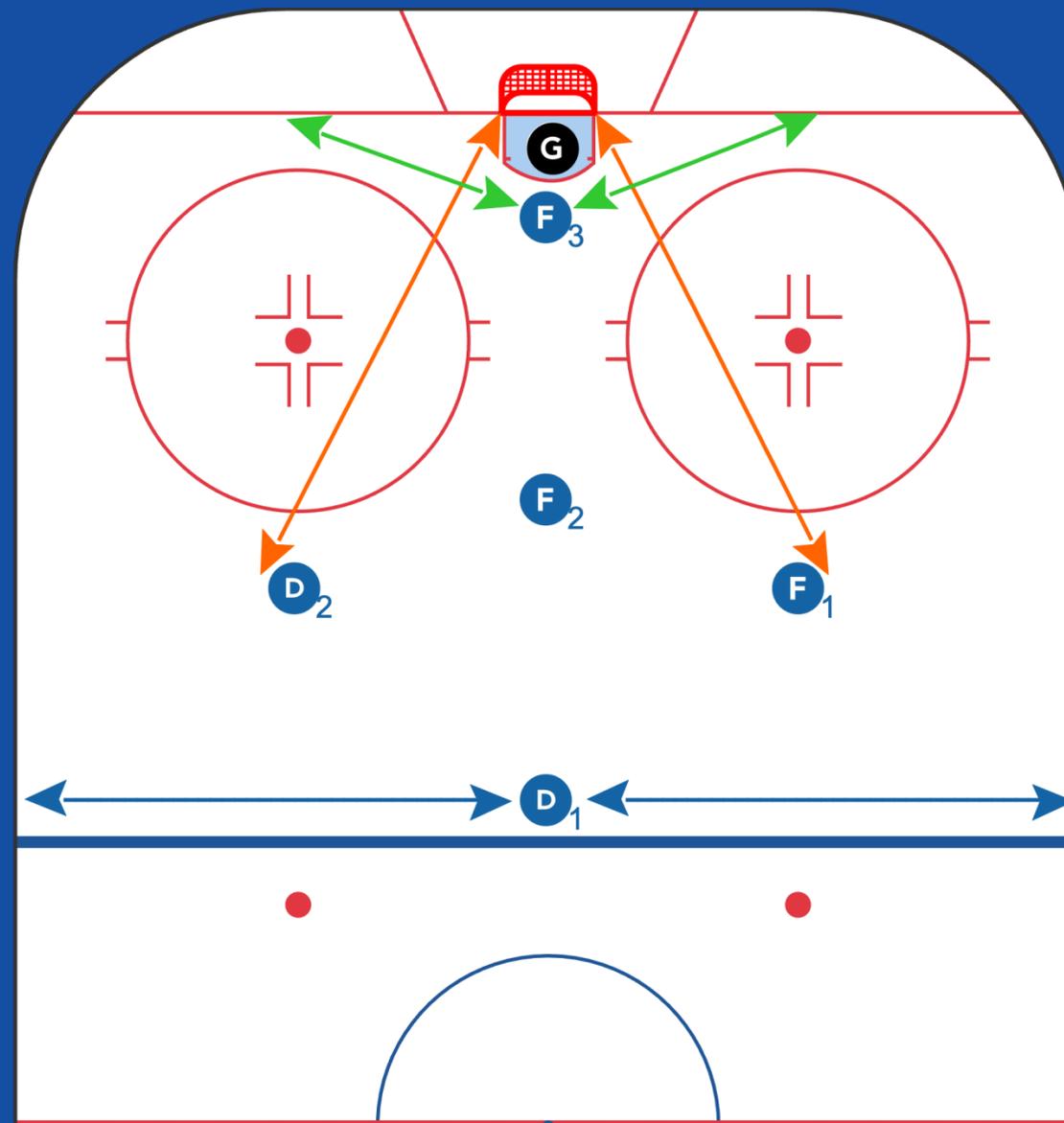
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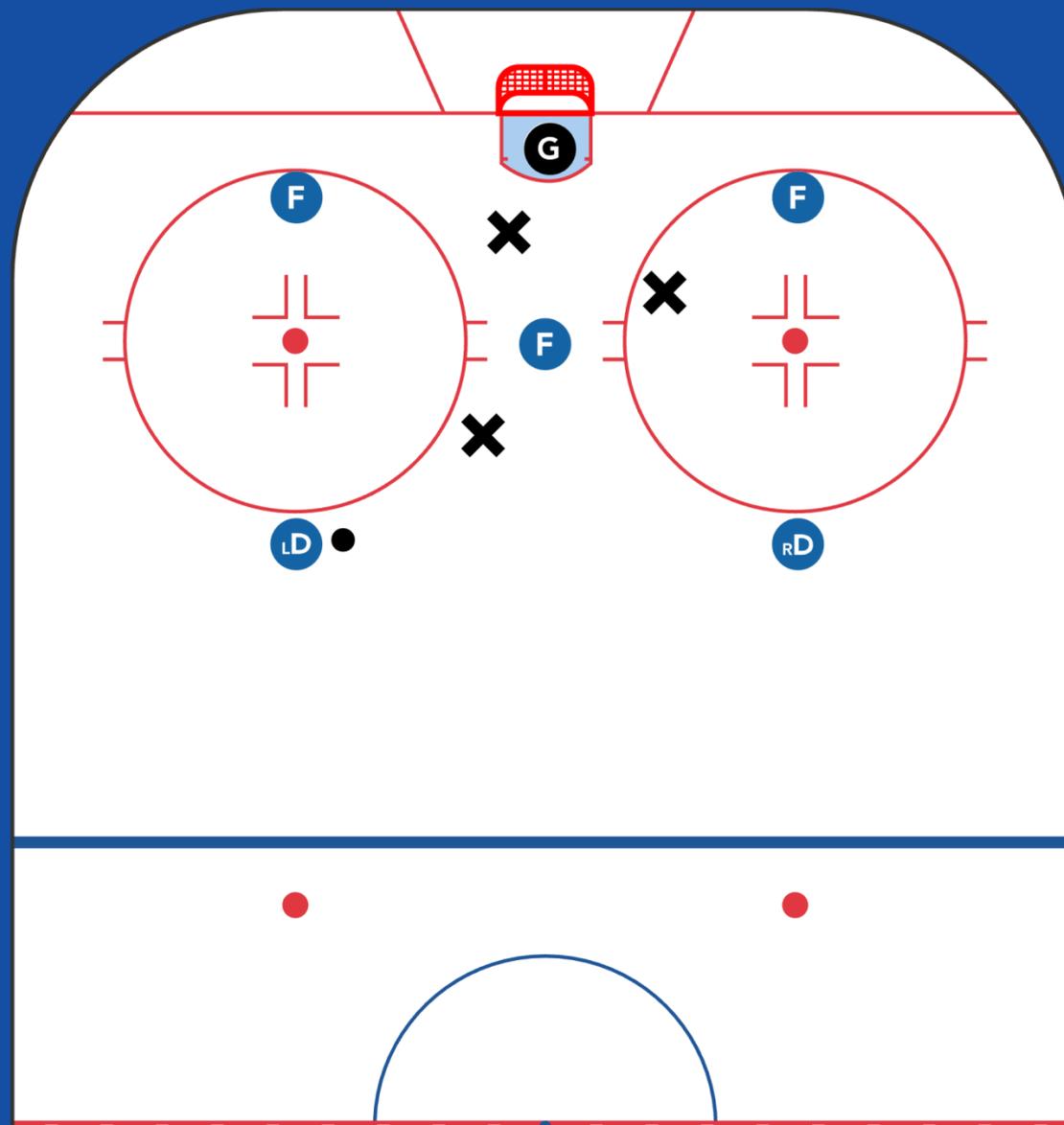
5v3 Offensive Zone Setup

JACK IN THE BOX

DESCRIPTION

FWDS – THE POSITIONS ARE INTERCHANGEABLE. THE FORWARDS LEVERAGE OPPORTUNITIES AND SCORE FROM DANGEROUS POSITIONS IN THE BOX PLUS ONE FORMATION.

DMAN – THE DEFENSEMAN'S PRIMARY RESPONSIBILITY IS TO "SQUEEZE THE SPACE" FROM WHEREVER THEY'RE POSITIONED. THIS MEANS THEY'RE RESPONSIBLE FOR BRINGING THE PUCK CLOSER TO THE NET AND TIGHTENING THE BOX TO FORCE THE PKERS TO CONFRONT THEM, LEAVING ANOTHER PLAYER WIDE OPEN. THE CLOSER THE PUCK IS TO THE NET, THE HARDER IT WILL BE FOR THE GOALIE TO READ THE NEXT PLAY AND MAKE A SAVE.



KEY POINTS

- SPREAD THE ZONE - PUCK AND PLAYERS HAVE TO MOVE
- NORTH, SOUTH, EAST, WEST PASSING
- SHOOT, SHOOT, SHOOT - 5X SHOTS-PER PP
- COMPETE, COMPETE, COMPETE - OUTWORK THE PK

4v3 Offensive Zone Setup

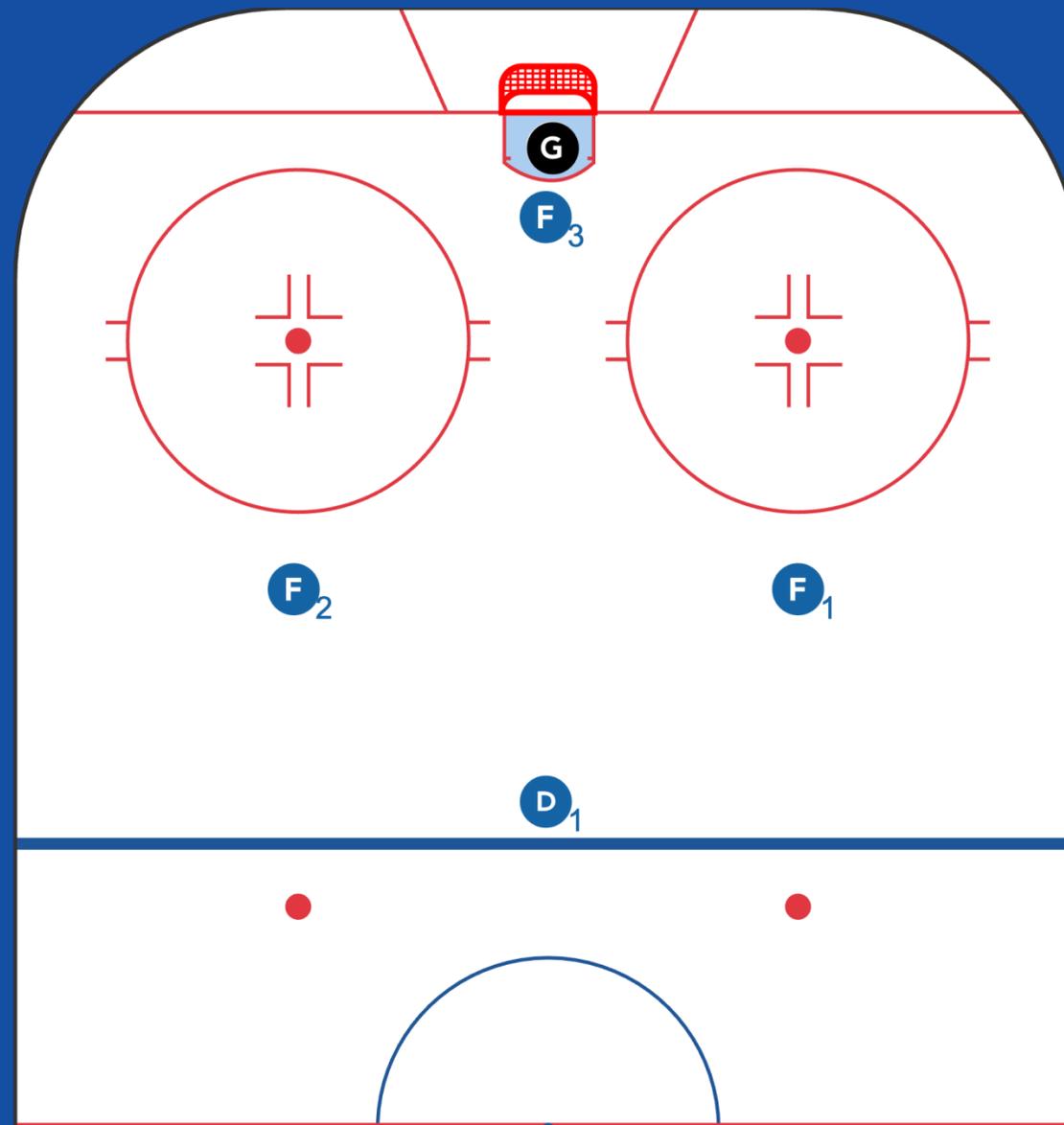
DIAMOND

DESCRIPTION

SHIFT INTO A **DIAMOND** FROM JACK IN BOX (2-1-2).

OPTIONS:

- GOAL LINE OPTIONS TO BACKDOOR
- FLOP/ONE-TIMER
- SEAM/ONE-TIMER
- BEHIND THE NET, CHANGE SIDES, ONE-TIMER



KEY POINTS

- SPREAD THE ZONE - PUCK AND PLAYERS HAVE TO MOVE
- NORTH, SOUTH, EAST, WEST PASSING
- SHOOT, SHOOT, SHOOT - 5X SHOTS-PER PP
- COMPETE, COMPETE, COMPETE - OUTWORK THE PK