

T2-4 Power Play and Penalty Killing Philosophies

Specialty Team Practices

I have made video of Detroit, Salzburg Red Bulls and the Flames practicing specialty teams. They all have a common way to practice specialty teams but have their own philosophies on the power play and penalty kill. The Red Bulls are coached by a long time NHL coach Pierre Page and the assistant coach is Reijo Routsalainen who was an offensive defenseman in the NHL for Edmonton, NY and the Devils. He led the Rangers in scoring one season.

They all start with either an overload or a slot set power play and move into a 1-3-1.

Here are some of the philosophies I see.

Detroit:

Power play has lots of motion and rotating positions. They always have a good screen in front of the goal and will move the puck from side to side behind the net.

Penalty killing they overload the corner with all four players if the puck is dumped in and there is a battle. A D on the puck, puck side F drops down along the wall, middle F is near the dot and the net D stays with his man. The forwards stay on their side of the ice and the middle F will go to the puck side if the pass is to that side and the weak side F will be in the middle. They pressure on loose pucks with the stick always leading and on the puck. Good sticks all of the time.

Detroit specialty team practice.

<http://www.hockeycoachingabcs.com/mediagallery/video.php?n=20101206083505234>

Detroit coach talking about the PK.

<http://www.hockeycoachingabcs.com/mediagallery/video.php?n=20080728091912493>

on ice demo

<http://www.hockeycoachingabcs.com/mediagallery/video.php?n=20080719161205559>

Red Bulls

The Red Bulls want to move the puck as quickly as possible and always shoot when there is an opening. On the pk the closest defender pressures with the stick on the puck and they constantly rotate, so a D could end up at the point. They skate in straight lines always from the net out and have sticks in the passing lanes.

<http://www.hockeycoachingabcs.com/mediagallery/video.php?n=20090806144404128>

The Flames move into a 1-3-1 diamond but don't have as much rotation of positions or one touch passing.

On the penalty kill they try to do a fall under when the puck is at the mid-point and the forward will chase a puck sideways and get caught when the pp passes right back to the middle because the F's are constantly switching sides. They play solid when the puck is low.

<http://www.hockeycoachingabcs.com/mediagallery/video.php?n=20130313091238819>

So every team has similarities and differences.

I like the way Detroit overloads the play in the corner and the weak side F covers the player in the mid slot when the puck is at the half wall. I like the way the Red Bulls skate in straight lines and pressure the puck. My view is when the puck is passed to the side for the one timer that either the F or the D on that side block and the player who covered mid point drop down to cover the middle player and take away the pass across.

So the question is: What is your philosophy and why and then 'How do you teach it to your team.'