

1-3-1 Diamond Power Play

This is the power play used by most NHL and pro teams now.

Key Points:

You have 4 triangles to work with all with one timers. Middle player give a short pass to a player under pressure.

Description:

The players set up with one in front, one in the mid slot, two at each dot on their off wings for one timers and a good playmaker-shooter at the point.

Usually start with the slot set pplay and move into the 1-3 -1 when the puck gets to the mid point. You can also start with an overload and a player moves to the middle.

Basketball uses this setup all the time and incorporates switching, picks and screens. Hockey could take a lesson from them to create more movement options.





