



UNDER 18 TECHNICAL CURRICULUM



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SPECIALTY TEAMS

PLAYER DEVELOPMENT AND ICE TIME

Branch Programs of Excellence must provide opportunities for all players to play in all situations. Coaching staffs must find a way to use a complete line up. Shortening the bench for a short-term outcome does not develop players for the long term. Creating the “best team” means everyone has a role and is a valued contributing member. The best teams get the most out of all players by managing the bench and having player’s experience, understand and accept their roles.

It is the goal of POE programs to develop all players in preparation for the National team where players must be capable of playing on the Power play or Penalty Kill. All players are expected to play all 5 on 5 situations.



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POWER PLAY

The philosophy of the coach will produce checkers or scorers. Hockey Canada advocates more emphasis on skills and drills using “outnumbered situations”. This will compliment the development of offensive tactics and contribute to better Power Play Performance.

Deceptive puck control and puck movement are vital to Power Play execution. A successful Power play will require *Skilled Players* with good *Hockey Sense* and *Instincts*. The curriculum offers some simple ideas to create of an effective Power play.

POWER PLAY DEVELOPMENT

TRADITIONAL VS. RANDOM

Coaches that use a **Traditional Approach** will work on power play skills and tactics executing “set” plays that utilize the strengths of the power play unit.

The **Random Approach** lets players react to what is happening as a unit. Instead of using set plays the players adjust what they are doing on the power play based on the degree of pressure shown by the PK unit.

- If the PK is passive players get the puck to the top and shoot from the point
- If the PK is semi active players often try a sequence of “set plays”
- If the PK is aggressive the players will “spread” and move the puck quickly and take advantage of any space to get the puck to and in the net



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Power Play Systems

PP execution requires deceptive puck control and movement against Passive, Semi Active and Aggressive Penalty Kill systems.

Players use Individual skills and collective tactics using a number of frameworks. Each framework is more effective against different PK schemes.

1. A 3-2 overload and 2-2 -1 are effective against “semi - active “ PK
2. An Umbrella (3-2) and (1-3-1) are effective against a passive PK
3. A “Spread” PP is effective against a Aggressive PK

Power play relies on deception and skills unique to a Power play.

1. Fake shots and passes
2. Touch passes
3. Redirects
4. One time shooting
5. Shot passing

Key to success: Special teams are “Special” teams within a team.

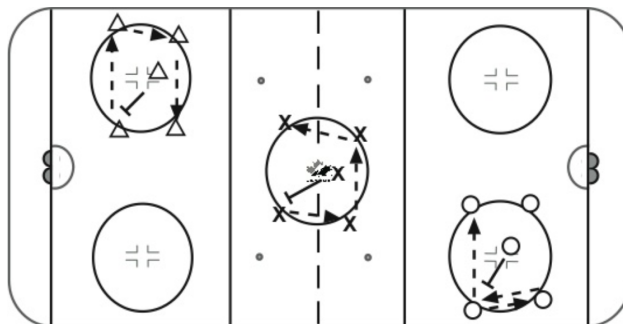
1. PP Read and Act – Adjust to the PK – Think a pass ahead -Take what they give you.
“PLAY CHESS NOT CHECKERS”
2. Match players skills and traits to PP areas; point, ½ boards, corner, net, and slot.
3. 70% of PP goals are a product of point shots , tips, rebounds
4. PP Get pucks through to the net or sticks
5. Work harder on the PP,” **Gang Mentality**”
6. PP possession overrides position.” Swarm to get and keep the puck.
7. PP D pinch down to the goal line on PP
8. Win Face Offs or... get the puck. It starts with Possession. Every second counts.

Power Play Skill Development

Circle Passing 5-0, 4-1

QUICK DECEPTIVE PUCK MOVEMENT

- 5 players on the circle –touch pass, fake shot, pass, redirect, look away
 - 5 players on the circle, outside the circle or inside the circle
 - 4 vs. 1 “on, outside and inside” the circle
- Key Points: Hands free – away from body, stick on ice*

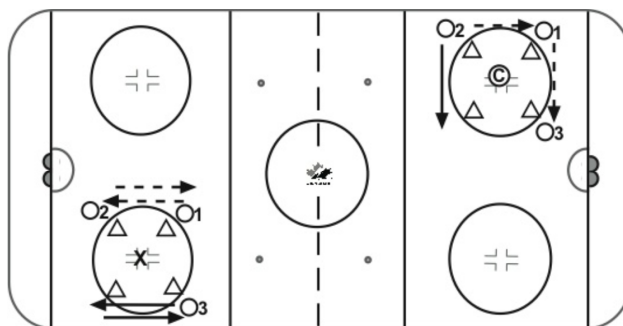


Box Support Drill

SUPPORT ON BOTH SIDES OF THE PUCK

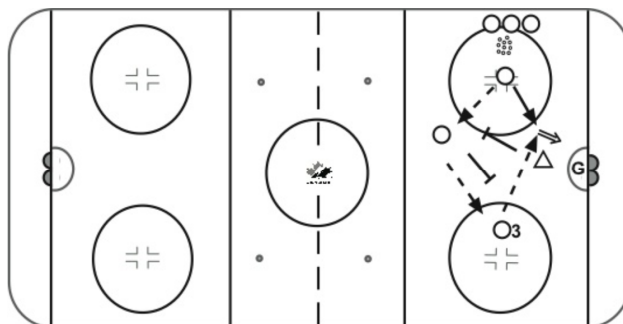
- Use gloves or pylons to form a Box
- O1 begins with puck, O2 and O3 support on each side
- X extra player stands inside the box
- O1 passes to O2, O3 moves to support
- Receiver holds the puck, allowing support players to position
- O2 will pass to O1 or O3 . The free player must move to support
- DO NOT PASS ACROSS THE BOX
- Rotate X in and an O out

THIS SIMULATES THE SUPPORT NEEDED ON THE PP



3 vs. 1 Low Umbrella Practice

- Pucks on the face off dot (low umbrella)
- 3 players form Low Umbrella
- 1 player pressures (PK habits)
- PP 3 - Move puck, support , deceptive movement-one time shooting
- New puck - when puck is frozen, leaves the zone or it hits the boards
- Rotate after 3 pucks are played

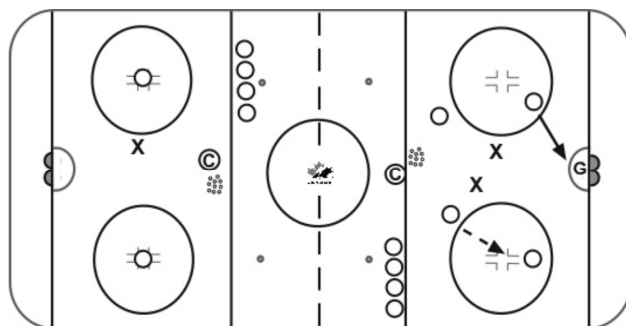


DEVELOPING POWER PLAY SKILLS AND TACTICS

Game like drills develop PP skills and “Thinking”.

3 vs. 1 - 4 vs 2 / High Umbrella Practice

1. Pucks at the top. (High umbrella) 3 vs 1
2. 4 vs 2
3. Coaches may have the Defensive players contain or pressure (deliberate practice) or PK any way they choose (Random)

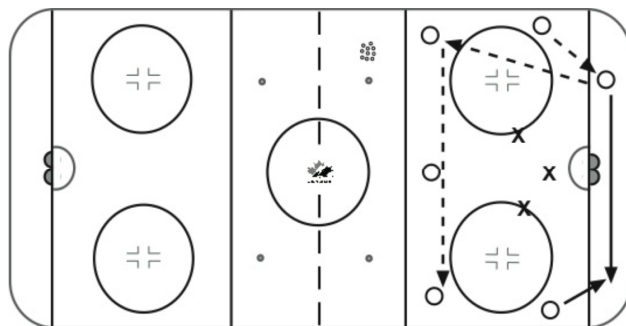


6 vs. 3 End Zone Game

3 D AND 3 F vs. 3 ACTIVE CHECKERS

Move the puck – touch pass – 1 x shoot – shot pass

- Short > Long “L” pattern
- Short > Short > Long



3 vs. 3 +2 End Zone Scrimmage

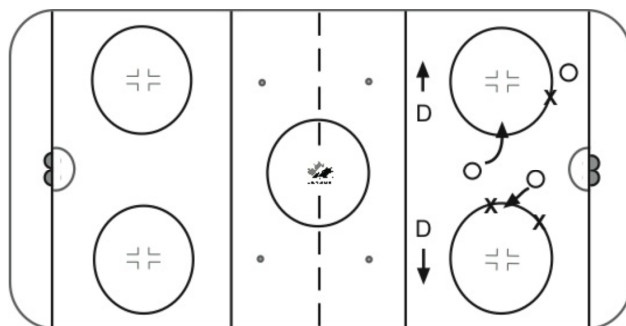
PP WITH THE PUCK

- Unit of 3 players with the puck use the D.
- Use PP support and Deceptive Puck movement
- Players execute PK and PP tactics

Variation:

May designate the defensive players to only PK and use a sliding triangle, tight triangle or Full press.

Coach places pucks. Switch PP/ PK roles.



5 vs. 1 / 2 PP

PP sets up a hash with a 3-2 overload. Coach places pucks.

X1 all out –“pressures” the puck – stop and start, lead with the stick

X2 replaces X1 on whistle (every 10 secs)

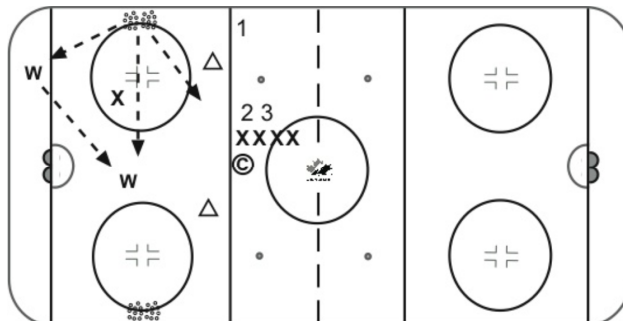
5 vs 2 , change every 10 -15 secs.

Teaching Points:

PP unit moves puck quickly and deceptively.

Touch passes / one time shots

Develop good PK and PP HABITS.



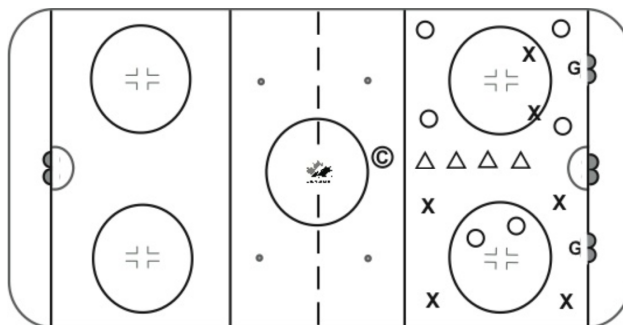
End Zone 4 vs 2

2 NETS ON GOAL LINE

- 2 D + 2 FW vs 2 on 1 goalie

The 2 defensive players get puck to the other side for a 4 on 2 on other side.

Change players to create new sets of 4 on 2



End Zone 3 vs 2 Umbrella

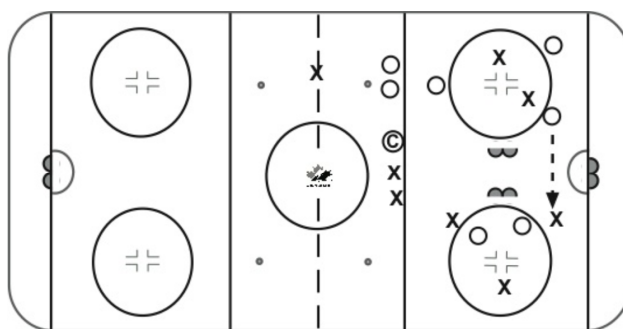
2 NETS BACK TO BACK

3 O vs 2 X on one net. 2 X get puck to other side and play 3 X vs 2 O on the other goalie.

Coach places puck and controls changes.

Teaching Points:

Deception, touch passes, Cross ice passes 1 X shooting



End Zone Scottie's 4 on 2

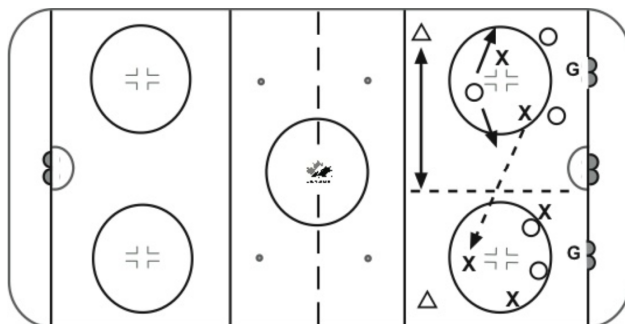
2 NETS ON GOAL LINE

1 D high, 1 FW + 2 FW's playing against 2 defensive Forwards on one net.

Defensive players create transition and move puck to other side for 4 on 2.

Teaching Points:

Low zone offensive tactics. Point shots, passes. Shoot to sticks. Quick deceptive puck movement, battles.



Whole Ice PP Game / Practice

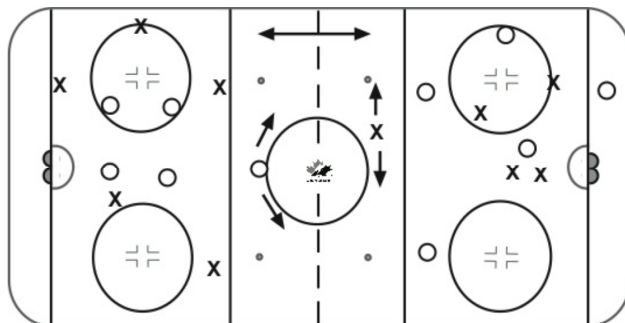
Using the score clock for power play and Pulled Goalie situations will simulate the actual game environment and improve the players Focus at practice.

5 vs 5 drop out scrimmage is motivating as all players to practice the power play and challenge each other. Start the scrimmage with OZ / DZ Face offs, reinforcing the importance of winning draws, pursuit and possession. Keep track of free puck battles to reinforce the skills, tactics and habits to make the "special team" effective.

The score clock is what the game and special teams are all about. Take advantage of the Time and extra space. Win the Special team game "within the game".

5 VS 5 Drop Out Scrimmage

- 5 vs 5 scrimmage, the last 1 or 2 players "back checking" into the D zone stay out of the zone waiting for the cleared puck to attack the other way
 - 5 vs. 5 in the NZ
 - 5 vs 4 last player back stays out of the zone.
 - 5 vs. 3 - last two players stay out of zone .
- Begin scrimmage in the zone using face off tactics to reinforce possession after won and lost draws and battling for free pucks. Encourage the "Hawk Mentality"



Competitive scrimmage and letting the players "figure it out" is an effective part of learning. Coaches will provide a number of PP systems. It is up to the players on the ice to see the situation and apply their skills and creative thinking to achieve success.



UNDER 18 TECHNICAL CURRICULUM



A RANDOM APPROACH

Executing the Power Play requires players to make good decisions based on “what they see”.

Recognizing what the opponents PK is doing and taking advantage of it collectively will result in an effective power play.

Practicing (scrimmaging) 5 on 4 will help players learn to make “good decisions” on the Power Play. They will see the “Big Picture” and learn to read the PK so they can then execute together, making better plays and getting more shots on the net.

Using the Random – Whole Method

5 vs. 4 in the zone - the defensive coach uses a hand signal to tell the PK unit how to pressure.

1. Open hand – signals a “passive box PK
2. Opening and closing the hand – signals a “semi active Pk”
3. Clenched fist – signals an aggressive Pk

The PP unit automatically adjusts to the PK

1. vs. a Passive box
 - Use quick umbrella – no drag- Pass to Top player in shooting lane
 - Create point shot using direct pass to player in shooting lane
 - One-time shots in open shot lane. Drag , pass back and across.
2. vs. Semi Active
 - Conventional PP
 - Overload
 - Give and Go
 - Create 2 on 1 's

Remember that 70 % of the scoring chances on PP result from point shots, tips and rebounds.

3. vs. Aggressive Diamond PK
 - Spread
 - Move puck quick and long / wide

Advantage of the Random Approach

A traditional PP approach uses pre planned plays. The Random PP approach lets the players execute the Power Play based on what they see happening on the ice. They will “automatically” use a framework that will best exploit the PK as it happens.

Coach uses hand signals to call PK: PP read the PK and execute. “Figure it Out”

Open hand = Passive Box, Open and closed hand = Semi Active (Diamond), Fist = (Full Pressure)

Initially there may be some hesitation as players “Figure It Out”. Over the course of the competition and the season this method will reinforce effective “thinking skills”. Using the Random approach allowing players be creative and to “think” collectively is the wave of the future. Power plays must adjust to PK as it happens. The most talented players will learn to “figure it out”, if we let them.

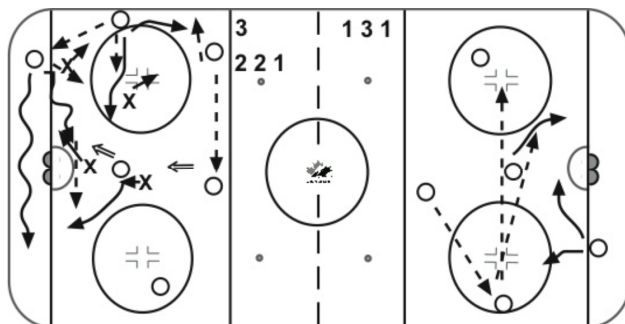
POWER PLAY LIVE / RANDOM PRACTICE READ THE PENALTY KILL

GET THE "PICTURE" ON THE POWER PLAY

Overload <> Umbrella PP – vs. PASSIVE PK

3-2 UMBRELLA

- Pass to D for shot in open shot lane
- D ←--→ D slide to open lane for 1 x'er
- D to D touch pass back to D in open lane for 1x'er
- Point shots and side one timers
- Screen goalie – Tip pucks
- WIN FREE PUCKS



3-2 Overload – vs. SEMI ACTIVE PK

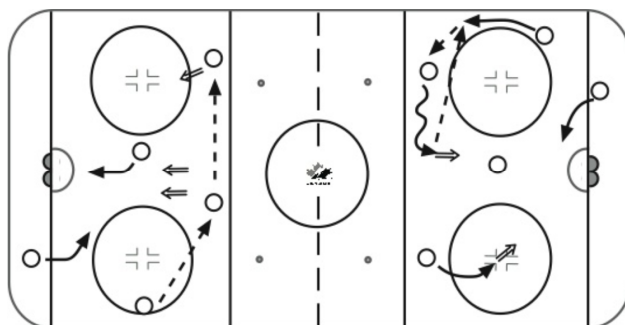
'SET UP AT THE HASH'

Support and position to establish control

- Overload to possess the puck
- "Possession overrides position" "get and keep puck"
- Set up and use and create options
 1. High 2 on 1 point shot
 2. Low give and go – roll (switch) – pass to point
 3. Walk the seams – take what they give you.
 4. Slot pass option - slide open for 1 x'er.
 5. D drag and shoot
 6. D drag and pass back / over and across

Think 2 passes ahead

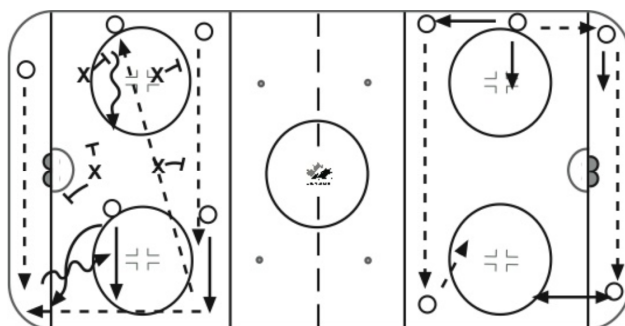
LOW FW SUPPORTS PUCK SIDE AND SCREENS



Spread PP – vs. AGGRESSIVE PK

"THINK A PASS AHEAD"

- Slot FW and D spread to far boards
- Move puck quickly across zone
- Use L pass pattern = short then long touch pass to open space and players
- Hash > low > point fast
- Hash to corner > far side – back
- Take the seams and attack the net quickly.

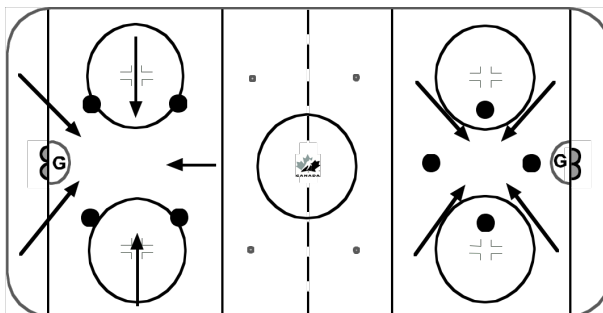


CREATE AND USE OPTIONS

TAKE WHAT THEY GIVE YOU

Walk the Seams

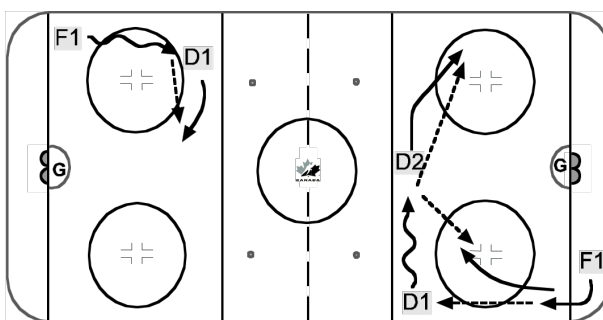
- Attacking seams quickly
 - A shot (quick release)
 - A pass (move puck quickly)
 - A carry (move feet)
- Always try to position your body to attack a seam (with or without puck)



Walk up the wall

"Be a Threat and Create 2 on 1's"

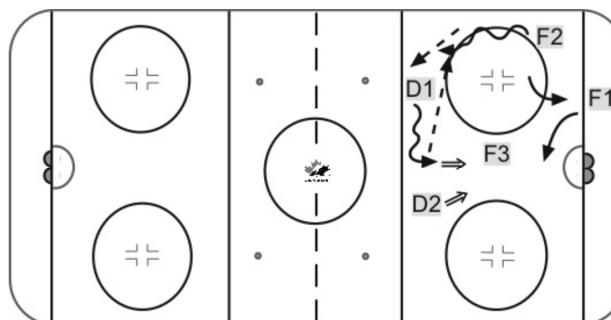
F1 walks up t, be a threat and he wall look for options
 F1 looks for seam walk, pass to F2,F3,D1 or D2
 F1 pass to D1 – support D1
 Option 1 D1 quick shot
 Option 2 D1 drags passes to F1or across to D2



Overload > Umbrella

Create and use Options

F1 and D1 good skills and Hockey Sense
 Fw creates high 2 on 1
 D drags to middle – Umbrella
 Slot Fw pass / shot ready
 Net Fw / Low support corner<> screen
 Point shots : get puck through, Shoot to stick,
 Shot pass, or deep to "good ice"



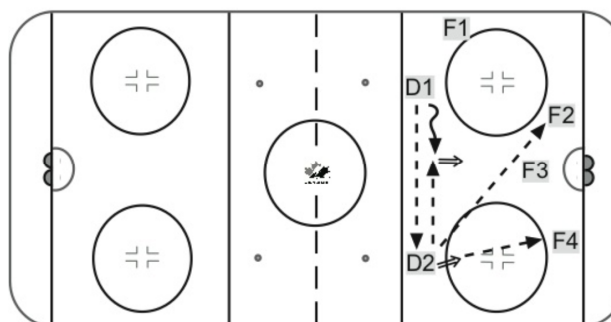
Puck Management on Point on the PP

Skills and Hockey sense

F1 and D1, D2 good skills and Hockey Sense.
 The ability to manage the puck to shoot, pass or get it on net or deep are more important than a hard shot that gets blocked.

F1 <...> D <...> D in shooting lane for 1 x'er
 Getting the on net, deep, or to good ice

"Hawk" mentality" to own the puck



5 VS 4 POWER PLAY

LOW ZONE OPTIONS

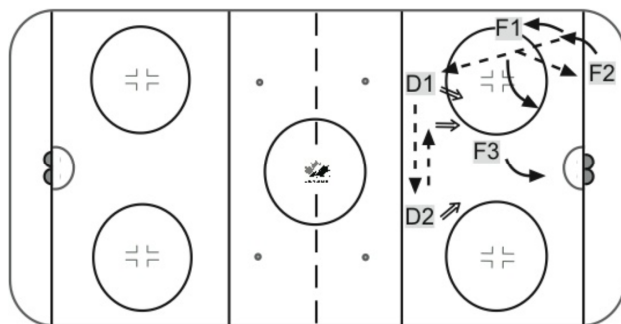
Overload Options – 2 on 1's

Hash "set up" Work Low <.....>high

-
- Give and Go F1 to F2
- Give and Go - roll – Point Pass
- Pass to D in shooting lane – 1 x'er
- D to D spread (create time and space)
- Pass to D in "shooting lane" 1 x'er
-

The low give and go opens up the point. A short pass > long pass allows the D time manage the puck and make a good play. No blocked shots just smart plays.

Shot, Pass, shot for tip, shot pass or deep to good ice.

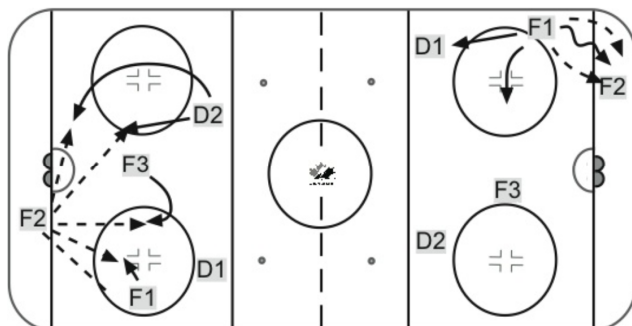


Overload Low Options

Low Near side PP

F1 passes to F2

- Give and Go
- F2 walk seam to goal
- F2 can pass back to F1
- F2 can pass to F3 who moves to near slot
- F2 can pass to D2 coming down back side



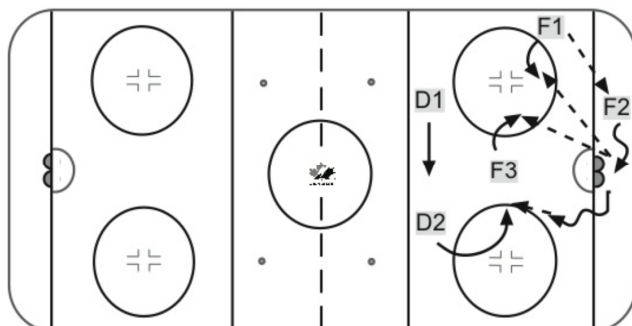
Overload Low Options

Behind the Net Far side Options

F1 passes to F2

F2 Takes puck behind net, side back pass to F1

- Pass to F3 near side
- F2 carries behind net
- Pass to F3 back door, F1 slot / back door
- Pass to D2 coming down



5 ON 3 POWER PLAY

GET THE PUCK TO THE POINT QUICKLY TO SET UP THE 5 ON 3 P

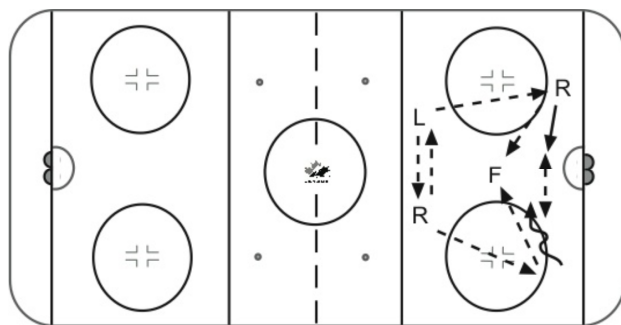
2-1-2 "Box" Power Play

"On Wing" "Off Wing"

High players play "on wing"
The Low FW's play "off wings"
The slot / High Fw supports the puck

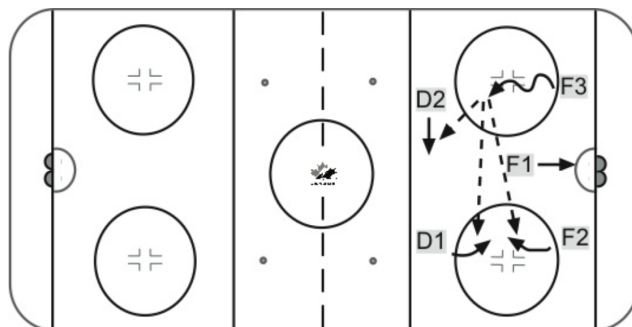
The top 2 players exchange forehand passes to draw up the defenders. The Low FW's play of to the side of the goal.

When the pass is made to the low Fw there will be a 3 on 1 and an option to shoot or pass.



2-1-2 > 2-2-1

- F3 walks up – looks for options
- D2, D1 at top and side
- F2 and F3 at side and back door
- Use cross ice options
- F1 slides to net – screen / rebound



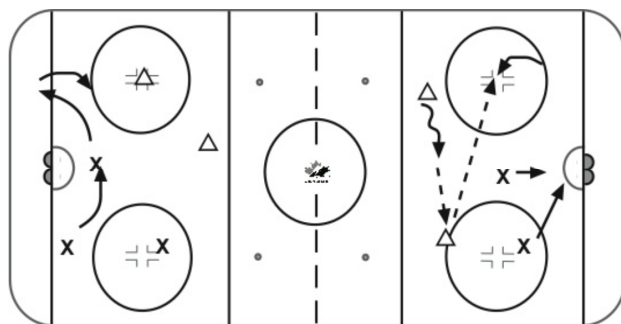
2-3 > 3-2 Umbrella Power Play

Top 2 players play - 1 off wing shooter for 1 x shot.

The Fw on puck side supports up and to the side !FW screens goalie and the other is off set for a rebound or shot pass.

The First option is getting shots on net by "being open" in the shooting lane. The receiver must slide (position) to the open lane to receive the pass and make a 1 x shot.

React to rebounds and win free pucks.



POWER PLAY BREAKOUT

Vs *Aggressive Forecheck*:

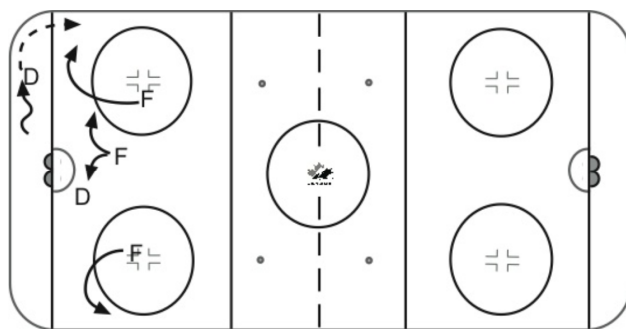
Break out vs Pressure

READ THE PRESSURE

- Goalie must be ready to move puck
- Team mates anticipate, support and communicate
- Be 1 st on dumped pucks
- Use reverses and rims
- All 6 back Hard, 5 low - 5 on 5 breakout options

Key Points:

Read and act according to the forecheck in all situations



Vs *Passive Forecheck*:

Breakout with structure and speed. Read and Act as a unit.

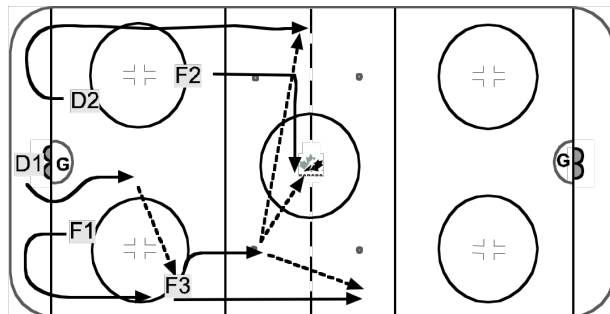
Breakout vs Passive Forechecks

D1 THE BEST PUCK HANDLER SETS UP

- D2 and F1 "time" swing in the corners
- D1 should fake either way before carrying.
- Freeze the 1 st penalty killer by going at him.
- F2 / F3 support in wide lanes
- Stretch when puck carrier comes at you (F3)
- Support when Puck carrier is moving away from you.

Make entry decision by red line and generate speed

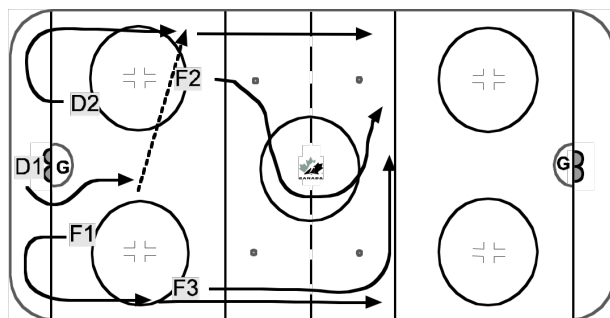
Options: Carry, pass, dump or rim, Swarm for possession



Support, Stretch and Speed

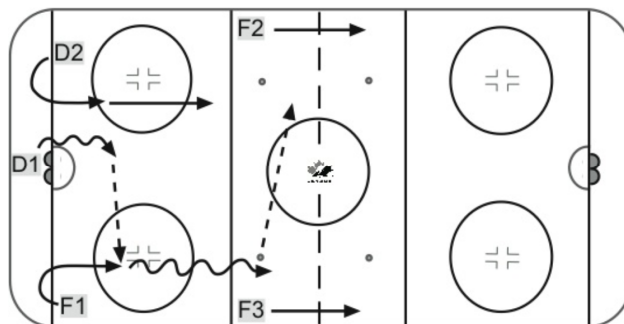
STRETCH

- D pass early to use speed
- Timed Support
- Freeze the 1 st Pk player
- F3 move, stretch and support
- READ AND ACT



Rugby Breakout

- 5 Feet (close support)
- Freeze the 1 st Pk player
- Attack seams in the NZ
- READ AND ACT
- "Possession overrides position in the O Zone



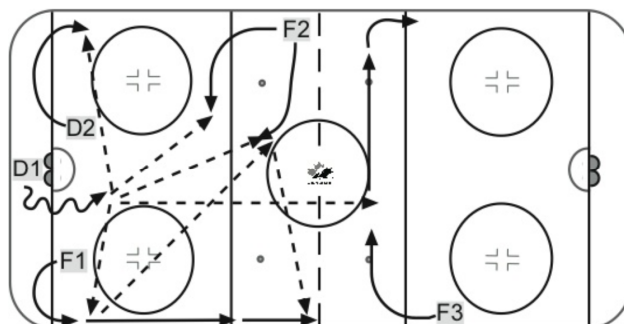
3 Swing low – Middle and Stretch Multiple Options

- F1 and D2 swing in corners. D2 Delays.
- D1 Freezes first PK player and makes first pass
- F3 Comes from far end and supports across far blue
- F2 Comes under near blue or Red Line.
- F2 can touch back to F1 or D2

Support , Timing, expect and want the puck.

Timing is critical

D1 is the best passer. READ AND ACT

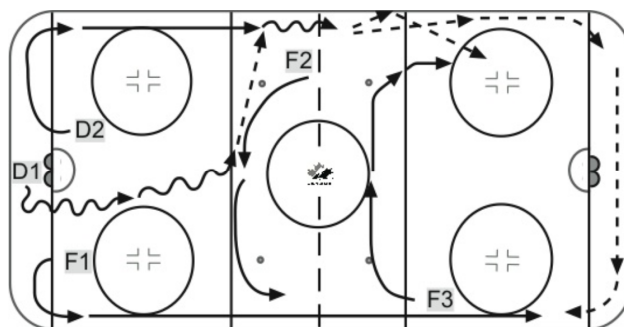


GAINING THE ZONE, POSSESSION AND “SETTING UP”

The first objective is to score on direct attack. The second is to gain the Zone, controlling the puck and setting up to execute the PP. Maintaining Puck Possession is essential and providing quick and close support to battle for dumped free pucks sustains the Power Play. Read and Act requires players to be alert and intense on the power play. Always “outwork” the opponent

Power Play Entries

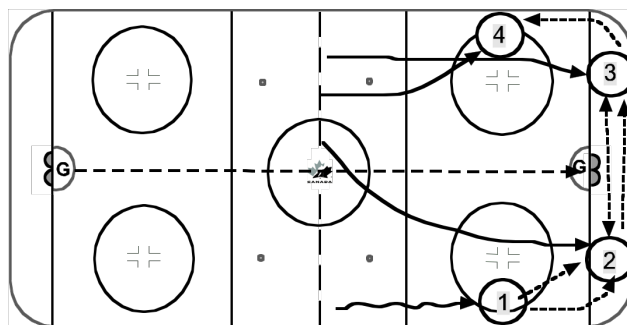
- Provide quick ,close and far support
- Controlled entry preferred.
- Soft chip to close support
- Hard rim to far side
- Corner dump (away from goalie) for possession



Target Areas to gain and control the puck

Get pucks to the target areas.

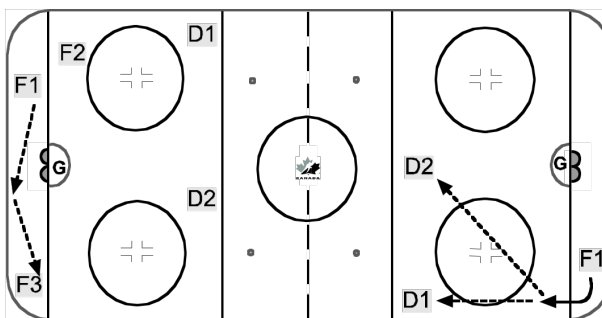
Battle mentality to maintain possession.
Possession overrides position. Pinch to goal line
Swarm, outnumber, outwork opponent
Get to the puck and move it away from pressure .
Wide behind the net is a good option



MOVE THE PUCK AWAY FROM PRESSURE

Create Time and Space

- A variety set-ups are effective against Passive , Semi active and Aggressive penalty kill coverage.
- Releasing pressure can be accomplished by:
 - Transferring puck across the net (the further out to far corner the better
 - Quick up to D1 or D2 from goal line.





UNDER 18 TECHNICAL CURRICULUM



Penalty Kill

OVERVIEW

By Using a “Man on Box behind” to teach D Zone Coverage the basic PK Box is also conceptualized. By dropping the “man on”, a PK Box and Diamond are natural “frameworks “ from which effective PK can be executed.

PK Skills / tactics duplicate those of good DZ Play

1. Stop and start (“V”) skating – “Face the puck”
2. Active stick – Sticks in passing lane
3. Body in shooting lane. Lead with the stick.
4. Face the Puck - Swivel the head – “see the man”

PK Philosophy

Penalty Killing requires superior skating skill and hockey sense. Players Know when and how to pressure and when and how to contain. Coaches may advocate an aggressive (pressure) or passive (contain) system). A read and act system has players read the offensive Power Play and pressure when the opponent has poor control (a bad pass, a free puck) and a passive (contain) when they have good control. At most POE levels special teams are not highly skilled and pressuring is an effective tactic; however, if teams have highly skilled players the coaches must adapt their Penalty Killing system to be successful on the penalty Kill

Pk Curriculum

This curriculum presents a passive (Flexible Box), Semi Active(Diamond) and a full press where all players pressure the closest 3 players to the puck in a coordinated fashion. Ideally players will learn When and How to pressure and when and how to contain. Teams should be able to execute any of the systems and nullify any power play.

Skating and Hockey sense (positioning and anticipation) are critical requirements for players to execute at a high level.

Coaching will play a major role in the success of Special teams. Developing the Individual skills and tactics so they become habits will contribute to effective Power Play and Penalty Kill.

Effective penalty Killing can frustrate an opponent. Shorthanded goals are the result of hard, smart and courageous play. Coaches provide the systems which allow players to Read and Act and to figure things out on the ice. Players are aware and think for themselves, making decisions, making mistakes and learning from them. Coaches are encouraged to provide players with the framework to execute effectively and allow them to “Figure it out”. This means not Telling them what to do but asking them what they saw and could have done. They are on the ice, it is their game. They will “figure it out” and the game will be better for it.

THE PK 4 vs. 5 - PASSIVE BOX

Passive Box < Smart Box>

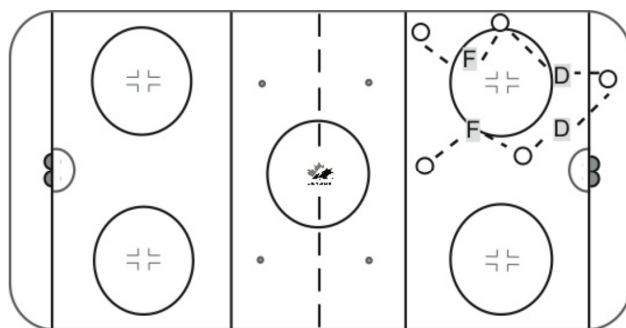
- Each PK player has a 2 on 1 “awareness”
- Execute good Pk skills and tactics in a tight box

Pk skills and Tactics are critical:

Controlled skating – Pressure vs Contain

Stop and Start skating – lead with the stick

Body in shooting lane. Sticks in passing lane.



Passive Box < > Passive Diamond

Playing vs the strength of the Power play:

Press “Up”

- 1. Press up Vs a Good High PP
- Take away the point to point pass
- Stick in lane

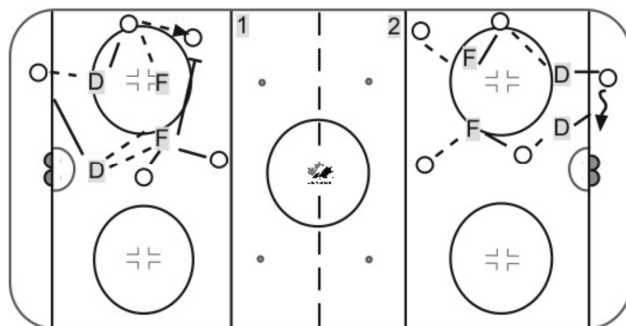
Press Down

- 2. Press Down Vs a Good Low PP
- Lead with stick

- Players have primary responsibility to cover man up or down and secondary responsibility (help) on the 2-nd player in their area

____ Primary ----- Secondary Responsibility

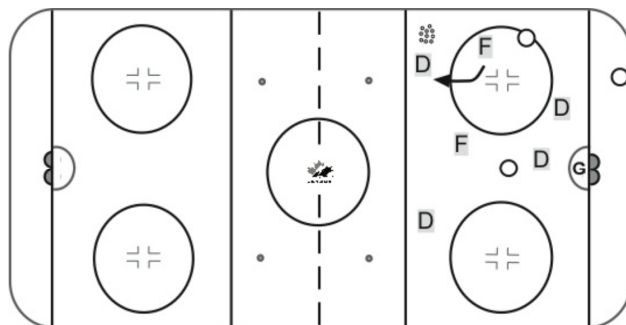
Net Zone D must stay free – “front” the screener



Passive Box / Diamond

PUCK AT THE TOP

- Skate to the shooting lane. Body in shooting lane
- No “over skating. Prevent shot > block shot
- Controlled Skating – Breakdown on approach to contain and control the puck carrier.
-



SEMI - ACTIVE “DIAMOND”

Semi Active Box / Diamond

MOST PK SYSTEMS ARE SEMI ACTIVE — PASSIVE AT THE RIGHT TIME AND ACTIVE AT THE RIGHT TIME.

“DIAMOND”

BOX > DIAMOND:

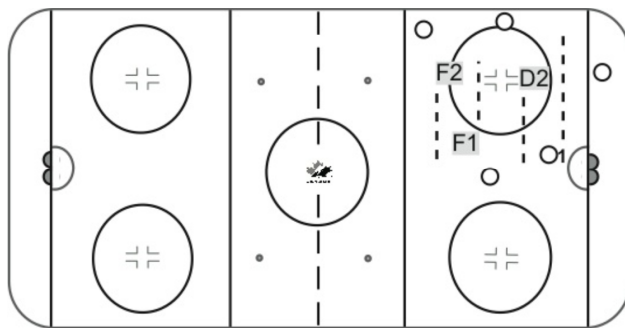
Box Positioning covers 4 passing lanes

D2 prevents seam walk – aware of low FW

D1 shades in net zone F1 shades to slot

F2 shades to point

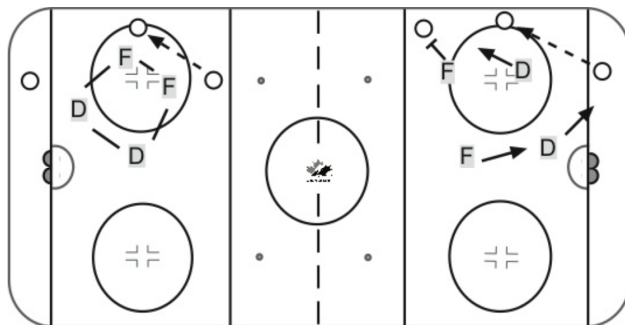
When pass is made or Fumbled D2 pressures and F2 teammates form a Diamond



Semi Active Box / Diamond

“DIAMOND” AT SIDE

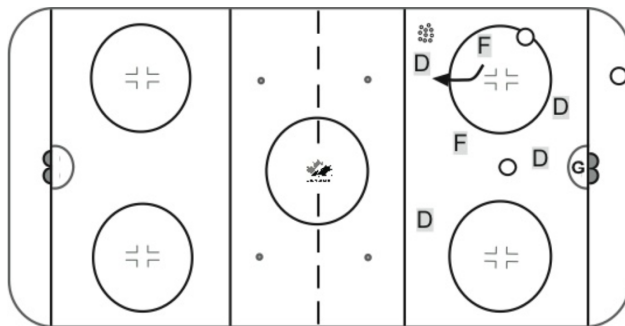
- Pressure the puck when it is passed or “Fumbled”. Lead with the stick.
- All players adjust to the “man on” forming a Diamond. 1 on 1 with the 3 PP players
- F2 and D2 position aware of support players.
- F1 sags to cover the 2 on 1 forming a Diamond



Semi Active Box / Diamond

“DIAMOND” AT POINT

- All players adjust to the “man on” forming a Diamond.
- Covering the Shooting lanes when the puck is at the point.
- Bottom player plays 2 on 1 – between 2 low players



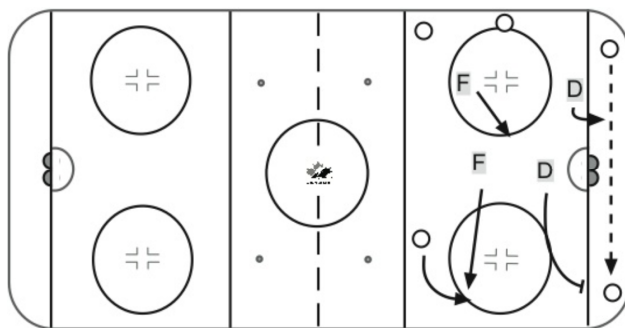
FULL PRESS – AGGRESSIVE “DIAMOND”

In a full press the closest 3 players pressure as a unit. The first PK Player checks the puck receiver while the teammates pressure the closest options. To create a turnover and clear the Free puck. Allow no time to set up. Pressure. Apply aggressive coordinated pressure. Force at all times.

Aggressive Diamond

FULL PRESS

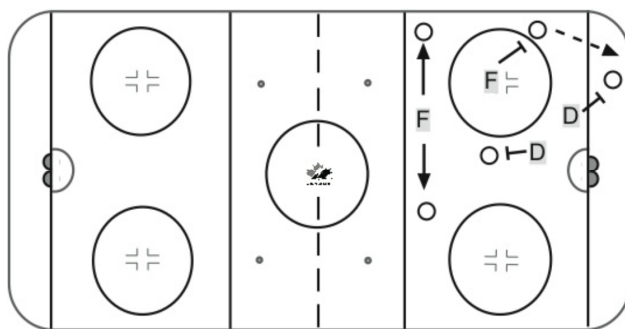
- Aggressive “All out” simultaneous pressure.
- Closest play pressures the puck
- 2nd and 3rd players pick up support players. Stick on man. Anticipate and gain and move / clear the puck.
- Bottom player plays 2 on 1 – between 2 low players



Aggressive Diamond

PUCK MOVES > FULL PRESS

- “All or None” pressure.
- Closest play pressures the puck
- 2nd and 3rd players pick up support players simultaneously. Stick on man
- 4th player plays 2 on 1 – 1/2 between



SOFT RIMS TO THE HALF BOARDS ARE EFFECTIVE IN ALLOWING PLAYERS TO GET TO THE PUCK AND CLEAR THE ZONE. HARD RIMS ON THE PK ARE A GIVE AWAY.

PK DEFENSIVE ZONE FACE 4 VS 5

C must cover point on lost draw.

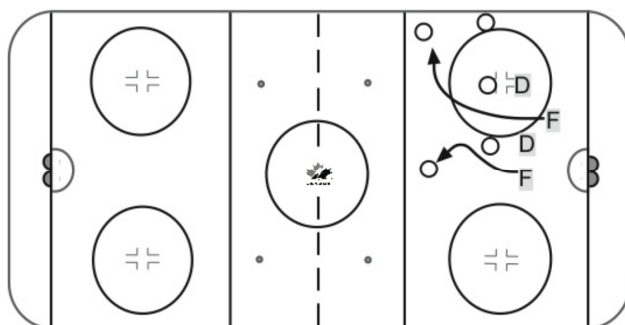
D may scramble draw allowing Fw's to get free puck and get to points

PK Face Off Strategies

D SCRAMBLES DRAW

D uses strength to neutralize face off.

The Fw's jump to free puck and get to shooting lanes to cover the points.



SOFT RIMS TO THE HALF BOARDS ARE EFFECTIVE IN ALLOWING PLAYERS TO GET TO THE PUCK AND CLEAR THE ZONE. HARD RIMS ON THE PK ARE A GIVE AWAY.

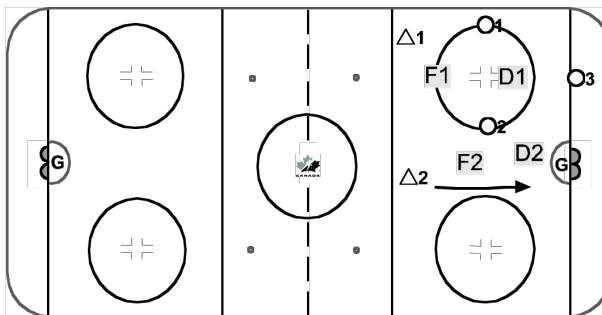
MALE U17 CURRICULUM - PK 5 VS 4

Being aware of and studying the male game will keep coaches up to date tactically. Special teams are often the difference in the outcome of the game.

"Smart Box"

Penalty Killing – DZ vs Overload – "Smart Box"

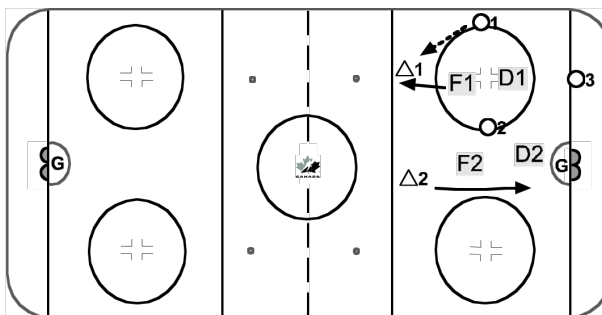
- Key is to take away time and space. Good players will make good plays if they have the time to make them. Force them to make a great play to beat you.



"Cut off Point" walk , shot, pass

Penalty Killing - DZ vs Overload

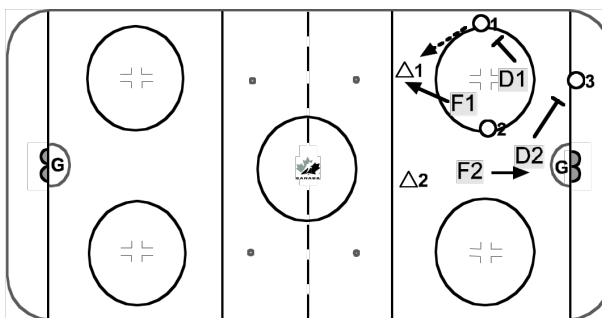
- F1 must not allow defensemen to walk blueline with puck. If D walks, we lose pressure. F1 must attack D hard and force play back down to half wall.



"Press Up"

Penalty Killing - DZ vs Overload

- If opposing F on half wall is above top of circle, F1 must try to press him down the boards, not allowing a pass back to the D at point. If half wall forward receives pass below top of circle, D1 should be in good position to jump and pressure. D2 is cheating to pressure low play. F2 covers net front.

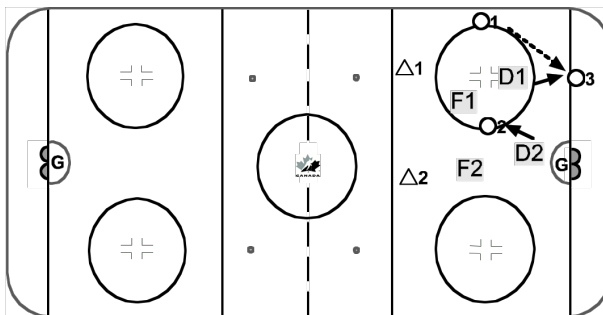


Defending Low PK

Press Down

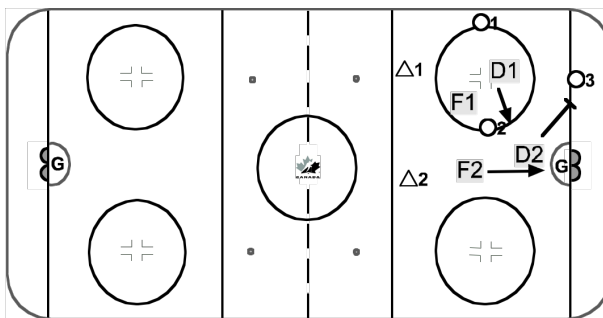
Penalty Killing - DZ vs Overload

- If low opposing F is outside dots when low play is made, D1 plays the 2 on 1 and continues to contain as low F is not a threat.



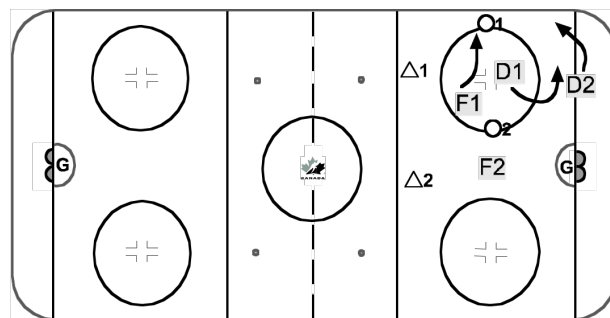
Penalty Killing - DZ vs Overload

- If low F is in lane or inside dots when low play is made, full court press is on. D2, who is initially positioned on the near post a stick length from opposing F in slot, immediately attacks low F all out with stick on puck. This denies a pass to slot F or backside D who is covered by F2 collapsing to net front.



Recovery

When pass is made low, D1 must immediately get back towards net front and get his stick in the passing lane from low F to slot forward to deny a quick pass to the slot.



3 vs 5 PK

Consider 2 D – 1 FW or 2 FW – 1 D

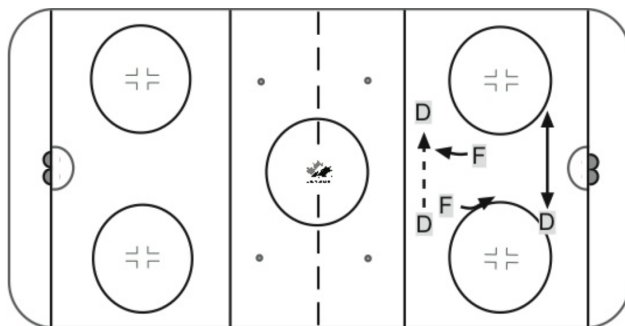
Vs Box +1 – Sliding Triangle

Vs Umbrella / Overload – Tight Triangle

Sliding Triangle Vs Box PP

2 FW AND 1 D

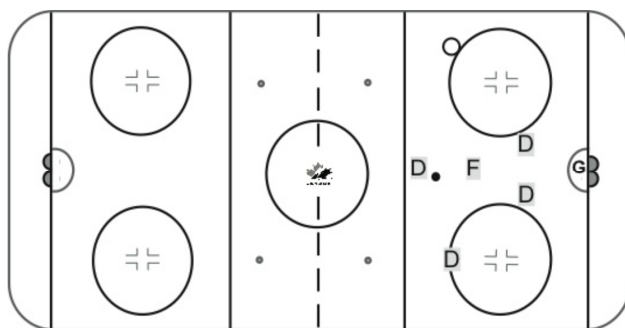
- When the puck is at the top the puck side player moves up.
- The other F or top player will slide back ½ way to eliminate the pass across
- The D stays low and slides across in the net zone and positions on the puck side. Stay free.
- All 3 must play tight and position in the shooting lanes.



Tight Triangle vs Umbrella and Overload

1 FW AND 2 D

- When puck is at the top the Fw is the top of triangle
- Puck at the hash or low the D is the close player
- The compact triangle means staying inside the dots and not going past the top of the circle.
- When the puck is at the top the tight triangle has all 3 players covering shot lanes.



Pk 3 vs 5 Considerations

- Patience and positioning
- Stay on your feet in shot lanes
- Timed shot blocking
- Proper player selection – strength and power
- Players need to be strong with puck for clears

D may scramble the draw for free puck allowing the FW to get up top or clear a puck.

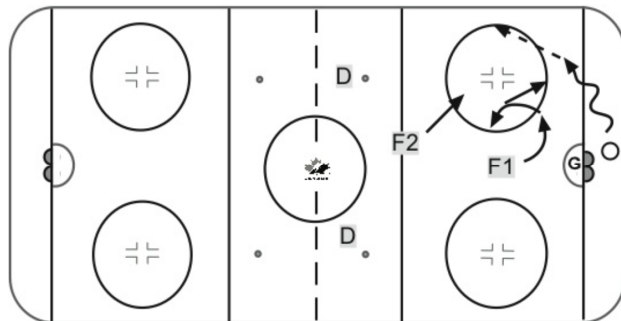
Penalty Killing Forecheck

"I" Trap Forecheck

- F1 steers play to one side, Forces pass to outside and returns hard through middle
- F2 pressures the pass receiver.
- D1 and D2 play back while the Fw's attempt to trap the breakout pass.

Adjust the PK forecheck to the PP breakout
Variations:

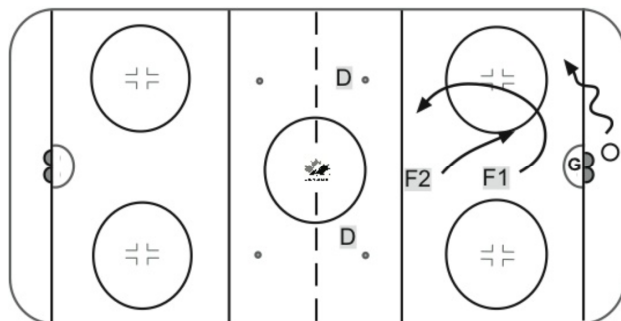
If center swings behind net have F1 plug up behind the net or F1 swings back while F2 pressures from the outside in.



Swing and Roll

- F1 pressures, or swings back to middle while F2 pressures.
- F1 or F2 exchange positions and one pressures while the other supports

D1 and D2 adjust width and depth in Neutral Zone to support and disrupt long passes and entries.

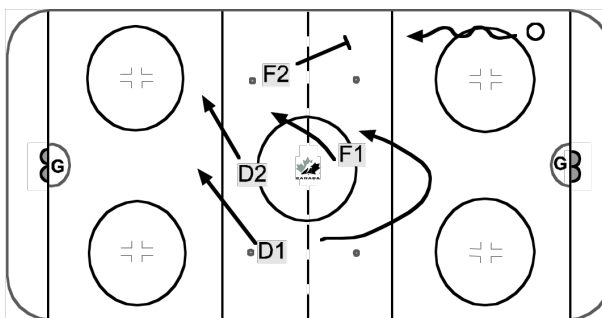


1-3 Forecheck

1-3 Forecheck

F1 steers to outside and sprints back to support once puck is moved.

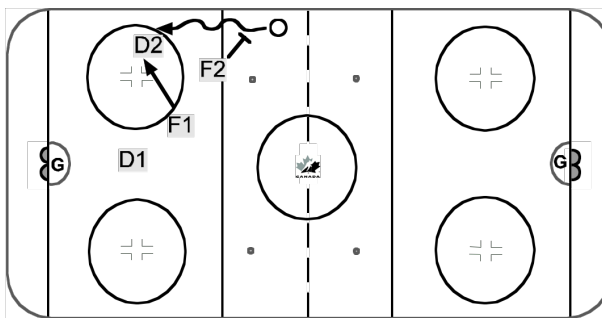
F1, D2 and D1 cover 3 lanes and stand up and pressure in the outside lane.



Drill Name & Description

Penalty Killing – 1-3 Forecheck

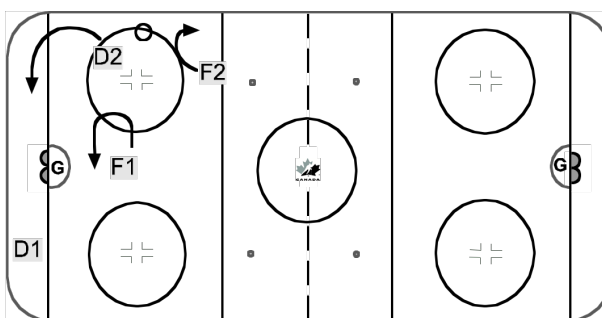
- F2 or D1 stand up rush, not allowing opposition to enter zone with control of puck.



Drill Name & Description

Penalty Killing – 1-3 Forecheck

- D2 is aggressive and ready to (a) retrieve chip or dump, or (b) pressure puck carrier immediately should he beat F2 or D1. F2 or D1 are in support, F1 supporting through middle also.
- Upon retrieval of puck, F2 or D1 must be prepared and available to release as an outlet for D2 who has retrieved puck, should he not have an opportunity to clear it himself.





UNDER 18 TECHNICAL CURRICULUM

