

SPECIAL TEAMS:

Penalty Killing POE

These highlights focus on Penalty Killing in the Defensive Zone. The skills of "stop and start" skating are important in Defensive Zone play and especially important in Penalty Killing. When players skate in circles and turn their back on the puck they give up valuable space and time for the offense to execute. These clips provide excellent examples of an active stick taking away passing lanes as well as getting the body into shooting lanes. Smart skating is required by all defenders when a player short. There are many fine points that can be learned from these clips and prevent goals from being scored.

<http://www.youtube.com/watch?v=00Gxjdy1QUY>

Penalty Killing - Skating - positioning - stick +Body

<http://www.youtube.com/watch?v=pTCr3pGqY1>

Key teaching points are provided in this link. Players need to stop and start skate in defensive zone play, never turning their back to the puck. Lazy skating results in time and space for the power play to execute. Game penalty killing requires smart skating, leading with the stick to close the cap on the puck controller and sticks must be active constantly covering the passing lanes. Sticks should cover the passing lanes while all bodies are aware of and in the shooting lanes

PK Stick and Body Positioning 50 secs.

Penalty Killing requires 'smart' skating. In this passive Box<>Diamond players play tight and take away passing lanes with their stick. They use straight line skating and take away the shot lanes with their body and lead with the stick when pressuring the shooter to prevent the shot and hopefully force a pass. Shots do not get to the net and the PK unit reacts to the free puck to get it out of the Zone.

"STAY TOGETHER"

Roman Gladiators staying together to survive. The video reinforces the concept of protecting the 'House' in the defensive zone of hockey. Players back check hard and stay on the defensive side to protect their Goalie and prevent a chance to score.

Team Work is essential in Hockey. Being committed and able to play defensively prevents scoring and creates turnovers and transition to offense. Transition is the "game within the game" of hockey. Playing responsible defense creates offense and valuable time and space, which will result in scoring opportunities. The best teams play the best defense.

<http://www.youtube.com/watch?v=qlZyG3ATJTW>

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WHL Plays of the week:

Individual skills and tactics. 5 highlight clips of the "best of the best" in the Western Hockey league put together each week. Save this link and view the highlights of some the best moves and plays by the best players in the future.
<http://www.whl.ca/mazda-zoom-zoom---whl-plays-of-the-week---october-9-2009-p138151/t-webTV>

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National Women's team PK practice:

<http://www.youtube.com/user/wkozak2009#p/u/217/pTCr3pGqY1M>

Women's World's U18 PK:

<http://www.youtube.com/user/wkozak2009#p/u/153/00Gxjdy1QUY>

Calgary Flames PK Goal:

<http://www.youtube.com/user/wkozak2009#p/u/192/eKSogTHepzs>

Gallardi PK Goal:

<http://www.youtube.com/user/wkozak2009#p/u/172/kUNCxMY6nAo>

World Jr. 2010 Canada PP USA PK Goal:

http://www.youtube.com/user/wkozak2009#p/u/161/e_qp-xDakIA

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PP Execution at its best:

<http://www.youtube.com/watch?v=8cMQLX5LZX8>

Duncan Keith carries the puck up the ice and executes a Rugby Breakout and Entry on the PP. The puck carrier goes straight at the checker and passes laterally to players open in the outside lanes. Players stay on side as the puck is Kane passes to #10 allowing time to set up and execute pass to back to Kane on the 1/2 wall. The 3 quick (deceptive) passes and forehand 1 timer result in a goal.

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<http://www.youtube.com/watch?v=00Gxjdy1QUY>

PP Execution: 38sec

<http://www.youtube.com/watch?v=LtGd6CVASjE&NR=1>

PP Execution Breakout>Entry>Puck Movement> GOAL: 30 sec.

<http://www.youtube.com/watch?v=8cMQLX5LZX8&NR=1>

PP Screen Tip:

<http://www.youtube.com/watch?v=8cMQLX5LZX8&NR=1>

PP Execution leads to a Goal:

<http://www.youtube.com/watch?v=8cMQLX5LZX8&NR=1>

Moncton PP Toe Drag Goal:

<http://www.youtube.com/user/wkozak2009#p/u/95/k7riAPccBIY>

PP Goal passing > 1x shooting:

http://www.youtube.com/user/wkozak2009#p/u/96/CGupevsbm_g

Memorial Cup PP Goal: Low walk

<http://www.youtube.com/user/wkozak2009#p/u/98/9hlmUlrCAyY>

Memorial Cup Breakout > Triple drive goal:

<http://www.youtube.com/user/wkozak2009#p/u/99/BbFI8M5i7Jl>

Memorial Cup PP Goal. Passing > 1 x 'er:

<http://www.youtube.com/user/wkozak2009#p/u/103/Srb94RMssPU>

NHL PP Traffic Goal:

<http://www.youtube.com/user/wkozak2009#p/u/171/-Gw5d3OYysU>

NHL Shot Pass Goal:

<http://www.youtube.com/user/wkozak2009#p/u/194/Ew-dslQJafc>

Women's U18 PP breakout Entry Goal:

<http://www.youtube.com/user/wkozak2009#p/u/152/rw9GzTJGjuk>

POE POWER PLAY 2010

<http://www.youtube.com/watch?v=rw9GzTJGjuk>

Programs of Excellence prepare Teams for International competition. These Highlights from the World Women's U 18 Championship Final Game illustrate the Breakout, Entry and Setting up a Power Play. Although it is ideal to score on direct attack teams will have to be able to apply tactics to handle the penalty Killing forecheck, neutral zone pressure and executing against passive and active PK schemes. These highlights show the importance of skill and puck movement. Power Play success requires special skills. Deceptive puck movement, touch passing and 1 time shooting are essential to score at elite levels of play. The power Play highlights at this level show the support and Possession mentality as Players outnumber the PK players and manage to win and control the puck as a unit. Deceptive puck movement and 1 time shooting are skills that need to be improved.

Power Play Dec 09

<http://www.youtube.com/watch?v=-Gw5d3OYysU>

Elite power plays are designed to suit the individual talent of its players take advantage in all zones of the ice. Coaches need to be creative, utilizing and adapting to be successful. The Montreal Canadian Power play highlights from December of 2010 reveal a different look. It is not a traditional Umbrella; however, it looks like an umbrella with a support by the high forward of D partner. There are no hard shots. The puck is moved deceptively and the scoring occurs with 4 players in the lower half of the zone outnumbering the defenders and using fakes, smart passes and 1 x shots to score goals. Professional teams have the resources to scout and study the opposition and to create new strategies to achieve success on the power play. Minor hockey teams should work on the

individual skills needed and take note of special skills of deceptive puck movement, support and 1 x shooting.

Montreal Canadians PP 2010:

<http://www.youtube.com/user/wkozak2009#p/u/171/-Gw5d3OYysU>

5 vs 3 PP Goal:

http://www.youtube.com/user/wkozak2009#p/u/261/9Yu7JC_xIYE

5 vs 4 PP PK :

<http://www.youtube.com/user/wkozak2009#p/u/262/ircIBXSYMMo>

Power Play Goal Special Skills

<http://www.youtube.com/watch?v=tNgFbrTQoyQ>

Quick Deceptive puck movement and 1 x shooting result in a goal. Special teams require Special Skills and this is a textbook example

Vancouver Canucks 4 Man Attack

http://www.youtube.com/watch?v=y_2FHU8IWUg

The 2011 Vancouver Canucks demonstrate their responsible 2-way play. The Defender creates a turnover and joins the attack as a middle drive player. The Forward becomes the trailer. 4 player attacks are evolving in the NHL game and the best line in Hockey uses creative play making at high speed to score a goal. The combination of creative individual skill and team play offensively and defensively contribute to the season that the Canucks have had. The Stanley Cup playoffs should see more outstanding plays that future coaches and players can learn from.

Heads up Puck Movement

<http://www.youtube.com/watch?v=Udt3AmNRefI>

Shoulder checking helps the D read the situation to execute puck movement breaking down the fore check of the opposition. Controlling the puck with the head up results in smart puck movement. Skill and hockey sense result in smart puck movement.

Great execution on the PP and the PK. It looks like the D gets occupied by the changing net front player. The PP unit did a good job of outnumbering down low. The closest Defensive player needed to lead with the stick and stop and start faster to pressure the scorer, although the goalie would like to have that on back.

Giving up a Goal on the PK

<http://www.youtube.com/watch?v=hLVuGN4pSjQ>

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A rule for D covering players in front of the net is to stand in front of them not get tied up. The D seemed to play to get tied up in front of the net.

PP Touch Pass 1 X shooting

<http://www.youtube.com/watch?v=bFxJPW-RIN0>

The 1 x shot requires accurate passing and positioning by the shooter. Puck and player movement results in a goal. The Quick puck movement by the D and the Positioning of the 1 x shooter allows the puck to get the puck through.

Power Play Skills and Tactics

<http://www.youtube.com/watch?v=5whTtVLIU00>

Deceptive, quick puck movement and 1 x shooting are 3 essential skills to an effective power play.

Vancouver 1-3-1 Power Play December 2010

<http://www.youtube.com/watch?v=hIPRRmwNbNE>

The Vancouver power play is not a static 1-3-1. The 3 forwards cycle in their positioning and when they locate in the middle it is more to provide a screen on a point shot than to receive a pass and shoot. The movement of the 3 Forwards is effective at winning free pucks, maintaining control of the puck and getting the puck through from the points or side.

NHL Power Play Touch Pass 1 X shot Goal

<http://www.youtube.com/watch?v=imNYXO6gi10>

Deceptive touch passes and 1 time shooting are key tactical skills in an effective power play.

Vancouver's shifting 1-3-1 power play 2011

<http://www.youtube.com/watch?v=Z8iBKKjVATE>

Vancouver's Power Play uses the movement of players in and out of the slot. At times it appears to be a 1-3-1 power Play at others it takes different shapes which makes it difficult to defend. The player moving into the slot provides another option as well a distraction for the Goalie. Although the slot player is not used he does attract attention which creates time and space to get pucks on the net facilitating more scoring opportunities. The movement of players provides support for the puck resulting in sustained puck possession. The skilled players and the flexible nature of the power play contribute to one of the more successful power Plays in the 2010-11 season.

PP 1 x er Point Shot GOAL

http://www.youtube.com/watch?v=AGQwQqX_5IE

Power Play Goal – puck movement and shooting

<http://www.youtube.com/watch?v=g65P2GdvWIY>

Excellent puck movement and 1 time shooting result in a highlight reel shot. The replay angles and slow motion editing of this play provide a great visual example for coaches and players to learn from.

1-3-1 Power Play NWT 2010

http://www.youtube.com/watch?v=YEreq_ouh-l

Power Play Shot pass at goal Mac's Midget Tourney 2010

http://www.youtube.com/watch?v=WSZc9_1lRes

Midget players demonstrate deceptive quick puck movement to score a goal. Individual skills and hockey sense combine as the point player executes a deceptive shot pass resulting a goal. The scorer is in position to receive the pass and put the puck into the net.

Power Play Execution:

<http://www.youtube.com/watch?v=LtGd6CVASjE>

Entering the Zone and gaining possession is a challenge. In this clip Chicago wins gains possession by outnumbering the players in the corner. Quick puck movement behind the net and to the Point result in a shot through the Defender and into the net. Outworking the Pk is an important aspect of the power play.

5 on 5 Goal Good Puck Movement:

<http://www.youtube.com/watch?v=GXS9kkDC35M>

Loose D Zone coverage results in Offensive puck movement. The point of attack is changed from low to high and across. It looks like a Power Play but it is an even strength goal. A combination of Good offense and Bad Defense.

PP Execution at its best:

<http://www.youtube.com/watch?v=8cMLX5LZX8>

Duncan Keith carries the puck up the ice and executes a Rugby Breakout and Entry on the PP. The puck carrier goes straight at the checker and passes laterally to players open in the outside lanes. Players stay on side as the puck is Kane passes to #10 allowing time to set up and execute pass to back to Cane on the 1/2 wall. The 3 quick (deceptive) passes and forehand 1 timer result in a goal.

PP Goal Screen Tip:

http://www.youtube.com/watch?v=TEWH0_n20ls

The Goalie is screened as a point shot is tipped into the net. Smart positioning and shooting to score

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Memorial Cup PP 1x'er Goal:

http://www.youtube.com/watch?v=CGupevsbm_g

Power Play special skills are deceptive puck movement and 1 x shooting. Players must get themselves open to receive a pass for a one time shoot in a shooting lane.

NHL PP Goal 1 x shooting from the point:

Deceptive puck movement, positioning and support result in the point players creating an opportunity for a 1 x point shot resulting in a rebound and a goal.

Moncton PP Toe Drag Goal:

<http://www.youtube.com/watch?v=k7riAPccBIY>

D man pulls the puck to the inside as the PK forward over skates opening up the shooting lane for a goal. Deception will cause the defender to over play creating time and space to execute. In this case the PK player did not "stop and start" and

Memorial Cup PP B Out Triple Drive

<http://www.youtube.com/watch?v=BbFI8M5i7JI>

Speed is a key element of attack. The PP breakout results in a fast direct attack with lateral passes and a great scoring chance. The triple Drive is difficult to defend.

Memorial Cup PP Low walk in:

<http://www.youtube.com/watch?v=9hlmUlrCAyY>

PP effectiveness results in a low 2 on 1 walk in for a goal.

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Shot Pass Goal on the Power Play

<http://www.youtube.com/watch?v=Ew-dsIQJafc>

A deceptive shot pass and timed support by Iginla result in a PP goal. Power Play shapes may vary from an Umbrella to a 1-3-1, 2-1-2 or 2-2-1 but it is the read and react with the execution of deceptive quick puck movement that gets results.

One Timer Hits the post

Shots to score from the point are a low scoring percentage. The hard shot hits the post with 3 players in front of the net blocking the goalie of a clear view. A wide pass to an open D and a skilled 1 timer are the tactics that will score goals.

<http://www.youtube.com/watch?v=Xwt4mCFm99o>

Doughty Shot. D puck management and smart shooting.

Puck Management on defense is a critical ability needed to contribute to Team success. Players, who cannot control the puck, see the ice and move or shot the puck to maintain attack will be a liability. Shooting to score from the point is a low percentage play. IN this case the puck did go in. The D got open, shortened the back swing and got it to the net quickly with a Seeing Eye one timer. Quick - deceptive puck movement and one time shooting are essential skills, especially on the Power Play. In this 5 on 5 they were a bonus and the traffic in front of the net helps.

<http://www.youtube.com/user/wkozak2009#p/a/u/0/8bjdLRbpbkqg>

