

Special Teams:

Here are some lessons learned from watching special teams that May benefit any coach of any team. Win the Special team's Game and you will often win the game.

Power Play:

1. Break out

- > D sets up behind net (if possible) (wheel if not)
- > *The D behind the net must fake one way and go the other if the C does not come behind. This creates time and space to carry and pass the puck using the open lane as the PK fore checkers react to the fake.*
- > Timed swing in corners by D and C (or low Fw's)

- > IF C comes behind net they may leave or take the puck and the D and FW use each other to move the puck up ice.

2. PP entry

- > Always try to score on direct attack - take advantage of the time and space.
- > Try to set up at the hash and provide support (Out # = Possession over rides Position) to get and keep the puck
- > D pinch to the goal line on PP

3. PP execution

- > use a give and Go and roll to create options low or high .
- > take what they give you. (walk out of corner, walk the seam, pass to point)
- > Possession over rides position. Outnumber, out battle/ race to keep the puck.

WIN THE FACE OFFS> Vs box > get pucks through from the point.

- Vs Semi active - Read and act - give > go > roll > etc Smart point shots.
- Deceptive quick puck movement. Touch passes.
- Vs Pressure - quick deceptive puck movement - low to high or high to low pass. Short pass > long pass. Touch pass.

Penalty Kill

1. Forecheck

- > Think scoring when given a chance. The PP does not expect it.
- > Use your system ? swing and roll ?

PK /PP successful tips:

1. Pressure on entry - do not let them set up easily..
2. Use soft not hard rims to get the puck at the 1/2 boards to clear it. Avoid hard rims. Hard rims on PK will be a give away to their D. Few Teams will pinch their D so far down on PP. Teach your D to pinch down to the goal line. Out battle them. Outnumber them. "Possession overrides position". Always outwork them on the PP

P K rules:

1. Stop and Start St line skating.
 2. Lead with the stick. Body in the shooting lane. Look big.
 3. Busy sticks - in the passing lanes.
 4. Swivel the head -
- (Same rules for 5 vs 5 D zone play)

Get the picture?

Montreal's PP

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

8 Year Olds execute:

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