

## T4 - 4-5 Penalty Kill vs. Overload – Umbrella - 1-3-1 Diamond

### Key Points:

Sticks in the passing lanes. Straight line stop and start skating. Cover puck carrier but do not chase passes. Shin pads in front of the shot. Play 4-4 closest to the puck carrier and give them the player two passes away and then adjust on the first pass. Never allow a shot from the mid-point. One defender challenge the puck carrier with either contain or pressure. Hard on any player facing the boards or without control of the puck. Swarm when in a battle on the boards and the player is facing the glass. Give the pp a 2-1 as far away as possible.

High forward defending Umbrella drop into the cross ice passing lane when the puck is passed to a player at the top of the circle. Puck on one side then the weak side player cover a low attacker.

### Description:

1. High press vs. the Overload power play.
2. Diamond vs. the Umbrella.
3. Diamond vs. the 1-3-1.
4. Forecheck in and I tandem.

*\* Another option called the low press but not covered here is the forward force the pass low and play a low 3-3. Strong side D pressure a low pass, D in front covers slot and weak side forward has the high 2-1. The forwards switch sides if the puck is passed to the point and the weak side F goes there.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20171102141309723>

<https://youtu.be/NJ21DSB2VEw>

