

T2-4 D100 Power Play and Penalty Kill Scrimmage - Pro

Key Points:

Practice the full ice power play vs penalty killers. Controlled scrimmage style with coaches shooting the puck in and stopping the play. Short passes, get the puck behind the defense, and quick feet are the keys.

Description:

1. Divide the team into two groups and everyone takes a turn at the power play and penalty kill.
2. In this video the breakout is 3 coming up the ice with one in each lane and a stretch man in at the red line and far blue lines.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090806144407276>

<https://youtu.be/RL7AarITvQU>

