

T2 D100 Power Play - Pro

Key Points:

Practice focusing on the breakout, zone entry and Power Play.

Description:

1. Power play unit breaks out. This breakout has a double swing low, a forward mirroring the flow skating across the blue line and a stretch man skating across the other blue line.
2. Coaches monitor the play and put in another puck if the play ends too quickly.
3. Start in an overload and move into a 1-3-1 diamond.
4. Quick puck movement with the middle man supporting all 4 around the diamond.
5. Coaches talk with the players when they come back to the line-up.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090822223032670>

https://youtu.be/4zqSM-OwN_Q

