

T2 - Kingston Power Play and Team Play Rotation - U18 F

I learned this when George Kingston came on the ice for one of our U of Calgary practices. He had left coaching at the U of C to start his NHL and international coaching career. I think it is a miracle working drill where you can practice the offensive options of the pplay or even strength situations along with a controlled breakout. I use this every practice before a weekend series. My teams usually are very good on the power play. We have 15 pp goals in the first 11 games and that has been the case since I started using this practice method. I combine it with requiring a shot every 3" that I picked up from Pierre Page when I was with the Red Bulls in Austria. When you coach a long time you find that some things are real 'Keepers' and this is one of them.

Key Points:

Practice options where every player gets a shot. Begin with a rotation attacking the seam between the D and the F and read what they give. If the D forces then the low play is available, if the F forces then the point is open. If the pk box is passive then there is a 2-1 at each corner, a 3-2 on each side and seams between players to attack. Force the pace by taking a shot by a different player every 3 seconds. Coach in each zone

Description:

- Line A at one end practice attack options.
- Line B at other end practice attack options. Both walk through pp 5-0.
- Line C in middle passing practice.
- On whistle line A dump the puck to the other end and breakout returning to the original end while group C replace group B at the far end and group B pass in the neutral zone.
- Repeat with group C breaking out and back and group B switch with group A who move to the middle.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20121022102206766>

<https://youtu.be/QsnKv5UKFME>

