

T2-4 - D400 Specialty Team Practice - Pro

I just posted Mike Babcock's on ice demo of the power play. Now I will show a pro team practicing the power play and penalty kill at each end. The rotation is 10 players at each end with the reds vs. the whites. Start with 5 reds on the pp and 4 whites on the pk. The players at the other end wait with 5 whites ready to attack vs. 4 reds. Start and go for about a minute. The coach spots a new puck when needed or stops the play for coaching tips. After about a minute the other end starts and the original end rotates and now 5 whites are ready to go on the power play vs. 4 reds.

I am going to post videos of 5-4, 4-5, 5-3, 3-5 with captions of coaching points and focus on the power play and pk principles of each.

This rotation can be used for 5-4, 5-3, 4-3, 5-5, 6-5.

You can also have a game where one puck is used and when the puck is frozen, a goal is scored or puck cleared the other end goes while the original end switches roles. I will paste that diagram to this posting.

T2 D400 - Power Play 5-4 - Pro

Start with an overload and rotate into a 1-3-1 Diamond.

- Move to off-wing shooting positions on the sides.
- Low player screen when the puck is high.
- Second low player be in a shot pass position on high pucks.
- Second low player move to the mid slot when the puck is low or in the middle, he can also stay in the middle as a short passing option, one time shooter, screen and deflect point shots.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2013091514494985>

T2-4 D400 Specialty Team Situations – Pro

<https://youtu.be/pBr5QkfUQoU>

T2-4 D400 Team Play Situations-Pro

https://youtu.be/Vn5reQw_sBk

