

## T4-D400 Penalty Killing 4-5 - Pro

### Key Points:

Skate in straight lines from the net out. Sticks must deny the most dangerous pass. Stick on the puck when checking. Block shots.

### Description:

1. Practice specialty teams at both ends and rotate pp and pk when the puck is at the other end.
2. Coach spot a new puck when the original is out of play.
3. Closest defender check the puck carrier. Pressure when they see numbers or poor control and stay with player when they skate with the puck. Contain is there is complete control in the triple threat position.
4. Skate in straight lines from the net out.
5. Priority is to deny shots from the point and the slot.
6. On passes from mid-point to a player at the side the middle checker can contain or surf to the player on the flank denying the pass back to the point with the stick. Pressure all the way down to the goal line.
7. If the puck is passed back to the mid point and too far to get into the shooting lane then rotate with the player at the top of the triangle.
7. Overload the strong side and give them the player who is two passes away but deny the cross ice pass with sticks in the passing lane.

This is the way to kill before teams adopted the 1-3.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20130916143513625>

T4 – 1-3 Penalty Kill vs. 1-3-1 PP – U18

<https://youtu.be/xMgYsn97h9Y>

T4 – 1-3 Penalty Kill Rotation

<https://youtu.be/NkdQdJZH1-g>

