

T2 - D400 - Dice 2-1-2 Power Play 5-3 – Pro

Key Points:

Move the puck quickly to produce one timer shots and back door plays. Outnumber the pk on rebounds.

Description:

1. Set up a 5-3 power play at each end and work one end at a time.
2. Coach spot the puck to start.
3. Power play use one touch passes and shots to score.
5. Power play should use rotation, screens, picks.
6. Player in front screen on point shots and kick back when the puck is low on a side.
7. To spread the pk the low players can start below the goal line and pass behind or walk out.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=201309181814277>

<https://youtu.be/yMq1OL7gTag>

