

T4 - Penalty Kill 1-3 Rotation and Low Press - U18 M

Key Points:

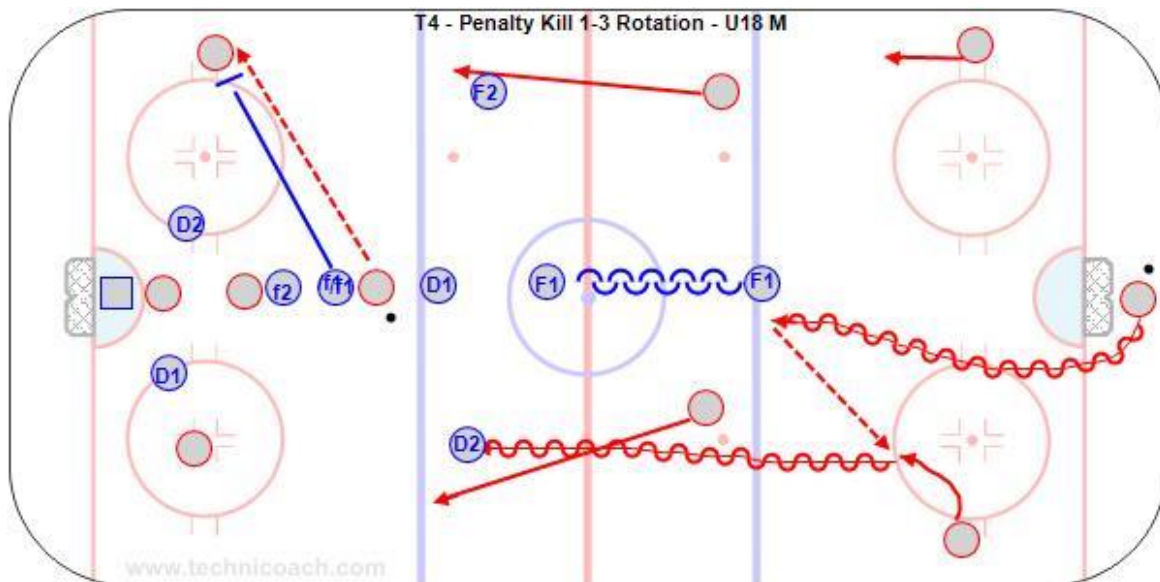
In this pk F1 pressure down ice inside the far blue line. In neutral zone F1 be at top of diamond, D1 below in middle, D2 wide lane F2 other wide lane. Set up with F1 to mid point, F2 behind, D1-D2 low. Puck at hash move into a low press.

Description:

1. F1 forecheck to far blue line.
2. F2-D2 cover wide lanes D1 middle lane low in a neutral zone diamond
3. Pressure puck at blue line to cause offsides.
4. F1 pressure pass to a flank either side.
5. If PP sets up at has PK with a low press, S1 on puck and a 3-3 low with F2 covering points.
6. If puck passed back to point F1 follow if possible or if too far F2 and F1 switch and F2 is now high.
7. Sticks in passing lanes, block shots, be aggressive when puck not under full control.

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<https://youtu.be/EmN1Xt973lc>



T4 - Penalty Kill 1-3 Sweep Rotation - U18 M

Key Points:

Strong side forward F1 sweeps down from point coverage to forcing the attacker on the half wall while denying pass back to point with stick. F1 will stay on offensive D1 if he skates across blueline and sweep if puck goes low again on opposite side.

This is the first part of this penalty kill. F2 will switch with F1 if the puck is passed back to the mid point.

Description:

1. F1 cover point and deny D-D pass.
2. F1 force F at half boards-stick deny pass to point.
3. F1 stay on D if he skates into the middle.
4. F1 pressure F at hash if puck is passed down.
5. PK rotate into a Low Press when puck is at the hash.

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