

## Power Play Options: Overload to a Diamond

### **Option One:**

Set up at the hash and attack the seam between the D and F.

-If no one plays you skate thru and shoot or pass back door to the F or the D coming down.

-If the D plays you cycle low and keep going for a give and go and if that isn't there become the low option.

-Original low player attack the seam again.

### **Option Two:**

-If the F plays you pass to the point and the low player moves in front to screen.

-If the point player can get to the middle move into a 1-3-1 Diamond and the weak side D skate down to the middle slot between the hash marks.

-In the Diamond we have 4 triangles for one timers, a middle one timer option.

-If the puck is loose always outnumber the defenders and start the same sequence.

## RULES and READS

-When you get the puck either you or the puck moves. No standing still.

-If the weak side D comes down to back door the weak side F slide back. Look for defenders

staring at the puck and move into the passing seams behind them.

-Create 2 on 1's.

-Short passes that only beat one defender.

\* Progress to a high cycle.

