

Power Play, Penalty-Killing, and Face-Off Drills

This chapter includes drills designed for working on power plays, penalty killing, and face-offs. They are organized within this chapter in that order. Power play drills enable players to practice breakouts, offensive zone entries, and offensive zone play. Penalty-killing drills include five-on-four, five-on-three, and four-on-three situations that involve forechecking, neutral zone play, and defensive zone play. The face-off drills are useful in developing the timing and quick reflexes needed to win face-offs in games.

Offensively, power plays should include a breakout, neutral zone and offensive zone entries, and play in the offensive zone. Breakouts may involve a number of different options that are included in specific drills. In these drills, breakouts should be executed with speed to simulate game intensity. Offensive zone entries can include crossing plays and picks at the blue line or a dump-in from a rim, chip-in or soft dump, or cross-ice dump-in. In the offensive zone, the puck should be moved quickly to create an opening for a shot. Usually, one player plays in front of the opposing team's net to screen the goalie and look for a rebound. Shooting the puck using one timers (not stopping the puck from the pass) is an essential skill for players on the power play.

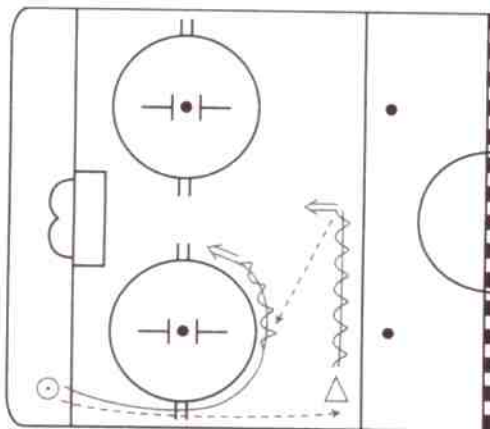
For penalty killing, a team usually uses one or two forecheckers with at least one forward and two defensemen ending up across the defensive blue line. In the defensive zone, the penalty killers should stop and start quickly, using

their sticks and bodies in the passing or shooting lanes to block shots. When the opponent has a five-on-three or four-on-three advantage, the team should use a regular triangle or a sliding triangle.

Running face-off drills, all forwards should practice face-offs, as the centers who usually take the face-offs in the game can be removed from taking the face-off by the referee if they do not position themselves correctly. Face-off skills such as drawing the puck using forehand, backhand, lifting the stick and drawing, holding the stick of the opponent and drawing, and shooting from the face-off should be practiced with these drills.

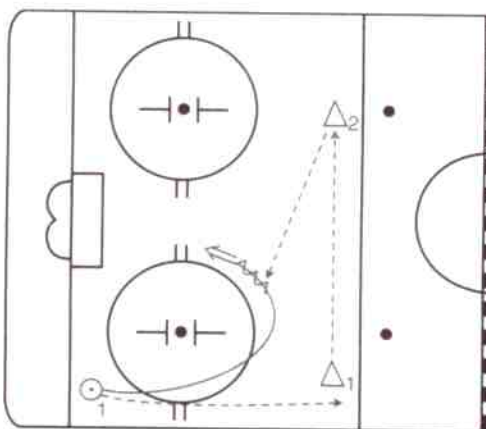
351 POWER PLAY, AROUND THE CIRCLE, SHOOT

1. The forward passes to the defenseman.
2. The defenseman skates across to the middle of the blue line and either shoots or passes back to the forward, who is skating around the face-off circle.
3. If the defenseman passes, the forward receives the pass and shoots. Usually, the forward is a right shot playing the left side or vice versa.



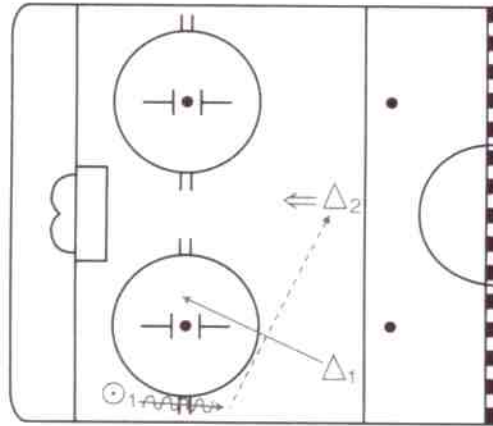
352 CROSS-ICE PASS

1. Forward 1 passes to defenseman 1 at the blue line.
2. Defenseman 1 passes across to defenseman 2 who passes back to offensive forward 1, who is skating around the face-off circle.
3. Forward 1 shoots a one-timer shot. Usually, the cross-ice shooter takes a left-handed shot on the right side or vice versa.

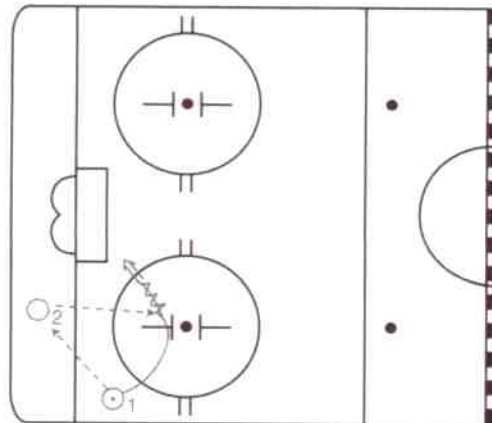


D TO NET, WIDE D SHOTS

1. Forward 1 skates around the face-off circle with a puck.
2. Defenseman 1 goes to the net.
3. Forward 1 passes to defenseman 2, who shoots.

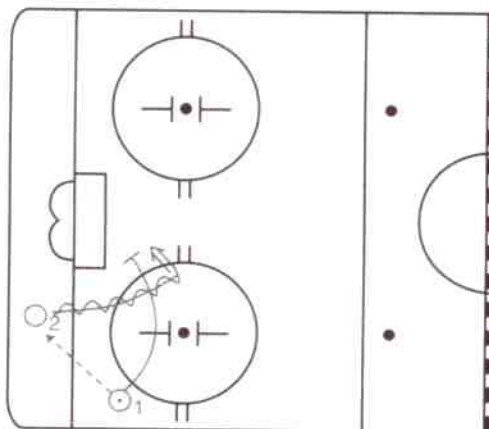
**LOW-PLAY GIVE-AND-GO**

1. Forward 1 is at the boards, and forward 2 is behind the goal line and beside the net.
2. Forward 1 passes to forward 2 and then goes to the net.
3. Forward 2 passes back to forward 1, who shoots.

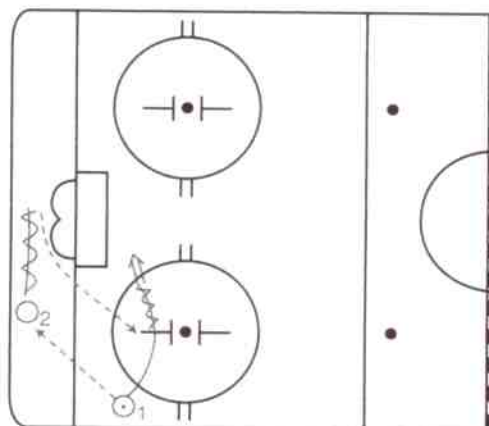


LOW PLAY 1

1. Forward 1 passes to forward 2.
2. Forward 1 goes to the net and screens or deflects the shot from forward 2.
3. Forward 2 skates out from behind the net and shoots.

**LOW PLAY 2**

1. Forward 1 passes to forward 2.
2. Forward 2 starts to skate behind the net.
3. Forward 1 goes to the net.
4. Forward 2 passes back to forward 1, who shoots.



Practice the following four power play options to work on offensive zone high plays.

Sequence 1

1. Forward 1 passes to defenseman 1, who skates to the middle and shoots.
2. Defenseman 2 goes to the top of the opposite face-off circle.
3. Forward 2 goes to the front of the net.

Sequence 2

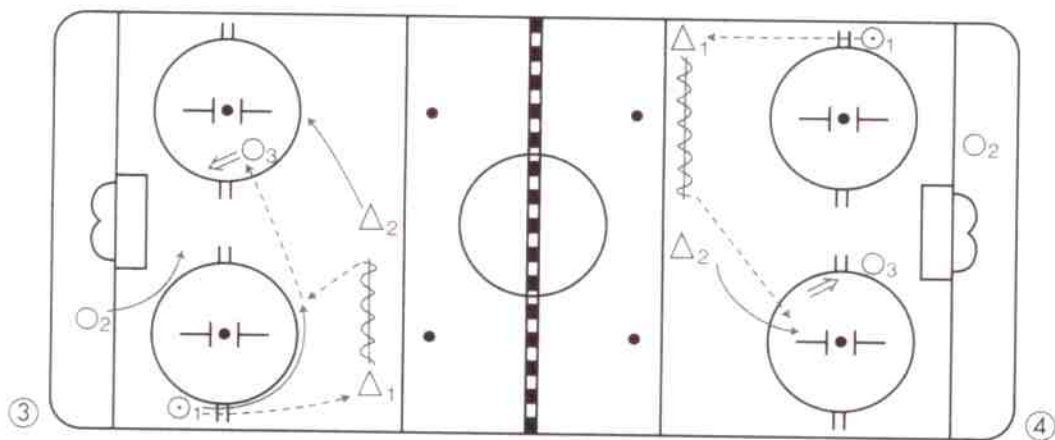
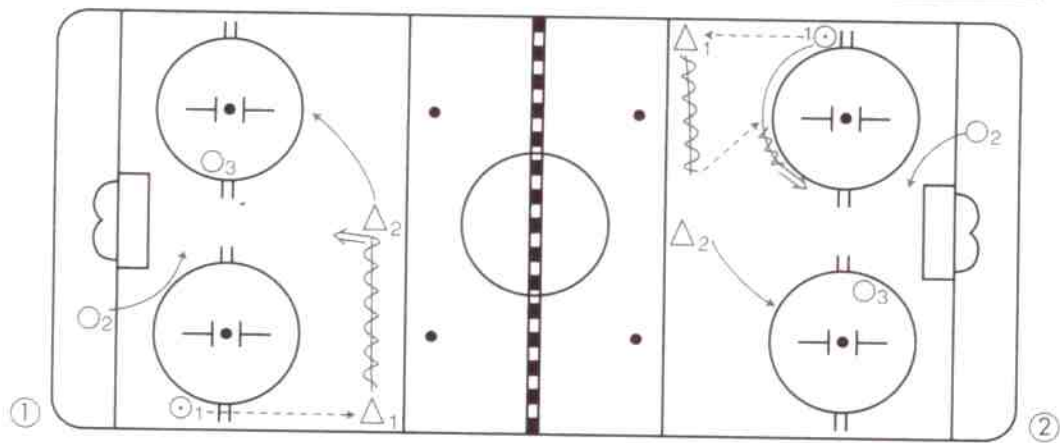
1. Forward 1 passes to defenseman 1.
2. Defenseman 1 skates to the middle of the blue line and passes back to forward 1, who is skating around the face-off circle.
3. Forward 1 shoots.

Sequence 3

1. Forward 1 passes to defenseman 1.
2. Defenseman 1 skates to the middle of the blue line.
3. Forward 1 skates around the face-off circle.
4. Defenseman 1 passes back to forward 1.
5. Forward 1 passes across to forward 3, who shoots a one-timer shot. Forward 3 should be a left-handed shot on the right side or vice versa.

Sequence 4

1. Forward 1 passes to defenseman 1.
2. Defenseman 1 skates across to the middle of the blue line.
3. Defenseman 2 moves to the top of the far face-off circle.
4. Defenseman 1 passes to defenseman 2, who shoots.
5. This drill works best with the right-handed shot defensemen on the left side and the left-handed shot defensemen on the right side.



Practice the following four power play options to work on offensive zone low plays.

Sequence 1

1. Forward 1 passes to forward 2.
2. Forward 1 goes to the net.
3. Forward 2 passes back to forward 1, who shoots.

Sequence 2

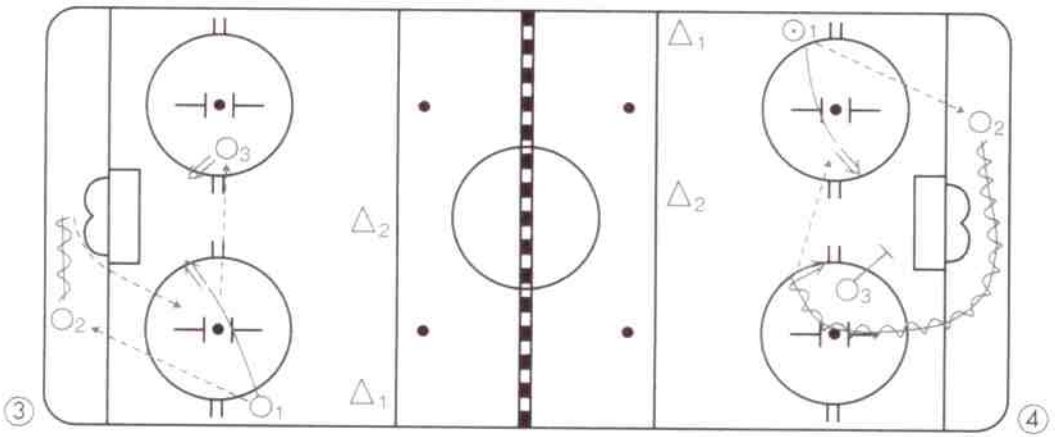
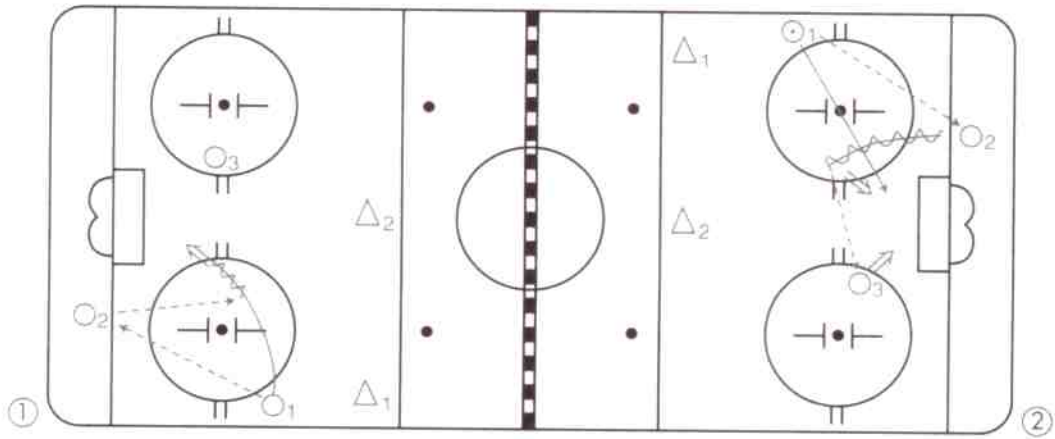
1. Forward 1 passes to forward 2 and then skates to the front of the net.
2. Forward 2 comes out from behind the goal line and passes across to forward 3. Forward 2 should be a right-hand shot for the side of the ice as shown, or a left-hand shot for the opposite side.
3. Forward 3 shoots. (Forward 2 can also shoot.)

Sequence 3

1. Forward 1 passes to forward 2.
2. Forward 1 goes to the net and forward 2 skates behind the net.
3. Forward 2 passes back to forward 1. Forward 2 should be a right-hand shot for the side of the ice as shown, or a left-hand shot for the opposite side.
4. Forward 1 either shoots or passes across to forward 3, who shoots.

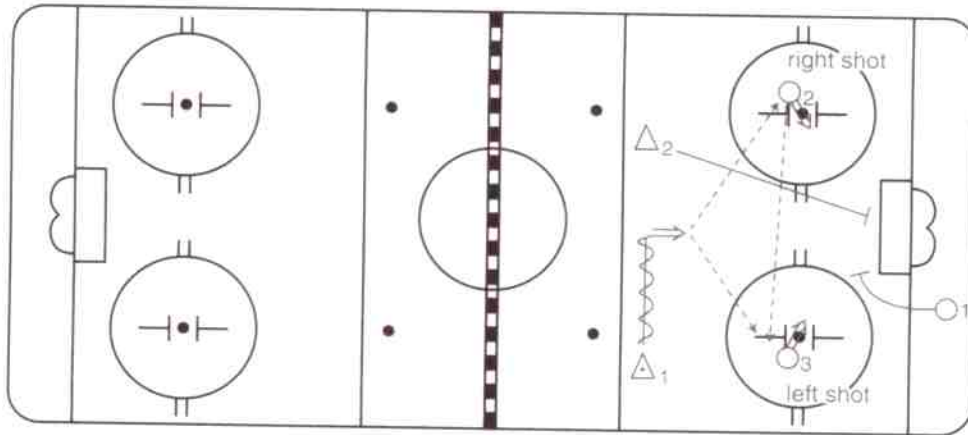
Sequence 4

1. Forward 1 passes to forward 2.
2. Forward 2 skates behind the net and comes out around the far side.
3. Forward 3 goes to the front of the net.
4. Forward 2 either shoots or passes across to forward 1, who shoots.



359 POWER PLAY, OFFENSIVE ZONE, 5V4

1. Defenseman 1 moves along the blue line to the middle with the puck.
2. Defenseman 2 moves to the front of the net to screen.
3. Forward 3 and forward 2 play the off side with right shot on the left side, and left shot on the right side.
4. Forward 1 plays in the corner.
5. Forward 2 and forward 3 look for cross-ice passes to one-time the puck, and defenseman 1 can pass or shoot at the blue line.
6. Forward 1 comes to the front of the net to screen with defenseman 2 when there is a shot.



360 POWER PLAY BREAKOUTS 5V0, 5V2, 5V3, 5V4

To begin, the coach shoots the puck into the corner. The five players for the power play team are on the blue line. The five players then break out using one of the following patterns. Once they go into the offensive zone, they pass the puck to the defense, make one play, and change. The drill progresses 5v2 (two defense only), 5v3 (two defense plus one forward), 5v4 (two defense plus two forwards), with the breakout being against penalty killers.

Sequence 1: Double-Swing Breakout

1. Forward 1 and defenseman 2 swing to opposite corners.
2. Forward 2 skates across the ice at the near blue line.
3. Forward 3 skates across at the far blue line.
4. Defenseman 1 has the puck behind the net.

Sequence 2: Double Double-Swing Breakout

1. Forward 1 and defenseman 2 swing to one corner.
2. Forwards 2 and 3 swing to the other corner.
3. Defenseman 1 has the puck behind the net.

Sequence 3: Double-Swing (One Side) Breakout

1. Defenseman 2 and forward 1 swing to one corner.
2. Forward 2 skates across the ice at the near blue line.
3. Forward 3 skates across at the far blue line.
4. Defenseman 1 stops behind the net with the puck.

Sequence 4: Forwards Cross Double-Swing Breakout

1. Forwards 2 and 3 skate back from behind the center line, loop around, and cross.
2. Defenseman 2 swings to one corner.
3. Forward 1 swings to the opposite corner.
4. Defenseman 1 skates behind the net with the puck (without stopping).

Sequence 5: Double-Swing Behind-the-Net Breakout

1. Defenseman 1 stops behind the net with the puck.
2. Forward 1 swings behind the net, followed by forward 2.
3. Defenseman 2 swings to the opposite corner.
4. Forward 3 skates across the ice at the center line.

Sequence 6: Swing and Drop

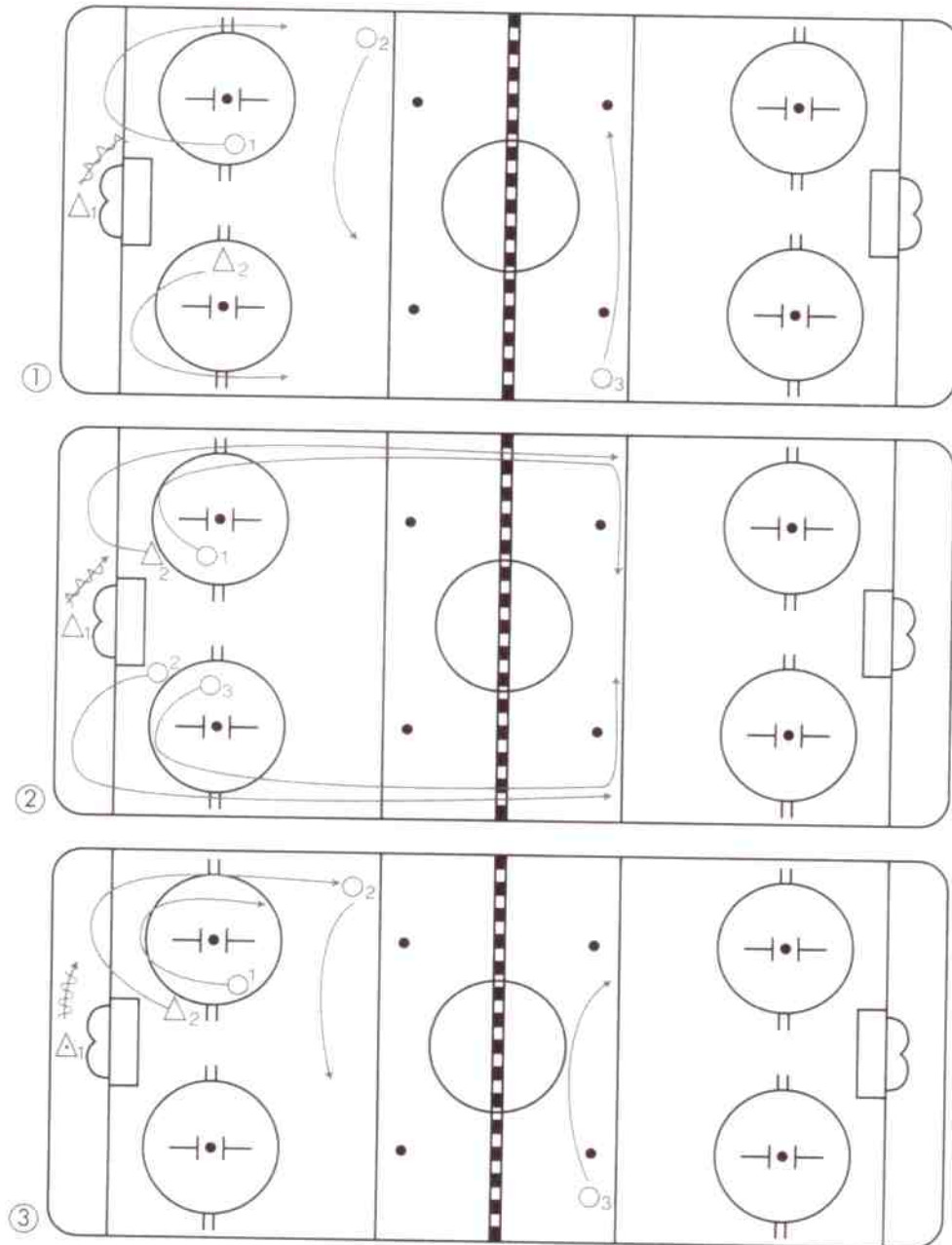
1. Forward 1 skates behind the net and gets a puck from defenseman 1.
2. Forward 2 stays high and comes across the ice at the far blue line.
3. Defenseman 2 and forward 3 skate down the outside, with forward 3 cutting across at the far blue line and defenseman 2 going straight down the boards.

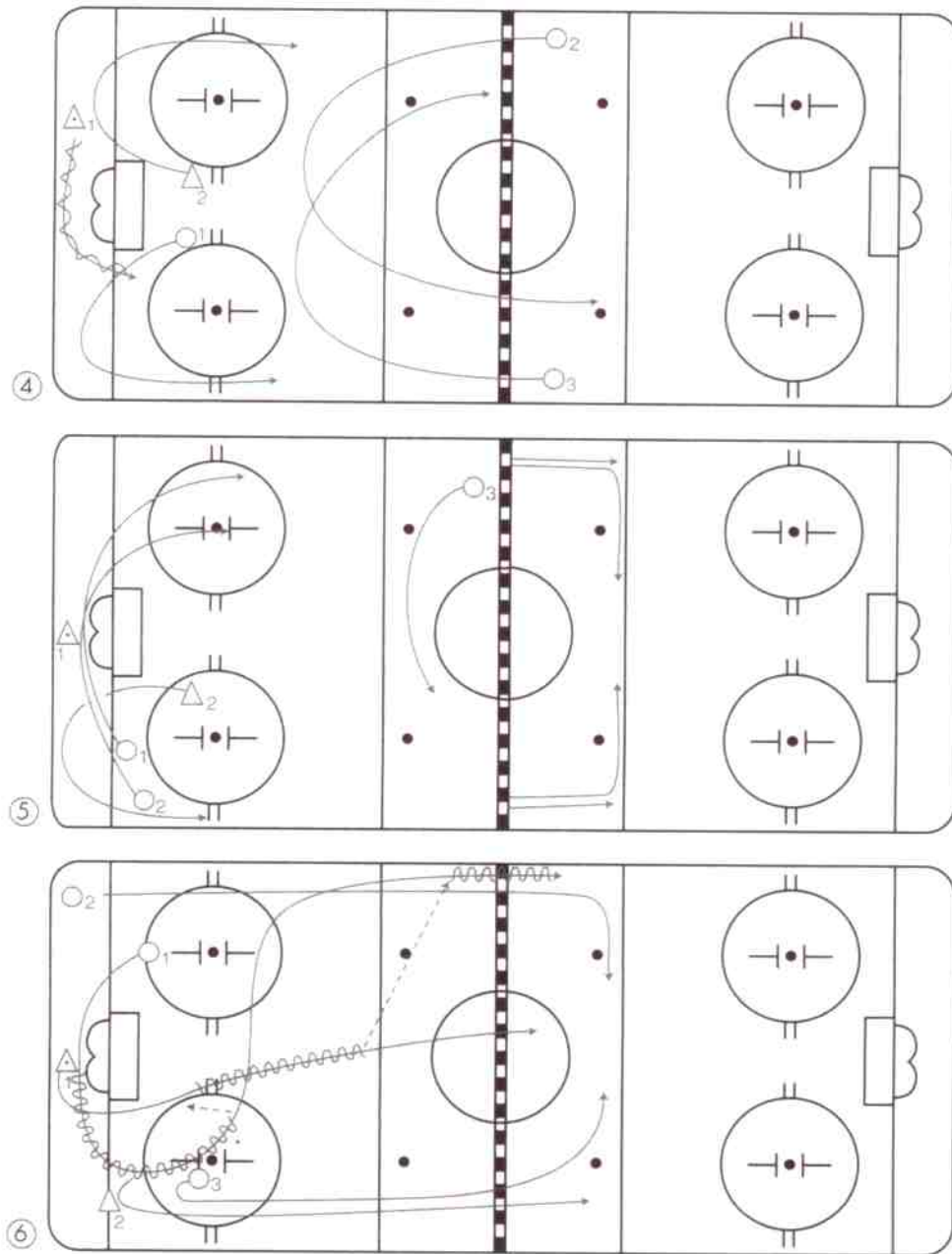
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POWER PLAY BREAKOUTS

5V0, 5V2, 5V3, 5V4, *continued*

4. Forward 1 drops the puck back to defenseman 1 and then skates across and down the far side of the rink.
5. Defenseman 1 passes to forward 1 to enter the offensive zone. Defenseman 1 can also pass to forward 3, forward 2, or defenseman 2 to enter the zone.





1. The five players for the power play team (forwards 1, 2, and 3 and defensemen 1 and 2) are at the blue line to start the drill (see figure 1).
2. Defensemen 1 and 2 are outside the blue line.
3. The coach shoots the puck into the corner, and the power play team breaks out against defensemen 1 and 2.
4. When the power play team enters the offensive zone over the blue line, they pass to their defensemen and set up one play with forward 1 carrying the puck to the corner (see figure 2).
5. Forward 1 then passes the puck to defenseman 1, who makes one play either passing or shooting.
6. The next five power play players repeat the drill against two new defensemen.

