Learn From The Best
Canadian Hockey
Folgers Coaches' Club On-line
E-mentoring Seminar Series Presents
POWER PLAY
by Tom Renney
Program Introduction and Acknowledgements

Dear Coach;

LEARN FROM THE BEST On-Line E-mentoring Series is a national initiative of the Canadian Hockey Coaching Program delivered to you through the CHA Folgers Coaches Club™. This program has been designed in a modular basis to supplement the CHA’s 3M National Coaching Certification Program. Clinic participation does not result in certification or serve as a replacement for NCCP requirements. The modular series is planned to compliment the CHA’s existing “in-house” coaching development videos as follows:

- Power Play
- Penalty Killing
- Offensive Team Play
- Defensive Team Play
- Teaching Techniques
- Off-ice Training
- Skating Techniques
- Creative Thinking

The Canadian Hockey Coaching Program wishes to acknowledge the content creators that have developed this material to serve you the coach in making your job more efficient and enjoyable.

The enclosed module “Power Play” was written by Tom Renney, former Head Coach of Canada’s National Team and Geoff Ward, 3M NCCP Course Conductor with the Ontario Hockey Federation.


Edited by: Johnny Misley and Terry Bangen, CHA

Canadian Hockey Association, Play Right Coaching Program

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IMPORTANCE OF THE POWER PLAY

1. Gives the team an opportunity to put the opponents “back on their heels” by scoring a goal and swinging the momentum to it’s favor.

2. A good power play can be a confidence builder for the team as well as an intimidating factor for the opposition.

3. Power Play performance can be measured by the success of scoring with the player advantage:

   ☑️ Good (__________% or higher)
   ☑️ Average (between ______% and ______%)
   ☑️ Poor (less than __________%)

PHILOSOPHY

What philosophy should be adopted as a coach in minor hockey with respect to the coaching of special teams?

_________________________________________________
_________________________________________________
_________________________________________________

Coaches at the minor hockey level should allow ______ the opportunity to perform on specialty teams in order to develop _________________ and _________________.
SUCCESSFUL POWER PLAY COMPONENTS

✓
✓
✓
✓
✓
✓
✓
✓
LEARNING FRAMEWORK:
The Player Development Pyramid

The above skill development pyramid illustrates the important steps in player and team skill and tactical development.

Each level may be defined as follows:

Technical Skills - Fundamental skills required to play the game such as skating, stickhandling, passing, shooting and checking.
The Player Development Pyramid (continued)

Individual Tactics - action by one player using one or a combination of technical skills in order to create an advantage or to take away the advantage of an opponent. A tactic may be classified as offensive or defensive such as a one on one offensive fake and driving to the net or closing the gap defensively.

Team Tactics - a collective action of two or more players using technical skills and/or individual tactics in order to create an advantage or take away the advantage of an opponent. An example is a 3 vs 2 attack situation from an offensive perspective.

Team Play Systems - a pattern of play in which the movement of one team’s players is integrated in a coordinated fashion in order to accomplish an offensive or defensive objective. An example is a 2-1-2 forechecking system.

Strategy - the selection of team play systems in order to impose upon the opposition the style of play and tactics which will build on the team’s strengths and neutralize those of the opponent while at the same time taking advantage of the opponents’ weaknesses. For example when an opponent’s defensive players have weak puckhandling skills and move slowly, the strategy might be to shoot the puck into the offensive zone and use an aggressive 2-1-2 forechecking system.
DEVELOPMENT OF INDIVIDUAL SKILLS AND TACTICS

The most important skills for the power play are…

#1 ____________________ and ___________________

Examples:
- Pass selection
- 1-touch
- Redirection
- Fake shot pass
- Shot pass
- Saucer pass
- Deception
- Eye contact
- Stick on the ice
- Proper body positioning
- Use of skates and hands
- Effort to control, contain, recover, difficult passes

- By moving the puck quickly, the goal is to create _______ and _________ to generate scoring chances.

- Puck control is enhanced via ___________ and ___________.

- Handle the puck with _______ and _________ to create time and space.

- Quick puck movement puts penalty killers under __________.

- The proper choice of puck movement can…
  - freeze defenders
  - create time and space with quickness
  - be used to pass over a defender’s stick
Most important skills for the power play are (continued)…

#2. __________________________

WITH THE PUCK, attack…
• What the defender gives up or does not protect
• Lanes to the net from the side or down low
• The mid-ice at the top of the penalty killing box

WITHOUT THE PUCK, move to _________ it or ______ skate to create time and space for the puck carrier.

#3. __________________________

• In power play terms shooting is called the “______ ______”.
• The most effective shot is called the “______________”.
• Always work on a __________ __________with all shots.
DEVELOPMENT OF POWER PLAY TEAM TACTICS AND THINKING

TEAM TACTICS:
The intelligent execution of individual skills and tactics with teammates using offensive principles

GOVERNED BY:

<table>
<thead>
<tr>
<th>SUPPORT</th>
<th>PUCK CONTROL</th>
<th>PRESSURE</th>
</tr>
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<tbody>
<tr>
<td>Definitions:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Players away from the puck</td>
<td>Keeping possession of the puck via individual skills and tactics</td>
<td>Restricting time and space of an opponent forcing a rushed decision</td>
</tr>
<tr>
<td>move to open ice to provide</td>
<td>and team tactics</td>
<td></td>
</tr>
<tr>
<td>passing options for the puck</td>
<td></td>
<td></td>
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<tr>
<td>carrier to allow for a</td>
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<tr>
<td>successful play</td>
<td></td>
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<tr>
<td>Objectives:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1. Quality possession</td>
<td>Create a scoring chance</td>
<td>Force an error by opponent</td>
</tr>
<tr>
<td>2. Numerical advantage</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3. Puck control</td>
<td></td>
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<tr>
<td>Achieved by:</td>
<td></td>
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<tr>
<td>1. Skating off puck with a</td>
<td>1. Individual skills and tactics</td>
<td>1. Deception</td>
</tr>
<tr>
<td>purpose</td>
<td></td>
<td>2. Individual Skills</td>
</tr>
<tr>
<td>2. Outnumbering opponents</td>
<td>2. Team tactics and thinking</td>
<td>3. Support</td>
</tr>
<tr>
<td>3. Quick puck movement</td>
<td></td>
<td>4. Puck control</td>
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<tr>
<td>4. Think 1 pass ahead</td>
<td></td>
<td></td>
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<tr>
<td>5. Have 2 pass options</td>
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<tr>
<td>Examples:</td>
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<td>1. Walkouts</td>
<td>1. Chip behind defender or net</td>
<td>1. Angling</td>
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<td>2. Give and go</td>
<td>2. Delay</td>
<td>2. Steering</td>
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<tr>
<td></td>
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<td>4. Aggressive skating</td>
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</tbody>
</table>
SYSTEMS AND STRATEGY

THE POWER PLAY CHAIN OF COMPONENTS

When choosing a system consider:
- The strengths and weaknesses of the penalty kill alignment
- The individual strengths of the players on the power play units
- The team's individual skill and thinking as a whole

Remember!
Power Play systems are designed to maintain puck control so as to set up the pay-off skill – **shooting!**
THE POWER PLAY CHAIN OF COMPONENTS (continued)

1. THE BREAKOUT

Objective is to:
• ________________________________________
• ________________________________________
• ________________________________________
• ________________________________________

Key Points:
• Breakouts can take on a number of shapes but TIMING and SUPPORT are critical.
• To provide primary and secondary options to the puck carrier, players should skate off the puck in a pre-determined pattern.
• The role of the stretch skater is to spread the defenders out to create time and space.
• Puck control is created by CLOSE SUPPORT, TIMING and PUCK MOVEMENT.
• Versus the penalty killing forecheck:
  1. Learn to read the forechecking pattern as this will determine where the first pass will go (is the pattern tandem or I-up?).
  2. If the forecheck is passive, make sure that the players skate complete patterns using speed, balance and timing.
  3. If the forecheck is aggressive, quick puck movement and quick skating off the puck is necessary.
THE POWER PLAY CHAIN OF COMPONENTS (continued)

2. THE NEUTRAL ZONE AND 3. OFFENSIVE ZONE ENTRY

**Objective is to:**

1. Attack the offensive zone and blue-line with _____ and enter the offensive zone with puck control.
2. _________________ the opponent on the puck side.
THE POWER PLAY CHAIN OF COMPONENTS (continued)

Key Points:

- Isolate a defender by _____________________ him/her.

- Use __________  ___________ to move the puck away from pressure or use speed from behind to catch defenders flat-footed.

- With controlled entries, attempt to _________  _________ _________  _________.

- If denied an attack lane to the net, _________  _________ _________  _________ or use ________________ or _____________ to buy time and space.

- If controlled entries cannot be made and pass options are unavailable then use:
  - ________________
  - ________________

- Most penalty killing units in today’s game will pressure shoot-ins, therefore, always keep the following 2 concepts in mind:
  1. ________________ on loose pucks.
  2. ________________ away from pressure to set up the power play.
THE POWER PLAY CHAIN OF COMPONENTS (continued)

4. THE OFFENSIVE ZONE SET UP

Example #1: “3-2 High Umbrella”

Key Points

- Outnumber the opposition at the top of the penalty killing box
- Puck movement progresses from down low or the half-boards to the top
- The primary objective is the point shot, secondary objectives are pass options to the half-boards or 2nd point player
- The responsibilities of the low player are to be an initial pass option for the half-board player and get to the net when the puck is moved high
- If the penalty killing formation moves into a “Diamond”, then the PP must recognize this and outnumber the opponents low in the zone using quick puck movement
THE OFFENSIVE ZONE SET UP (continued)

Example #2: “1-3-1”

Key Points

- Similar to the 3-2 High Umbrella with the exception that the focus is on the high slot forward who moves to support the player with the puck.
- This system forces the penalty killers to focus on this middle player and makes the box shrink.
- By making the box shrink there is more space on the side for the power play to exploit.
- The high slot forward is both a scoring threat and a decoy.
Example #3: “1-2-2 Overload”

Key Points

- Outnumber the side with a 2 on 1 up high and down low
- Move the box high to attack low or move the box low to attack high
- Against a passive box, make use of 2 on 1’s high or low as shown
- Against a pressure box, change the point of attack using quick puck movement and skating
Key Point

- On the breakout, move the puck quickly up ice and do not ______________. 
THE 2 PLAYER ADVANTAGE - 5 on 3 (continued)

THE OFFENSIVE ZONE SET UP

Key Points

• Commonly used systems are the 2-3 and the 2-1-2.

• When utilizing the 2-3, take advantage of the space at the top when a shot is taken from the point, the forwards must get to the net quickly.

• With the 2-1-2 set up around the triangle with one forward in the slot for support. The Defense plays catch with the puck and to try to get the triangle to invert itself.

• Pass through the seams and outnumber the defenders low in the zone.

• Net players should be on their forehand side.
A POWER PLAY REMINDER!

Allow the players to show their creativity and imagination!!
This video is available to you by calling Breakaway, CHA's Hockey Resource Centre at 1.800.441.0449.

Don't forget to mention you are a member of the CHA Folgers Coaches' Club to receive a discount.
# CHA and Branch Contacts

<table>
<thead>
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</table>
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ON ICE POWER PLAY DRILL GUIDE

75 minute ice session

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<th>Time (min.)</th>
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<td>• Shadow Power Play Breakout</td>
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<td>2. Power Play Passing</td>
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<td>• “5 vs 1 Pepper Pass”</td>
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<td>• “3 Player Touch Pass”</td>
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<td>• “1-Timer” Progression Series</td>
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<td>4. Power Play Offensive Zone Set Up</td>
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<td>• “D – Series”</td>
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<td>• “High Umbrella Series”</td>
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<td>• “Multiple Option Series”</td>
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<td>5. Power Play Game Like Drills</td>
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<td>• “5 player Progression”</td>
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<td>• “3 Zone Series”</td>
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<td>• “Power Play Contest”</td>
<td></td>
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<tr>
<td>Total Time</td>
<td>75</td>
</tr>
</tbody>
</table>
### Shadow Power Play Breakout

**Time:** 5

**Drill Name & Description:** Shadow Power Play Breakout

- **Key Points:**
  - Timing
  - Passing
  - Support
  - Warm up goalie

This drill emphasizes timing, passing, support, and it serves as a warm up for the goalies. The coach dumps the puck in to start the drill and the goalie sets it up. A unit of 5 breaks out using a power play breakout option, enters the OZ, and runs a play off the PP set. After the play is run and 1 rebound played out, the coach blows his whistle and lays 5 pucks out in the NZ. The unit comes back out, picks up a puck and then shoots one at a time on the goalie in the end they broke out from. Repeat from the other direction with a new unit.

### 5 vs. 1 Pepper Pass

**Time:** 3

**Drill Name & Description:** 5 vs. 1 Pepper Pass

- **Key Points:**
  - Quick hands
  - Head up
  - Eye Contact
  - Keep hands in front of body
  - Talk
  - 1-Touch passing

5 X’s line up as shown with an O facing them. O starts the drill by passing to the first X in line. X passes it back to O (plays catch). O plays catch with each X up and down the line, then switch the O. Progression: add additional pucks.

### 3 Player Touch Pass

**Time:** 4

**Drill Name & Description:** 3 Player Touch Pass

- **Key Points:**
  - Puck control
  - 1-touch passing
  - Quick hands
  - Head up
  - Hands in front of body

Players work in groups of 3 as they skate around the outside of the ice. The object of the drill is for the 3 players to pass the puck amongst the group without losing control of it. The lead skater skates backward while the 2 trailers skate forward. Work on all different types of passes. (i.e. 1-touch, bank, saucer, sweep)
<table>
<thead>
<tr>
<th>Time</th>
<th>Drill Name &amp; Description</th>
<th>Key Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>4</td>
<td><strong>Circle Passing</strong></td>
<td></td>
</tr>
<tr>
<td></td>
<td>A) Count the number of completed passes in a certain time period (talk and give a target).</td>
<td>• Eye contact</td>
</tr>
<tr>
<td></td>
<td>B) Star – pass to every 2nd player (try to get 4 pucks going at once).</td>
<td>• Deception</td>
</tr>
<tr>
<td></td>
<td>C) Skate the circle while 1-touch passing (go forward and backward).</td>
<td>• Quick hands</td>
</tr>
<tr>
<td></td>
<td>D) Put 1 or 2 defenders in the middle.</td>
<td>• Give target</td>
</tr>
<tr>
<td></td>
<td>E) Fake-shot passing.</td>
<td>• Talk</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Time</th>
<th>Drill Name &amp; Description</th>
<th>Key Points</th>
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<tbody>
<tr>
<td>4</td>
<td><strong>Double Overload Passing</strong></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Set up 6 players in the OZ as shown. Start the drill by moving the puck around under control as quickly as possible. Work on touch passing, re-directing, and the fake-shot pass.</td>
<td>• Touch pass</td>
</tr>
<tr>
<td></td>
<td>Progression 1: add a goalie and now work on 1-time shooting as well. Progression 2: add 1, then 2 defenders.</td>
<td>• Re-direct</td>
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<tr>
<td></td>
<td></td>
<td>• Fake-shot pass</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• 1-time shooting</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Quick hands</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Head up</td>
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</table>

<table>
<thead>
<tr>
<th>Time</th>
<th>Drill Name &amp; Description</th>
<th>Key Points</th>
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<tbody>
<tr>
<td>5</td>
<td><strong>Stationary 1-Timer</strong></td>
<td></td>
</tr>
<tr>
<td></td>
<td>A) Work in pairs – O1 pass to O2 who 1-times the puck against the boards.</td>
<td>• Pass puck to front skate</td>
</tr>
<tr>
<td></td>
<td>- pass to the middle of the body</td>
<td>• Pass puck slow at first, then increase speed</td>
</tr>
<tr>
<td></td>
<td>- also pass – pass, then shot option</td>
<td>• Quick release</td>
</tr>
<tr>
<td></td>
<td>B) Slot Shooting – Coach feeds O3 pucks in the slot area.</td>
<td>• Meet the puck, don’t over-swing</td>
</tr>
<tr>
<td></td>
<td>- O3 1-times the puck and goes to net</td>
<td></td>
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</tbody>
</table>
## Time | Drill Name & Description | Key Points
--- | --- | ---
5 | Horseshoe 1-Timer | • Quick release

A) Pressure Box and Shot
The defender passes to O1 and rushes to check them.
O1 must get the shot away quickly.
Repeat on the other side.

B) Horseshoe 1-timer
O1 and O2 come out around the top of the circle.
O1 passes to O2 for a 1-time shot on goal and O1 goes for the rebound.
Also try: a) give and go with a 1-timer
b) fake-shot pass for a 1-timer
c) cross – drop and pass for a 1-timer

5 | Delay 1-Timer | • Firm passing
• Control skating
• 1-time shooting (quick release)
• Drive net
• Quick feet

O1 drive skates with the puck, O2 drive skates without the puck.
Just inside the offensive zone both players delay around pylons.
O1 feeds O2 for a 1-time shot and both go to the net for a rebound.
Also try: a) pass – pass and 1-timer
b) give and go for a 1-timer

5 | 3 Option Low | • Drive skating
• Puck protection
• Quick Release
• Timing
• Passing
• 1-time shooting
• Go to net

Set up as shown: O1 starts by passing to O2.
O2 starts to skate behind the net.
O2 has 3 options:
a) pass it back to O1
b) drive the net and pass to O3 coming down the backside after going behind net?
c) pass across the crease to O3 before gaining net before going behind net?

Try all 3 options.
### Time | Drill Name & Description | Key Points
--- | --- | ---
5 | **D Series**
A) **D Drag** – O1 skates forward to the pylon, pivots, and a puck; O1 then drags / sprints to the middle and shoots; skate to the pylon on the other side and repeat. Also add a chaser to pressure the shooter.
B) **The Hinge** – think of D1 as a hinge on the PP (the puck should not be trapped there). In this drill, Coach feeds D1 a puck. D1’s options are: i) shoot ii) fake-shot pass to F1 iii) pass to D2 iv) drag the middle QUICK PUCK MOVEMENT IS REQUIRED WHATEVER THE CHOICE IS.
Try all the options: start with just D1, then add F1, D2 and F2.
F1 and F2 get to the net on all point shots.

### Time | Drill Name & Description | Key Points
--- | --- | ---
5 | **High Umbrella Series**
A) **2 Shot** - O1 passes to D1 who drags the puck and shoots.
  - O1 skates up side wall to support D1
  - when O1 sees D1 is going to shoot, O1 skates to the net and receives a pass from the Coach for a shot on goal
B) **High Triangle** – first objective is to get the puck to the middle by having D1 skate it there or a pass from D1 to D2.
  - use the passing seams, quick puck movement and fake-shot passing to set up 1-time shots
Try all the options: i) D1 drag and shoot ii) D1 drag, then back to O1 for shot iii) D1 to D2 for middle shot iv) D1 to D2, who takes it wide and passes it back to D1 for shot v) cross-seam passes (i.e. O1 to D2 or vice versa)
POWER PLAY DRILL GUIDE

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<tr>
<td>5</td>
<td><strong>Multiple Option Series</strong></td>
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|      | A) 3 Players on Half-ice – set up as shown. Alternate sides sequentially executing the various options of the PP. Try run various attack options Go 3 vs. 0, 3 vs. pylons, 3 vs. passive defenders. | • Support  
• Timing  
• Get to net  
• Passing  
• Shooting |
|      | B) Continuous – set up a PP unit in the OZ with pucks in a corner. On whistle, O4 grabs a puck and passes to O1 on the other side of the net. The unit runs a PP option and plays 1 rebound Repeat a 2nd and 3rd time, executing different options. |            |

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<td>10</td>
<td><strong>3 Zone Series</strong></td>
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|      | Coach dumps puck in and goalie sets it up. PP unit breaks out using designated breakout option. Power Play unit enters, executes a play 5 vs. a goalie, and plays out 1 rebound. On whistle, same unit breaks out a 2nd time vs. 1 forechecker and 2 Defense and executes a 5 vs. 3 PP. On next whistle, same unit breaks out a 3rd time vs. 2 forecheckers and 2 Defense and executes a 5 vs. 4 PP. OPTIONS: Instead of utilizing break outs, you can substitute NZ counters and face-offs. | • Timing  
• Support  
• Control  
Skating |

*This is a good conditioner, warm-up drill or cool-down drill*
### Power Play Contest

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<td>• Get to net</td>
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Set up PP units, 1 in each end. Place 2 sets of PK’ers in the NZ. Coach starts the drill by shooting the puck into one end.

The PP unit in that end attacks 5 vs. the goalie; if they score, 1 PK’er enters the zone and they attack a 2nd time now, 5 vs. 1 (each time the PP unit scores a new PK’er jumps into the DZ); if the goalie or PK’ers can clear the puck out of the zone then the other PP unit becomes active.

The first PP unit to score 5 vs. 4 wins. On a frozen puck by the goalie, the coach re-starts the drill by shooting a puck into other end.