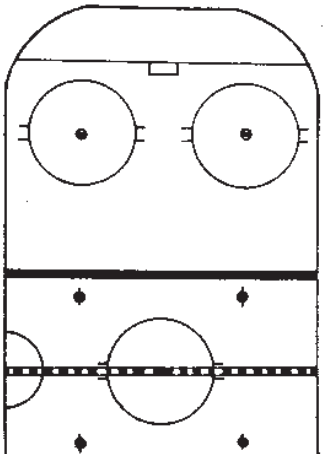
Penalty Killing Strategies

Offensive Zone

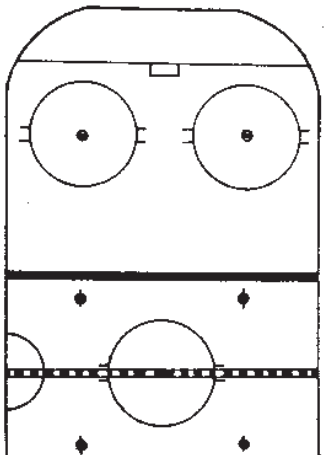
Full-Ice Challenge



Both forechecking forwards are encouraged to challenge the puck as soon as it is dumped down the ice. F1 will force the puck carrier, while F2 will remain positioned high and in the center of the ice. F2 will react to the first pass, at which time, F1 will quickly recover to the middle and react to the following pass. The focus is on rushing the opposition and not giving them time to set up or make passes, creating turnovers or bad passes, in their own end or neutral zone. Quick forwards can be very effective in this set-up.

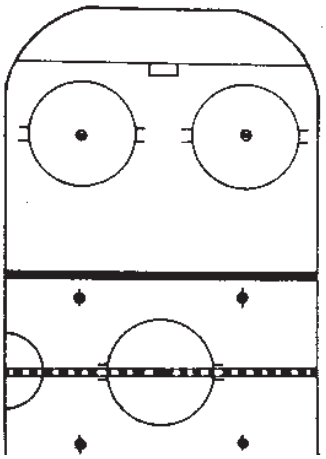
Two-man Passive Retreat

Both forechecking forwards have the liberty to force the puck initially if they feel they are in position to do so. If the power play team establishes control behind their net, the two forwards position themselves side-by-side off of the top of the circles. As the puck progresses up the ice, the forwards back up and angle the puck carrier towards the boards, attempting to force a dump near the red line. The strong side defenseman would support the play and not allow the puck carrier to penetrate the zone with possession. Off-side D would be in a position to quickly retrieve the puck and send it back down the ice.



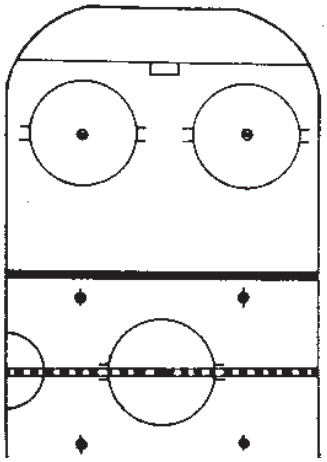
Offensive Zone Trap

F1 sets up to one side of the net, forcing the puck carrier to carry the puck the other direction. F2 sets up just inside the blue line shading toward the boards focusing on not allowing a cross-ice pass and forcing the pass up along the boards. F2 anticipates the pass and arrives at the pass receiver at the same time that the puck does. Objective is to create a turnover or bad pass in the zone. The key is the positioning of the first player as he angles the puck carrier, taking away one side of the ice and forcing a pass to the boards.



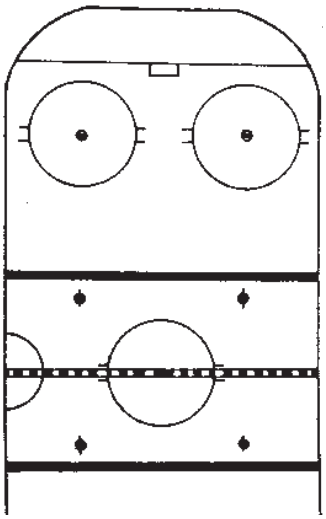
Diamond

Defenders set up in a diamond formation with the top of the diamond just inside the blue line, two players at the red line and one about halfway between the red line and blue line. As the play moves up ice, the player at the top of the diamond forces a pass to the boards where the receiver is met by a defender anticipating the pass and stepping up to arrive at the same time as the puck. Formation is designed to result in a neutral zone turnover or a long dump-in where the back man in the diamond is able to retrieve the puck and ice it.



Neutral Zone

Aggressive Attack

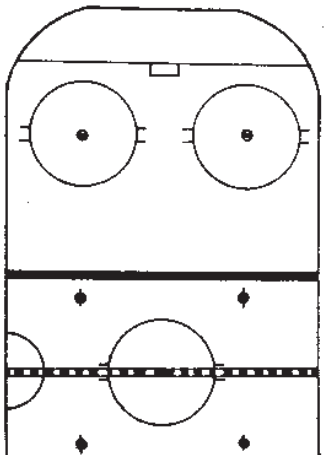


First forward would attack the puck carrier then recover to the middle. The second forward would then attack the puck. Each time the puck moves from player to player, the two forwards rotate their attack, always attacking "inside-out" and angling towards the red or blue line, depending on the depth of the attack.

Defensive Zone

Aggressive Box vs. Overload

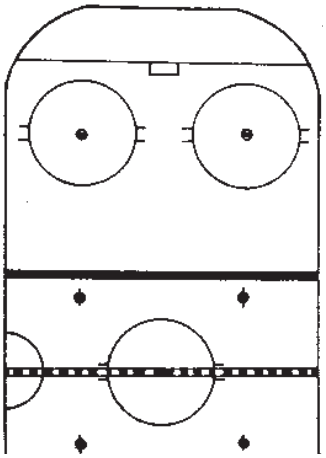
F1 forces the puck at the point. D1 anticipates the pass to half boards. He goes right out and forces his man to pass the puck. D2 goes to the near post and anticipates a pass to the corner. He would then challenge the low man in the corner. The goalie is alert for a pass out front and F2 drops off to help down low as F1 sags to deny a diagonal pass from the corner to the weak-side point.



If the puck starts below top of circles, at half boards, F1 sags to deny penetration. D1 looks to disrupt any pass down low. Try to force the puck out to the point and then revert to pressure under normal system

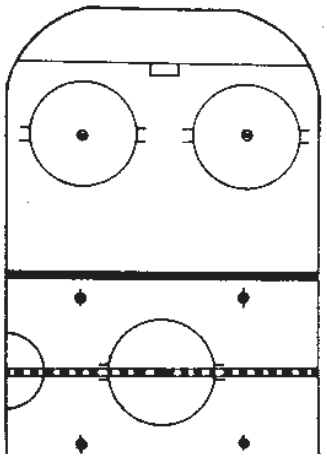
If the puck were moved from corner to corner, F1 would hold his ground off the side of the net, trying to deny a pass in

front, and attempting to flush the puck out to the point, permitting all other players to recover their positions.



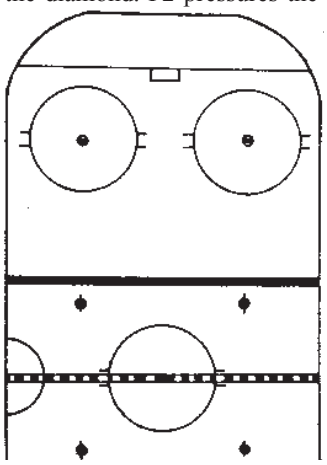
Tight, Passive Box

Penalty Killers would be in a box formation, moving passively, denying passes or penetration through the box while trying to force the play along the perimeter. It is very important that all the penalty killers are willing to block shots. Defensemen need to be able to clear the front of the net to allow the goaltender to see the puck and also clear rebounds immediately, not allowing second shots.



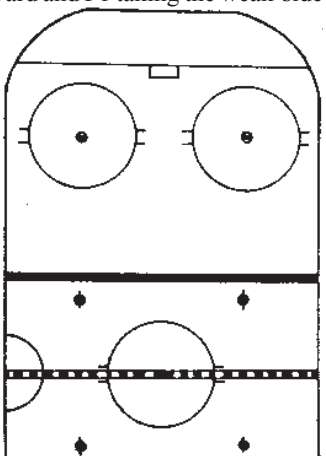
Aggressive Diamond vs. Umbrella

One forward (F1) must be alert to pressure the middle point. When the puck goes to the win, he sags and denies passes through the diamond. F2 pressures the half boards and crease. D1 is alert to pressure the puck when it reaches the corner. D2 drops to cover forward near net and D1 and F1 must collapse in the middle to deny passes through the diamond.

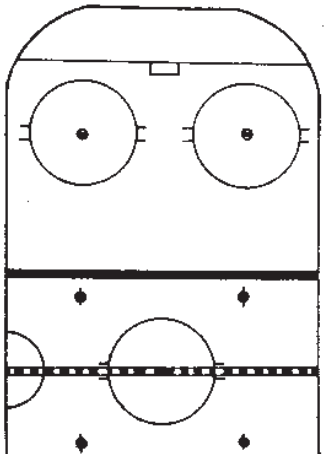


Shorthanded Faceoffs

A. Front Line Position – Tie Possession, place D1 on the half boards in position where he can shoot the puck on forehand if the draw is won to the corner. F1 and D2 analyze the opposition set-up, with D2 responsible for the opposing forward and F1 taking the weak-side point if the draw is lost. If it's won, he will go to the boards at the blue line to deflect the hard-around dump from D1.



B. Position four across, with D1 on the half boards on his forehand side. If the puck is won to him, he will throw it corner to corner. D2 will block out the opposing forward who is in front of the net and F1 will release to go and retrieve the puck.



Penalty Killing Top Ten Tips

1. Sticks on ice in passing lanes at all times.
2. Always stop and start – Never turn your back on the puck!
3. Close gaps quickly and under control – force opponent to move puck.
4. Keep shift time to 30 seconds.
5. Always pressure from inside out – keep puck on perimeter.
6. Never get tied up with an opponent – fight through picks.
7. Ice puck on forehand and use the glass whenever possible.

Playing Two Men Down

(5-on-3 or 4-on-3)

General Rules

1. Force ALL shots from the perimeter.
2. Allow goalie to see the puck – clear rebounds.
3. Do not get tied up or picked. Play on the offensive side of your opponent.
4. Do not chase out of slot area unless 75% chance of getting the loose puck.
5. No one goes out beyond the top of the circle.
6. Designate a crease defenseman to slide laterally and a mobile defenseman to slide up and back. Have the forward be responsible for the most dangerous side.
7. In the neutral zone, the forward should aggressively angle the puck carrier to the boards between the red and blue line to force the dump-in.