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
### MODULE CONTENTS

<table>
<thead>
<tr>
<th>Topic</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Introduction</td>
<td>2</td>
</tr>
<tr>
<td>Power Play Importance and Philosophy</td>
<td>4</td>
</tr>
<tr>
<td>Successful Power Play Components</td>
<td>5</td>
</tr>
<tr>
<td>Learning Framework: “The Player Development Pyramid”</td>
<td>6</td>
</tr>
<tr>
<td>Development of Individual Skills and Tactics</td>
<td>8</td>
</tr>
<tr>
<td>Development of Team Tactics and Thinking</td>
<td>10</td>
</tr>
<tr>
<td>Systems and Strategy</td>
<td>11</td>
</tr>
<tr>
<td>Drill Guide</td>
<td>24</td>
</tr>
</tbody>
</table>
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>
</thead>
<tbody>
<tr>
<td><strong>Definitions:</strong></td>
<td>Players away from the puck move to open ice to provide passing options for the puck carrier to allow for a successful play</td>
<td>Keeping possession of the puck via individual skills and tactics and team tactics</td>
</tr>
<tr>
<td><strong>Objectives:</strong></td>
<td>1. Quality possession</td>
<td>Create a scoring chance</td>
</tr>
<tr>
<td></td>
<td>2. Numerical advantage</td>
<td></td>
</tr>
<tr>
<td></td>
<td>3. Puck control</td>
<td>Force an error by opponent</td>
</tr>
<tr>
<td><strong>Achieved by:</strong></td>
<td>1. Skating off puck with a purpose</td>
<td>1. Individual skills and tactics</td>
</tr>
<tr>
<td></td>
<td>2. Outnumbering opponents</td>
<td>2. Team tactics and thinking</td>
</tr>
<tr>
<td></td>
<td>3. Quick puck movement</td>
<td>3. Deception</td>
</tr>
<tr>
<td></td>
<td>4. Think 1 pass ahead</td>
<td>4. Individual Skills</td>
</tr>
<tr>
<td></td>
<td>5. Have 2 pass options</td>
<td>5. Support</td>
</tr>
<tr>
<td><strong>Examples:</strong></td>
<td>1. Walkouts</td>
<td>1. Angling</td>
</tr>
<tr>
<td></td>
<td>2. Give and go</td>
<td>2. Steering</td>
</tr>
<tr>
<td></td>
<td>3. Middle drag</td>
<td>3. Quick puck movement</td>
</tr>
<tr>
<td></td>
<td></td>
<td>4. Aggressive skating</td>
</tr>
</tbody>
</table>

Power Play, © 2002, Canadian Hockey Association
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
THE OFFENSIVE ZONE SET UP (continued)

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
THE 2 PLAYER ADVANTAGE (5 on 3)

Breakout and Neutral Zone Entry

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

## Canadian Hockey Association Offices and Centres of Excellence

<table>
<thead>
<tr>
<th>Ottawa Office</th>
<th>Atlantic Centre of Excellence</th>
<th>British Columbia Amateur Hockey Association</th>
</tr>
</thead>
<tbody>
<tr>
<td>801 King Edward Avenue Suite N204</td>
<td>125 Station St. Saint John, NB E2L 4X4</td>
<td>6671 Oldfield Road Saanichton BC V8M 2A1</td>
</tr>
<tr>
<td>Ottawa, ON K1N 6N5 (Tel) 613-562-5677 (Fax) 613-562-5676</td>
<td>(Tel) 506-652-2263 (Fax) 506-652-6641 <a href="mailto:acpehoc@canadianhockey.ca">acpehoc@canadianhockey.ca</a></td>
<td>(Tel) 250-652-2978 (Fax) 250-652-4536</td>
</tr>
<tr>
<td>Calgary Office</td>
<td>Quebec Centre of Excellence Molson Centre</td>
<td>Hockey Alberta</td>
</tr>
<tr>
<td>Father David Bauer Arena 2424 University Drive NW</td>
<td>1275, rue St-Antoine Ouest Montreal, QC H3C 5H8</td>
<td>#1-7875 48th Avenue Red Deer AB T4P 2K1</td>
</tr>
<tr>
<td>Calgary AB T2N 3Y9 (Tel) 403-777-3636 (Fax) 403-777-3635</td>
<td>(Tel) 514-925-2240 (Fax) 514-925-2243 <a href="mailto:elaterreur@canadianhockey.ca">elaterreur@canadianhockey.ca</a></td>
<td>(Tel) 403-342-6104 (Fax) 403-346-4277</td>
</tr>
<tr>
<td>Internet:</td>
<td>Ontario Centre of Excellence</td>
<td>Hockey North</td>
</tr>
<tr>
<td><a href="http://www.canadianhockey.ca">www.canadianhockey.ca</a></td>
<td>1258 Lakeshore Road East Mississauga, ON L5E 1E9</td>
<td>P.O. Box 223 Yellowknife NWT X1A 2N2</td>
</tr>
<tr>
<td>E-mail:</td>
<td>Western Centre of Excellence</td>
<td>Saskatchewan Hockey Association</td>
</tr>
<tr>
<td><a href="mailto:info@canadianhockey.ca">info@canadianhockey.ca</a></td>
<td>2424 University Dr NW Calgary AB T2N 3Y9</td>
<td>#2 575 Park Street Regina SK S4N 5B2</td>
</tr>
<tr>
<td>FraserCoachesClub:</td>
<td>B.C. Centre of Excellence GM Place, 800 Griffiths Way</td>
<td>(Tel) 306-789-5101 (Fax) 306-789-6112</td>
</tr>
<tr>
<td><a href="http://www.coachesclub.net">www.coachesclub.net</a></td>
<td>Vancouver BC V6B 6G1</td>
<td>Hockey Manitoba</td>
</tr>
<tr>
<td>E-mail:</td>
<td>800 Griffiths Way</td>
<td>200 Main Street Winnipeg MB R3C 3M2</td>
</tr>
<tr>
<td><a href="mailto:info@coachesclub.net">info@coachesclub.net</a></td>
<td>Vancouver BC V6B 6G1</td>
<td>(Tel) 204-925-5757 (Fax) 204-925-5761</td>
</tr>
</tbody>
</table>

## Branches (Provincial Associations)

<table>
<thead>
<tr>
<th>Ottawa District Hockey Association</th>
<th>Hockey NorthWestern Ontario</th>
<th>Hockey Nova Scotia</th>
</tr>
</thead>
<tbody>
<tr>
<td>1900 Merivale Road, Suite 204 Nepean ON K2G 4N4</td>
<td>516 E. Victoria Avenue Thunder Bay ON P7C 1A7</td>
<td>6080 Young Street Suite 910 Halifax NS B3K 2A2</td>
</tr>
<tr>
<td>(Tel) 613-224-7686 (Fax) 613-224-6079</td>
<td>(Tel) 807-622-4792 (Fax) 807-623-0037</td>
<td>(Tel) 902-454-9400 (Fax) 902-454-3883</td>
</tr>
<tr>
<td>British Columbia Amateur Hockey Association</td>
<td>Hockey Alberta</td>
<td>Hockey Quebec</td>
</tr>
<tr>
<td>6671 Oldfield Road Saanichton BC V8M 2A1</td>
<td>#1-7875 48th Avenue Red Deer AB T4P 2K1</td>
<td>C.P. 1000, Succursale ‘M’ 4545, ave Pierre-De-Coubertin Montreal PQ H1V 3R2</td>
</tr>
<tr>
<td>(Tel) 250-652-2978 (Fax) 250-652-4536</td>
<td>(Tel) 403-342-6104 (Fax) 403-346-4277</td>
<td>(Tel) 514-252-3079 (Fax) 514-252-3158</td>
</tr>
<tr>
<td>New Brunswick Amateur Hockey Association</td>
<td>Ontario Hockey Federation</td>
<td>Hockey Nova Scotia</td>
</tr>
<tr>
<td>165 Regent Street, Suite 4 P.O. Box 456 Fredericton NB E3B 4Z9</td>
<td>1185 Eglinton Avenue East Suite 202 North York ON M3C 3C6</td>
<td>6080 Young Street Suite 910 Halifax NS B3K 2A2</td>
</tr>
<tr>
<td>(Tel) 506-453-0098 (Fax) 506-453-0868</td>
<td>(Tel) 416-426-7249 (Fax) 416-426-7347</td>
<td>(Tel) 902-454-9400 (Fax) 902-454-3883</td>
</tr>
<tr>
<td>Prince Edward Ice Hockey Association</td>
<td>Hockey Nova Scotia</td>
<td>Hockey Newfoundland and Labrador</td>
</tr>
<tr>
<td>P.O. Box 302 Charlottetown PE C1A 7K7</td>
<td>6080 Young Street Suite 910 Halifax NS B3K 2A2</td>
<td>15A High Street P.O. Box 176 Windsor NF A2A 2J4</td>
</tr>
<tr>
<td>(Tel) 902-368-4334 (Fax) 902-368-4337</td>
<td>(Tel) 902-454-9400 (Fax) 902-454-3883</td>
<td>(Tel) 709-489-5512 (Fax) 709-489-2273</td>
</tr>
</tbody>
</table>
This presentation was brought to you by…
# ON ICE POWER PLAY DRILL GUIDE

75 minute ice session

<table>
<thead>
<tr>
<th>Session Component</th>
<th>Time (min.)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>1. Warm-up Skate</strong></td>
<td>5</td>
</tr>
<tr>
<td>• Shadow Power Play Breakout</td>
<td></td>
</tr>
<tr>
<td><strong>2. Power Play Passing</strong></td>
<td>15</td>
</tr>
<tr>
<td>• “5 vs 1 Pepper Pass”</td>
<td></td>
</tr>
<tr>
<td>• “3 Player Touch Pass”</td>
<td>15</td>
</tr>
<tr>
<td>• “Circle Passing”</td>
<td></td>
</tr>
<tr>
<td>• “Double Overload Passing”</td>
<td></td>
</tr>
<tr>
<td><strong>3. Power Play Shooting</strong></td>
<td>15</td>
</tr>
<tr>
<td>• “1-Timer” Progression Series</td>
<td></td>
</tr>
<tr>
<td><strong>4. Power Play Offensive Zone Set Up</strong></td>
<td>20</td>
</tr>
<tr>
<td>• “3 Option Low”</td>
<td></td>
</tr>
<tr>
<td>• “D – Series”</td>
<td></td>
</tr>
<tr>
<td>• “High Umbrella Series”</td>
<td></td>
</tr>
<tr>
<td>• “Multiple Option Series”</td>
<td></td>
</tr>
<tr>
<td><strong>5. Power Play Game Like Drills</strong></td>
<td>20</td>
</tr>
<tr>
<td>• “5 player Progression”</td>
<td></td>
</tr>
<tr>
<td>• “3 Zone Series”</td>
<td></td>
</tr>
<tr>
<td>• “Power Play Contest”</td>
<td></td>
</tr>
</tbody>
</table>

Total Time 75
# POWER PLAY DRILL GUIDE

<table>
<thead>
<tr>
<th>Time</th>
<th>Drill Name &amp; Description</th>
<th>Key Points</th>
</tr>
</thead>
</table>
| 5    | Shadow Power Play Breakout | • 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.

<table>
<thead>
<tr>
<th>Time</th>
<th>Drill Name &amp; Description</th>
<th>Key Points</th>
</tr>
</thead>
</table>
| 3    | 5 vs. 1 Pepper Pass      | • 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.

<table>
<thead>
<tr>
<th>Time</th>
<th>Drill Name &amp; Description</th>
<th>Key Points</th>
</tr>
</thead>
</table>
| 4    | 3 Player Touch Pass      | • 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>
</table>
| 4    | Circle Passing           | A) Count the number of completed passes in a certain time period (talk and give a target).  
B) Star – pass to every 2nd player (try to get 4 pucks going at once).  
C) Skate the circle while 1-touch passing (go forward and backward).  
D) Put 1 or 2 defenders in the middle.  
E) Fake-shot passing.  
|      |                          | • Eye contact  
• Deception  
• Quick hands  
• Give target  
• Talk |
| 4    | Double Overload Passing  | 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.  
Progression 1: add a goalie and now work on 1-time shooting as well.  
Progression 2: add 1, then 2 defenders.  
|      |                          | • Touch pass  
• Re-direct  
• Fake-shot pass  
• 1-time shooting  
• Quick hands  
• Head up |
| 5    | Stationary 1-Timer       | A) Work in pairs – O1 pass to O2 who 1-times the puck against the boards.  
- pass to the middle of the body  
- also pass – pass, then shot option  
B) Slot Shooting – Coach feeds O3 pucks in the slot area.  
- O3 1-times the puck and goes to net  
- O3 now backs out into the slot in a new location for the next pass  
|      |                          | • Pass puck to front skate  
• Pass puck slow at first, then increase speed  
• Quick release  
• Meet the puck, don’t over-swing |
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.
## POWER PLAY DRILL GUIDE

<table>
<thead>
<tr>
<th>Time</th>
<th>Drill Name &amp; Description</th>
<th>Key Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>5</td>
<td><strong>D Series</strong></td>
<td></td>
</tr>
<tr>
<td></td>
<td>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.</td>
<td>Drag / Sprint to middle • Quick release • Passing • Fake-shot pass • Drag/sprint to middle • Support</td>
</tr>
<tr>
<td></td>
<td>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.</td>
<td>• Support • Timing • Get puck to middle • Quick puck movement • 1-time shooting • Passing</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Time</th>
<th>Drill Name &amp; Description</th>
<th>Key Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>5</td>
<td><strong>High Umbrella Series</strong></td>
<td></td>
</tr>
<tr>
<td></td>
<td>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</td>
<td>• Support • Timing • Get puck to middle • Quick puck movement • 1-time shooting • Passing</td>
</tr>
<tr>
<td></td>
<td>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.</td>
<td>• • • • •</td>
</tr>
<tr>
<td></td>
<td>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)</td>
<td>• Support • Timing • Get puck to middle • Quick puck movement • 1-time shooting • Passing</td>
</tr>
</tbody>
</table>
**LEARN FROM THE BEST**

Canadian Hockey Folgers Coaches Club™
On-line E-mentoring Series

POWER PLAY DRILL GUIDE

<table>
<thead>
<tr>
<th>Time</th>
<th>Drill Name &amp; Description</th>
<th>Key Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>5</td>
<td><strong>Multiple Option Series</strong></td>
<td></td>
</tr>
</tbody>
</table>
|      | 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. | |

<table>
<thead>
<tr>
<th>Time</th>
<th>Drill Name &amp; Description</th>
<th>Key Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>10</td>
<td><strong>3 Zone Series</strong></td>
<td></td>
</tr>
</tbody>
</table>
|      | 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 |
<p>|      | <em>This is a good conditioner, warm-up drill or cool-down drill</em> | |</p>
<table>
<thead>
<tr>
<th>Time</th>
<th>Drill Name &amp; Description</th>
<th>Key Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>10</td>
<td>Power Play Contest</td>
<td></td>
</tr>
</tbody>
</table>

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 restarts the drill by shooting a puck into other end.

- Support
- Timing
- Puck movement
- Shooting
- Get to net
www.canadianhockey.ca