

GAME PLAN TODAY:

Penalty Killing

Introduction to Keys

FACEOFFS

4 CHECKS

Killing in the NZ

Killing in the DZ

5 ON 3 / 4 ON 3

Keys to Penalty Killing:

- Don't take another penalty.
- PK Personnel must be the hardest workers on the ice at all times, out work the Powerplay they face, gain momentum for your team from this,
- Penalty Killing is based on "PRESSURE"
- Force the POWERPLAY to make decisions under pressure.
- Quick and accurate pressure all over the ice, both ends of the rink
- Get in shooting lanes, block shots, a given no discussion here at all(ice bags)
- Active sticks with good stick position, in passing and shooting lanes, upon pressure stick on puck 1st
- Jumping hard when jumping, no second guessing, one PK'S goes we all go.

CONT'D

- Stops and starts – avoid swings, face the puck at all times
- Lead with your stick on the ice, it gets there way before you do.
- Do not get tied up, stay free at all times, especially Dmen. No finishing checks ever, on 4 checks, or in the zone
- Good strong clears : one chance to get it out mentality, 200 foot clears, high and hard off the glass
- Win the battle off FO for free pucks, so key with FO starting in DZ now.

FACEOFFS: PK IN DZ

With the rule change, PP always start in the DZ, so the 1st FO is so key.

A PK FO, like any other FO, is a puck battle up for grabs.

With a FO win, 20 secs can be killed off the clock, with a good clear. Otherwise, the PP starts with puck possession in your zone.

Doesn't matter where the FO is, a win means time off the clock.

FACEOFFS: SET UP

I believe set should be set up around your centermen, how they win the FO's the best, where they win the puck to.

Teams use a 3-1 set, with one Dmen back right behind center(effective dmen up on PP)

Teams use traditional set up with Dmen on the wall and in front. Most of the time Dmen are line upon opposite natural sides.

JUMP IS OURS, NOW WHAT..

- Easiest thing to say to players, when the FO is won, get the puck out easiest, quickest way possible, right.
- Basic way D on wall, hard rim, or up the middle, (lots of traffic, have to be sure) Hard rim is effective, now, because lots of teams bring their weakside PP D down into FO.
- Other option, weakside Forward, off draw flairs out, to weakside of the net for soft chip from D, off won draw, and puck is then cleared by the forward.

NZ FC: PUCK OUT

- One area that I think is over looked when it comes to PK systems is the NZ. When the puck is just clear out over the blueline.
- Players have to get out of the zone and pressure the puck. F1 and F2 work together as 1. Supporting each other, with puck pressure, good sticks in passing lanes, forcing a dump into zone again, or best case, force PP back into set up behind their net. Than a change can occur
- D must get out of the zone, have the mindset that you don't want to give the blue line up again. Stay inside the dots, with pressure on the puck. Looking for dump.

LOSS FO: NOW WHAT!!!

- Not going to win all the FO's. So now what.
- “Faceoff loser” job is to get out and become F1. Has to prevent puck going D to D. Straight out and forces puck back down the wall. (than 4 point pressure or Minni pressure can straight right away.)
- F2, weakside forward, comes out $\frac{1}{2}$ way, reacts to what occurs from F1. If pass gets to weakside D, F2 has to come out in shooting lane, than prevent pass from going back to D for middle of ice shoot.
- D both react off what happens with puck, and start their pressure.

4 CHECKS

- There are a number of 4 Checks that can be used in Penalty Killing. Find the one or two that suits your players and your team and master them. Here are 3 examples:
- 1 – 3 (F2 and D1 staying up to force dump, D2 puck retrieval)(Windsor)
- Swing, Swing (Guelph)
- Aggressive FC (Barrie)

Aggressive / 4 Check

- F1 applies Pressure
- F2 supports and reads
- D1 and D2, have good gap up ice, slide to support F2 and F1 actions

If F1 swings away, like on a line change, F2 now can pressure and become F1. The original F1 now changes for fresh people. This 4 Check is mainly used for line changes, but can still be effective.

“1 – 3” 4 Check: “Middle Lane Lock”

- F1 moves up the ice and then backs up timing his gap into the NZ.
- F2 locks one side of the ice with D1 and D2 in line with F2.
- When the puck is moved to one side or the other, F2 or D1 is pressuring the puck hard
- D2 is in charge of retrieving the puck and dumping the puck
- If there is a battle that sets up in zone because of a dump, must seal and get the puck back.

SWING, SWING

- F1 will start on opposite side of the bench and curl towards the bench. His curl will allow him to possibly pressure behind the net but will also allow him to gain speed and end up in the weak side lane. By swinging towards the bench, he can also change if on a long shift.
- F2 will be on the bench side. This allows him to change if need be as well. F2 must be patient, allowing the PP to come out from behind the net. F2 wants to take an angle that forces the BO to the far side of the ice, pushing them into D1. F1 must stay between the dots taking any play into the middle away so that D1 can stand up.
- D1 is responsible for timing his gap and stay up before the blue line forcing a dump
- D2 is responsible for puck retrieval and bump back play
- If a dumped puck is hard rimmed. F1 who is on the weak side is responsible for the puck. D2 can slide under him for a bump back play to help get the puck out.
- If the puck is soft chipped, then D2 and F2 have to talk and read the play.

PK in the Zone

Key to Penalty Killing in the zone is to be aggressive and active. Know when to jump hard and aggressive, or when to contain hard. Good key to play by is if you see numbers and ass, you can pressure hard, if you see logos and eyes, contain hard.

Most importantly, you must protect home base at all costs.

F1 and F2 must have good sticks in passing lanes, stopping and starting at the time. No swinging. Always facing the pass and the puck. Have to get into shooting lanes, and block shots all the time

D1 and D2 must read and react to situations, than decide on pressure points of attacks. Lead with stick on the ice all the time. Stopping and starting all the time, again no swinging. Always facing the passing or the puck.

4 Point Pressure:

Is one of the most common used systems today in the zone. Is very much hard work related. All 4 points of pressure rely on one another. One goes wrong or is late, everyone suffers.

Once puck is moved, players attacking must jump to arrive at their pressure points when puck does, with good sticks. If you are late pressure, must of the time result a goal.

Once puck moves, defending player must stop and face pass hard back into passing lane into the middle of the ice. D must talk to one another on recovery and rotation down low. Stops and starts for D is very important. D cant get tied up at all.

4 Point Pressure:

- It is all started on a pass to the $\frac{1}{2}$ wall. D1 jumps hard on the pass, and leads with good stick to arrive with stick on puck.
- On pass to goal line or corner, D2 jumps hard on the pass, and leads with his stick to arrive with stick on puck.
- F2 jumps down to cover pass to net front and covers.
- F1 has react back to middle on pass to $\frac{1}{2}$ wall, looking for PP unit F3 if there, if not protects middle of the ice. F1 must also be aware of pass back to top PP D .
- Goalie must have good stick as well, as they are responsible for any passes thru the paint.

5 on 3 / 4 on 3

Keys:

- D cant get tied up net front.
- Keep triangle tight.
- After shoot is taken, all 3 players collapse to the net front, clear loose pucks and people.
- Body and stick position in shooting and passing lanes.
- Quick stops and starts
- Players on 3 separate depths.
- Most importantly, stay on your feet.
- Only go for lose pucks if you will bet all your lunch money on it. Have to me 100 % that you will get puck out.

5 on 3 vs High Umbrella

- Set up in regular triangle with either 1 F and 2 D, or 2 F's and 1 D.
- F1 plays up top and is in the shooting lane, F1 must not go above top of the circles.
- D1 slides out when puck moves to his side and D2 protects net front.
- Rotation occurs if puck is one D2 side. Now D1 is net front.

VS Box + 1

- Set up in triangle again with either 1D and 2F'S or 2D and 1F
- F1 moves to top of circle when puck is at his point.
- F2 is in the hash mark area protecting against a seam pass or backdoor pass.
- D1 plays net front moving post to post and always playing the strong side
- If puck changes sides F2 moves out, F1 moves back to hash area, D1 slides across.

Who Kills the PIM'S

- Penalty Killers I believe should be the hardest workers on your team. Have to be able to play the role to a “T” and what it requires(short hard shifts, shot blocking,etc)
- Use 3 to 4 units of “F” to kill and at least 2 sets of “D” or all three.
- This ice time is a great opportunity for players who don't play a lot to play and get added ice time and responsibility.
- But in the end, it is also great to have veteran, mature, skilled players to kill your PK's off. Your choice your decision.