

IMPROVE THE EFFECTIVENESS OF YOUR POWER PLAY

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To have a successful power play, the coach must first build a solid foundation. More important than any complicated system or formation are the general principles and key teaching terms which, if presented effectively to your players, will positively enhance your power play results. Consider the following:

1. Skill level of your personnel
2. Work ethic must intensify
3. Keep it simple (K.I.S.S.)
4. Patience is a virtue
5. Control the face-off
6. Using the forwards to play defence
7. Offsides not acceptable
8. Do not limit your passing options
9. Move your feet
10. Want the puck
11. Always expect the puck
12. Momentum - gain it and keep it!
13. Out the weak side
14. Quality changes
15. Sustained pressure
16. Dominate the net front
17. Create and use your imagination
18. Support your mates
19. Team play and individual play
20. Always look to be better
21. Scoring off the rush
22. Attack with speed
23. Do you have the best control point?
24. Keep it moving
25. Gaining and regaining possession
26. Net front balance
27. Outlet the puck deep
28. Work the prime scoring area
29. Communication is the key
30. Maintaining pressure
31. When things go bad
32. Quality dump ins
33. Control and timing of movement
34. Move together
35. Repetition leads to success
36. Playing your off-side
37. The dreaded short-handed goal
38. Carry-ins versus dump and chase
39. Make good decisions at the blue lines
40. Face off reaction
41. Penalties while on power play
42. Take what your opponent gives you
43. Which unit starts the power play?
44. Two-on ones
45. Balance in your attack
46. Improve quality of shots
47. Blind passes cost you
48. Outnumber the opposition
49. Puck moves faster than opponent
50. It does not have to be perfect
51. Evaluate the opposing goalie
52. Reverse the flow
53. Protect the puck
54. Utilize good speed
55. Don't forget 4 vs. 3 / 5 vs. 3
56. Tip-ins / deflections / screens
57. Quality point shots
58. How much room do you have?

Success in all three zones

****Do not neglect the Break-out, Neutral Zone Entry and Set-up****

Breakout

- have a plan
- move together as a unit - increase speed as you go
- support the puck
- look away passes, direct passes
- easy decisions
- controlled breakout vs. quick-up (goalie)
- do not make unnecessary passes
- control man to middle - increase options
gain blueline and redline
- skill & speed back deep
- balance vs. overload
- fill the holes

Neutral Zone / Entry / Set-up

- together with speed
- being on-side
- moving at offensive blueline
- picks & screens to open lanes for 2nd line of attack ***
- balance or overload entry
- carry-ins vs. dump-in (hard ring, diagonal, soft corner)
- puck skills of opposing goalie - does he leave the net?
- outnumber, communication, work ethic, support

Practicing the power play

1. Time permitting allow everyone to practice the power play. You never know what you might discover.
2. All personnel to try all positions.
3. Establish units of 5 (rotate defence pairs).
4. Use the video.
5. Walk through 5 on 0. All zones - no pucks, no resistance.
6. 5 on 0 breakout, neutral zone, offensive zone, progress with scattered cones, obstacles, stationary players, passive resistance, all out checkers.
7. Build to 5 on 3 / 5 on 4 - light resistance to all out chance taking. Difficult for power play unit because penalty killers usually know system.
8. Practice on good ice (higher levels)
9. If ice availability and time restrictions permit, bring units in separately - therefore group specific 10-15 minutes vs. whole team sitting and watching.
10. Finish power play sessions on positive note - success - quality goals - increased enthusiasm.

Utilizing the preseason

1. Everyone gets an opportunity on power play.
2. Begin principles framework introduction.
3. "Not too structured" - allow players to be creative & use their imaginations, stressing the team concept.
4. Build from simple solid breakout through neutral zone to entry and set-up in offensive zone.
5. Experiment - test personnel - ie. If no pivot man for point, try a forward or change focal point (set-up behind the net or hash mark)

What is your opponent doing?

1. What are your opponent's strength's, weaknesses, overall skill level?
2. How does the opponent fore check?
 - passive
 - aggressive
 - 1 or 2 man in
 - defence gap
3. Neutral zone coverage
 - stand-up
 - chase & pursuit
4. Defensive zone coverage
 - pressure on entry - dump or carry
 - does goalie play the dump-ins?
 - passive
 - aggressive
 - box, diamond, triangle and 1 (combos)