

PENALTY KILLING

- Communication - Be loud - Support your teammates
- Faceoffs - Dominate the dots!
- Stops and starts - no circles or gliding
- Short shifts - High energy - outwork your opponent
- Quality changes
- Active sticks on ice in passing lanes
- Body in shot lanes
- Courageous - sacrifice your body to block shots / to win all loose puck battles and races
- Get it out every opportunity - all the way down on clears
- Solid positional play - good gap, good angles, defensive side
 - protect the house at all times - nobody gets in!
- Out of the box know where to go
- Compete!
- Pride in getting the job done!



Penalty Kill Forecheck

F1 - angles and steers

F2 - Fills and eliminates in outside lane

D1/D2 - up with good gap, ready to hold the line

D1 - (middle D) retreats for all dump ins

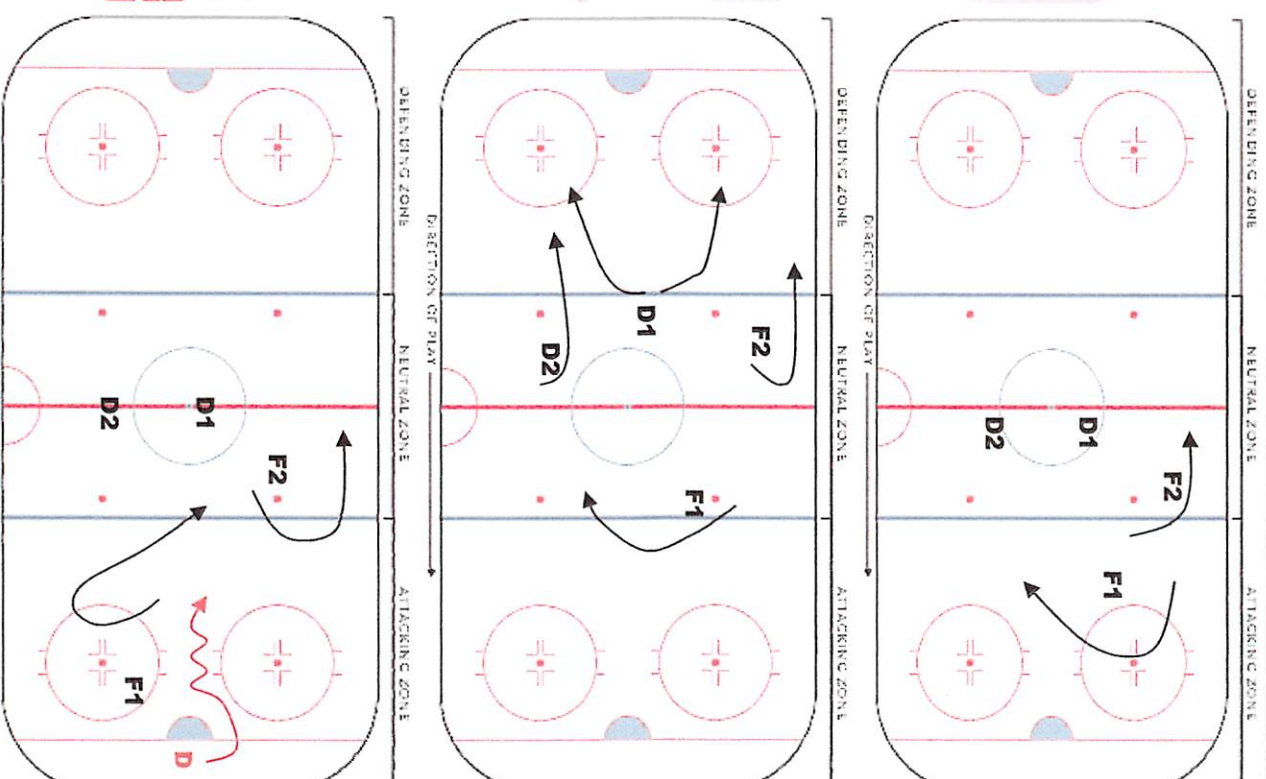
D1 - Responsible for all stretch plays

- F1 - Can go if there is a good opportunity at a loose puck up ice
- May look to swing F1 with a key puck carrier on the opposition to eliminate as an option

F1 - Delays in wide lane

Angles and steers

Cut ice in half and close taking away time and space with puck



HOCKEYCANADA.CA

Penalty Kill In Zone

PK 5 vs 4 Overload Set - Low Movement

D1 - To X on half wall

Puck moves low

D2 - Jumps hard

F2 - Takes backdoor

F1 - Sags to slot option coverage

F1 - remains in slot lane for X1 - can be lower in house if not a 1 timer option

PK 5 vs 4 Overload Set - High Movement

D1 - Plays half wall

Vs eyes passive

Vs ass aggressive

D2 - Between low options

F2 - Backdoor/weakside D

F1 - In shot lane if 1 timer

inside force back to wall if not 1 time situation

- IF X carries puck up wall D1 pursues hard taking away time and space not allowing X to middle

F1 maintains shot lane coverage

F2 hard back to far post - D2 over to strong side

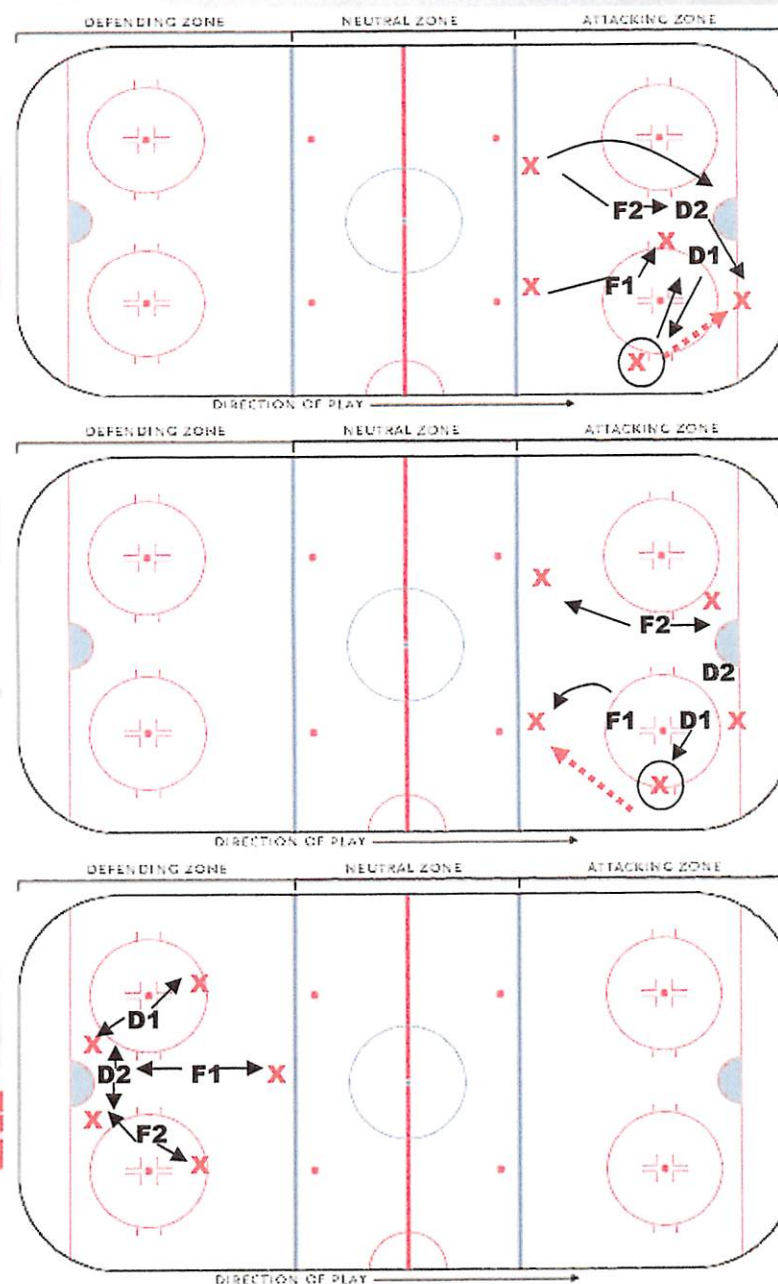
PK 5 vs 4 Umbrella Set

F1 - Up and back hash to point - eliminate seams

F2 - Out and backdoor

D1 - Out and backdoor

D2 - Side to side at net - pressure low puck control



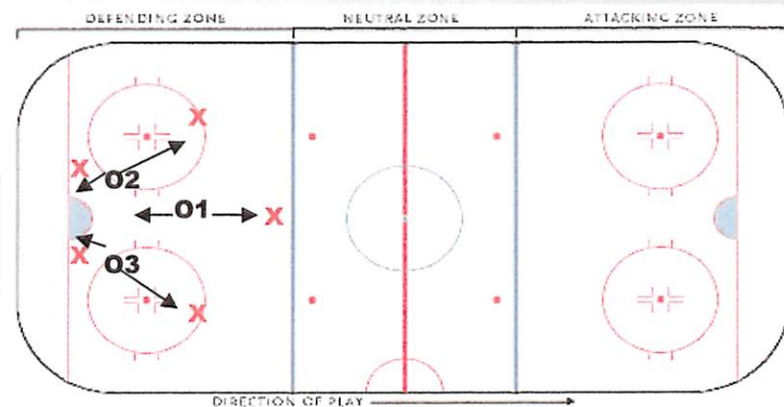
Penalty Kill In Zone

PK Rotation 5 vs 3 Umbrella Set

O1 - Up and back eliminate middle shot and seams

Sag to goal on shot for support

O2/O3 - Out and back shot lanes backside support for support

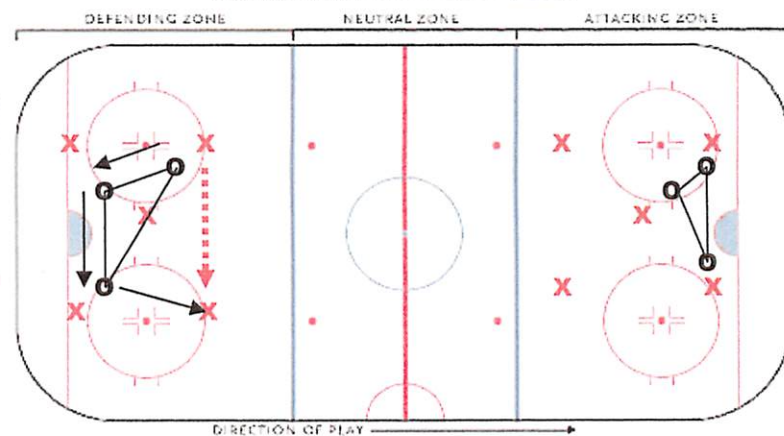


PK Rotation 5 vs 3 Box + 1 Set

Hard 3 man rotation when puck moves side to side

Low goal line possession is pressured

Faced up if possible ready to react out in shot lanes

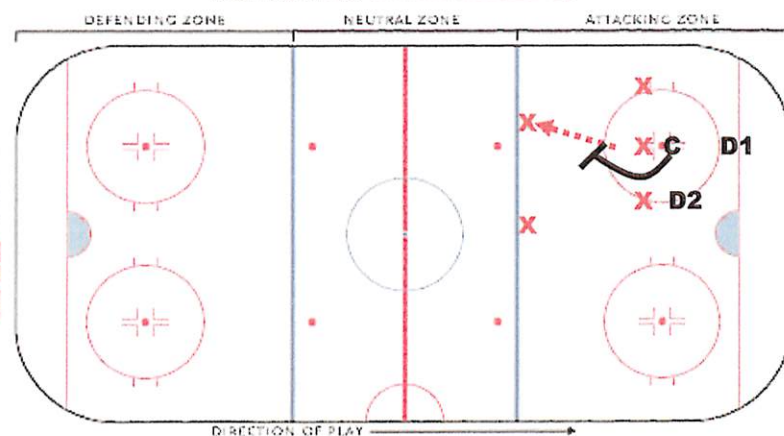


Defensive Zone 3 vs 5 / 3 vs 4 FO

All 3 players in house to start

Wins to D1 are cleared

Losses to points or perimeter all 3 defenders begin in the house and move inside into position



HOCKEYCANADA.CA