



“There are usually only a hand full of times during a game when there is an excellent opportunity to score, either because of an odd man rush, an outstanding individual play, an easy rebound, or a goalie mistake to name a few ... a 2 minute power play is one of those times ... use it”

OFFENSIVE ZONE – POWER PLAY – 5 ON 4 – FIVE STRUCTURES

Between The Blue Lines and Moving Into Their Zone

Pass the puck to our open player so we can move the puck over their blue line, slow the play down if they give you time in order for all five of our players to set up and spread out in and around their zone. This way we take the most advantage of our extra player.

Below are some **starting** formations, but remember we create openings for good scoring chances by moving around, rotating player positions, trying to force them out of the box, making them lunge, and trying to block shots, which allows us to create 2 on 1 situations, and to screen their goalie. This will lead to better scoring opportunities, shots and rebounds with their goalie down.

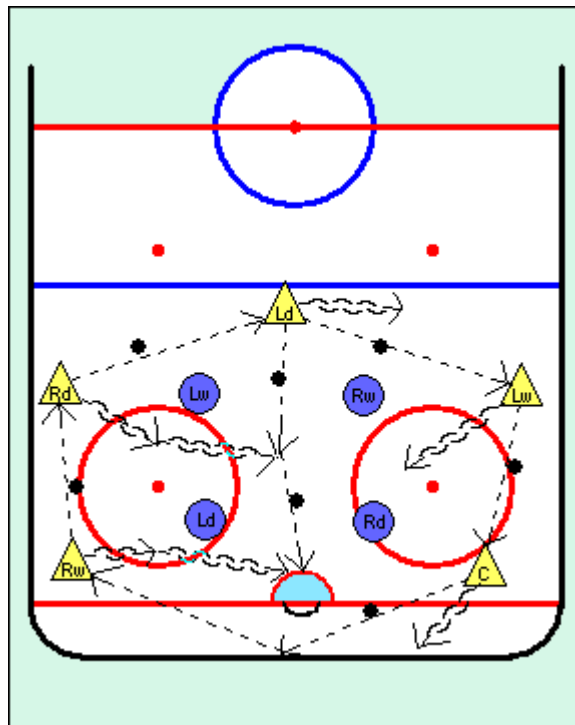
MORE THAN HALF THE GOALS SCORED ON THE POWER PLAY

START FROM OR ARE SHOTS FROM THE POINTS



The High Triangle Inside their Blue line – 3 High 2 Low System

Set up a wide triangle inside their blue line with our best puck handling/shooting defenceman/forward at the top of the triangle (the quarterback of the power play) at their blue line furthest from their net and the other 2 players almost against the boards on opposite sides of the ice a few feet higher than the top of their circle. When they play the moving box, we will have a 3 on 2 on their 2 players at the top of their box closest to their blue line with their 2 defencemen covering our two remaining forwards down low closer to their net. Pass the puck around to the open man to try to get them to come out of the box and set up our best scoring chance in the slot, at the side or at the high point.



If they try to use their 3 players to cover our three at the top of the box we have another player open in the corner or at the side of their net.

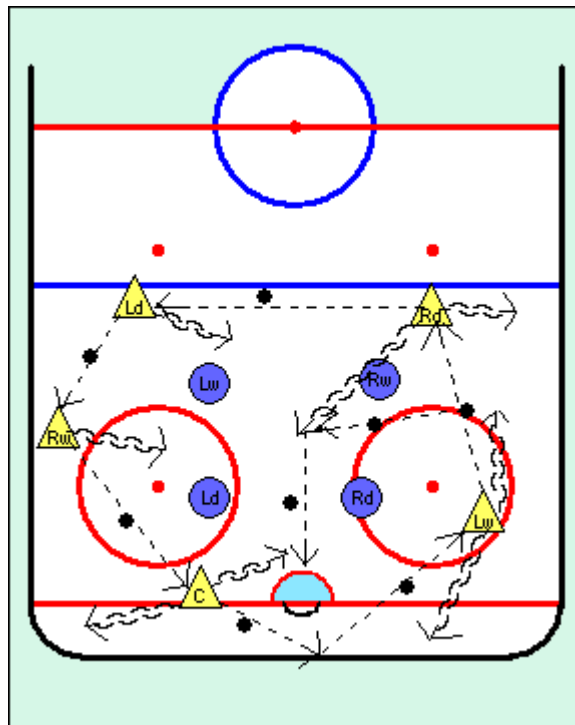
We will now move the puck all around our triangle trying to set up a good shot closest to the net from the side or middle while one of our forwards screens the goaltender and is there for the rebound. Both the low down forwards go to the net when this shot comes.

In stead of shooting, our forward on one side can pass the puck across to our forward on the other side of their net or on the near side if there is no good shot or if their goalie comes way out.



The 2 High 3 Low System

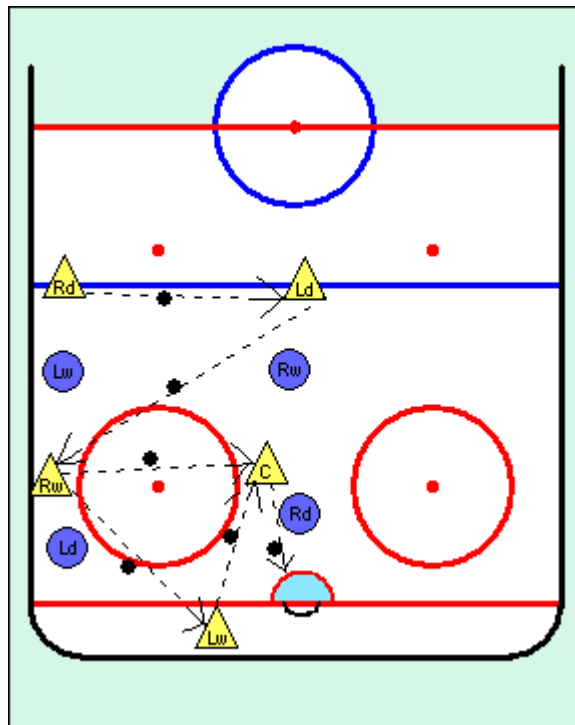
If two of our defencemen stay in their normal positions at or just inside their blue line, 2 of our forwards can stay wide around the middle and outside of their face off circles while our centre is in front, at the side or behind their net moving to find the open spot where he can be open to receive a pass or take a good shot. Constant changing of positions and cycling will cause confusion and eventually the box should break down.





The 2 High, 3 Side System

Two of our defencemen stay at the blue line in their usual positions and the 3 forwards position themselves on the left or right side of the ice in the offensive triangle with one or two down low and at least one in the mid slot in the middle of the box.

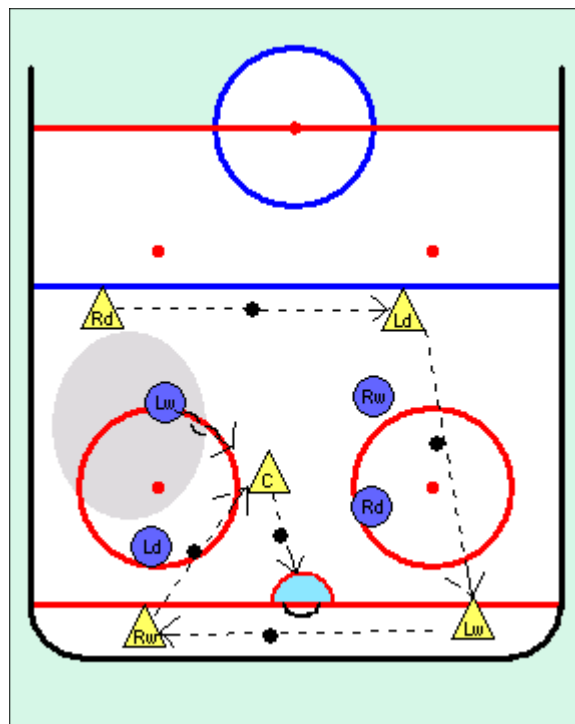


**ABOUT 1/3 OF POWER PLAY GOALS START FROM PASSES
FROM BEHIND THEIR NET**



The 2 High 1 Mid 2 Low System

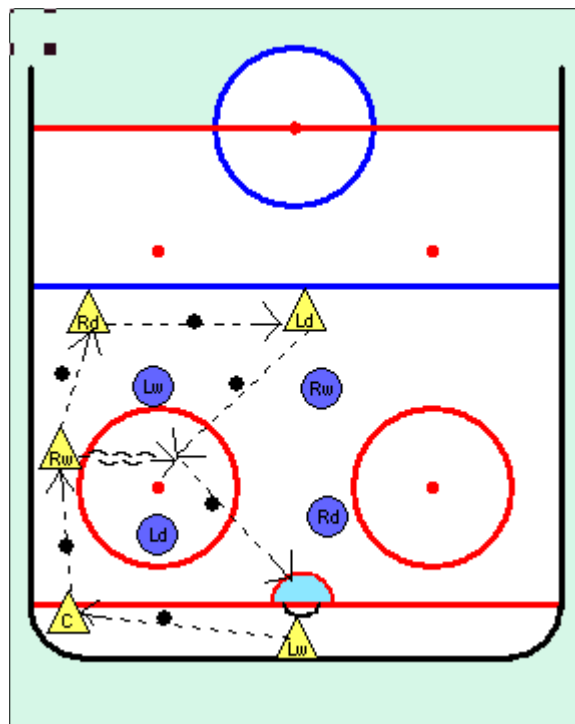
Two defencemen are at the blue line, two forwards are down low behind the goal line and the other forward is in the middle slot forcing someone to cover him. Whichever of their players in the box covers our centre opens up another player and area (shaded) which was being covered by the player now moving to our centre.





The 2 High 1 On The Side Boards, 2 Low System

Two defencemen stay on the blue line, one forward is at the side boards just above the hash marks and the 2 other forwards are down low past the goal line, one behind our net





The 1 High, 3 Mid and 1 Low System

One defenceman stays high, 1 defenceman and 2 forwards are across the middle, (two just off the boards, one in the middle) and one behind the net

