



*“4 players cannot cover 5 players who are properly positioned, moving and passing well”*

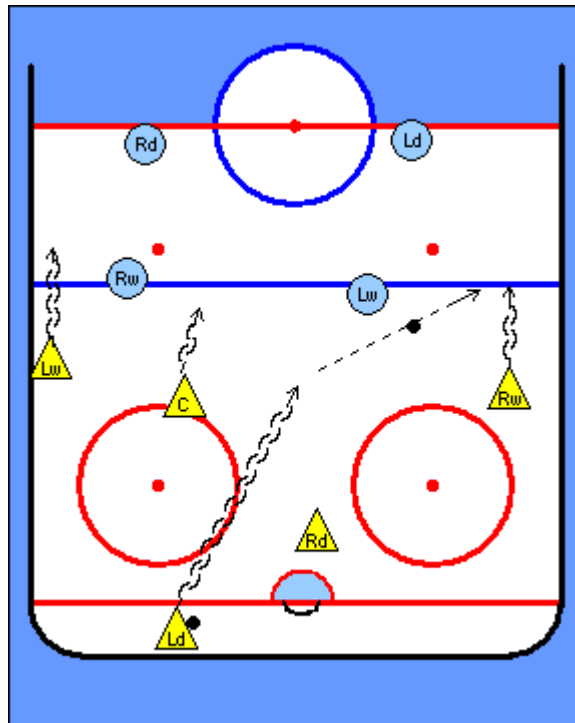
## DEFENSIVE ZONE – POWER PLAY BREAKOUTS – 7 PLAYS

All 5 of our players should get back into our zone as quickly as possible, regroup, and get ready for one of our break out plays.

### OPTIONS

#### 1. No Forechecking Pressure in Our Zone

If none of their players are in our zone with essentially no forecheck either in a 2 – 2 or 1 – 3 formation, or they are making a line change and the puck is deep in our zone, one of our defencemen can lead the rush as a 4<sup>th</sup> forward with our forwards spread out across the ice, boards to boards, giving our defenceman easy, short release passes as these 4 players move up ice. Our other defenceman should stay back in case we lose the puck, or want to drop the puck back for more speed coming up ice.



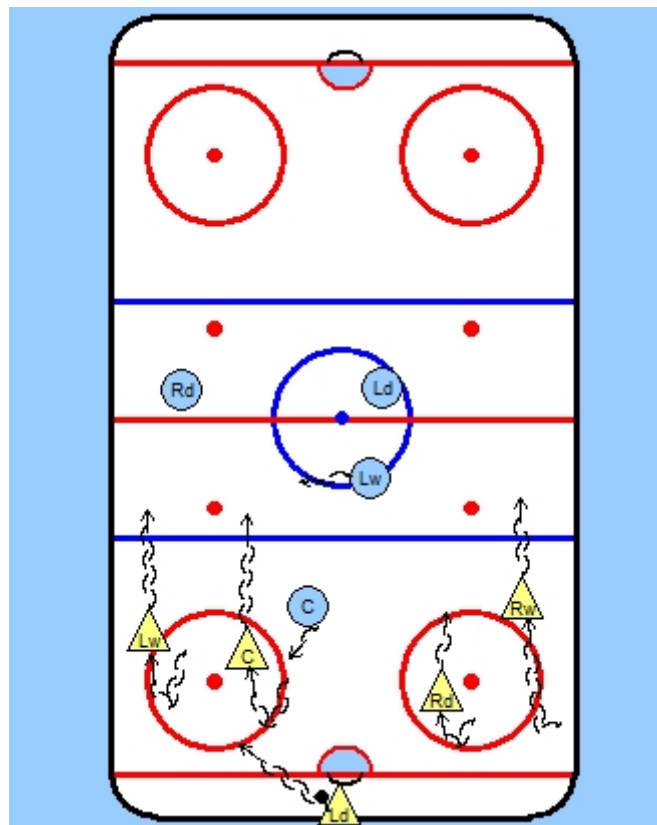


## 2. Two Player Aggressive Forecheck

If the puck is in our corner and they are forechecking hard with a 2 man vertical forecheck, and there is no time for our defenceman to set up behind our net with the puck, we can use D to D and our usual short pass breakout plays outlined earlier in these Tips.

## 3. Double Swing Both Sides -Defenceman Behind Our Net With the Puck

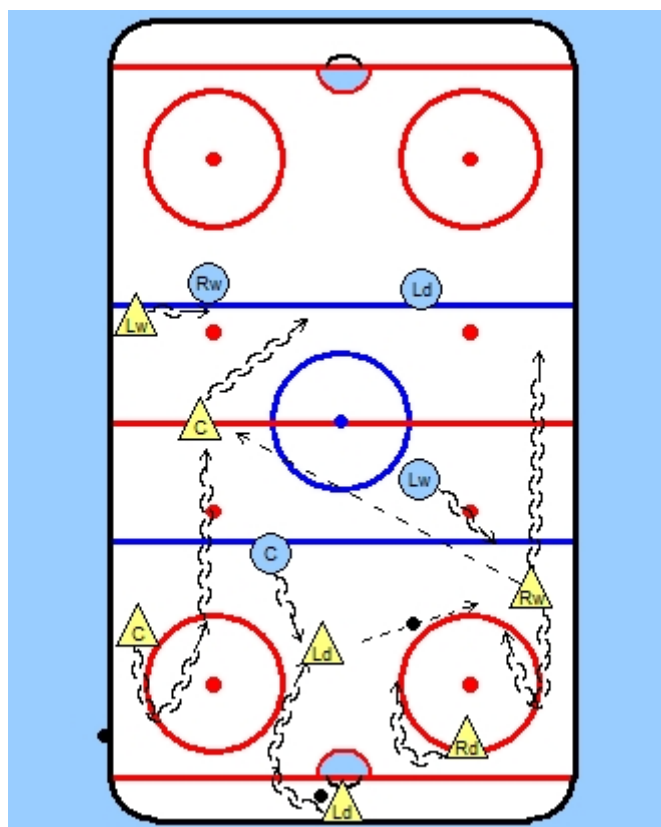
- Our LD sets up behind our net with the puck
- Our LW and centre come down low and swing up ice on one side and our RW and RD do the same on the other side – our wingers are the closest to the boards
- Our LD comes out on his forehand with their centre challenging him
- Our LD can pass to our LW, RW or our RD trailing
- If their centre decides to go behind our net to chase our LD with the puck, our LD can come out the opposite side. Using the net as a kind of pick, our defenceman can skate up ice fast leading the rush as a 4<sup>th</sup> forward with our forwards spread out across the ice boards to boards, giving our defenceman easy, short release passes as these 5 players move up ice.





#### 4. Single Swing One Side, Double Swing the Other - Defenceman Behind Our Net With the Puck

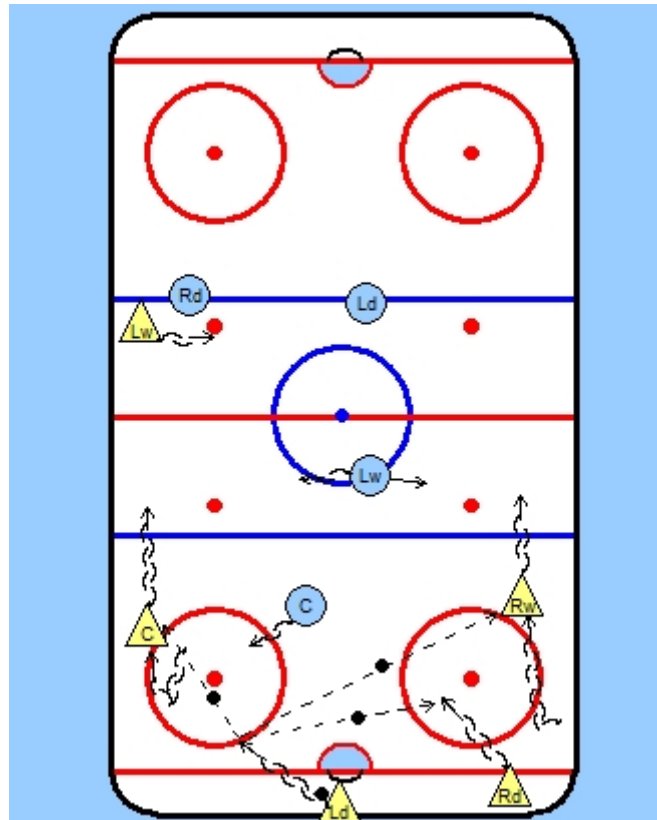
- Our LD sets up behind our net with the puck
- Our LW posts at around their blueline moving to the middle to make both their D stay back around their blueline
- Our centre comes down low on the left side and swings up ice
- Our RW and RD do the same on the other side – our RW closest to the boards
- Our LD comes out on his forehand with their centre challenging him
- Our LD can pass to our RW or our RD trailing, or our centre
- If their centre decides to go behind our net to chase our LD with the puck, our LD can come out the opposite side. Using the net as a kind of pick, our defenceman can skate up ice fast leading the rush as a 4<sup>th</sup> forward with our forwards spread out giving our defenceman easy, short release passes as these players move up ice
- Our RD can hang back as a release player coming with speed





## 5. Single Swing Both Sides - Defenceman Behind Our Net With the Puck

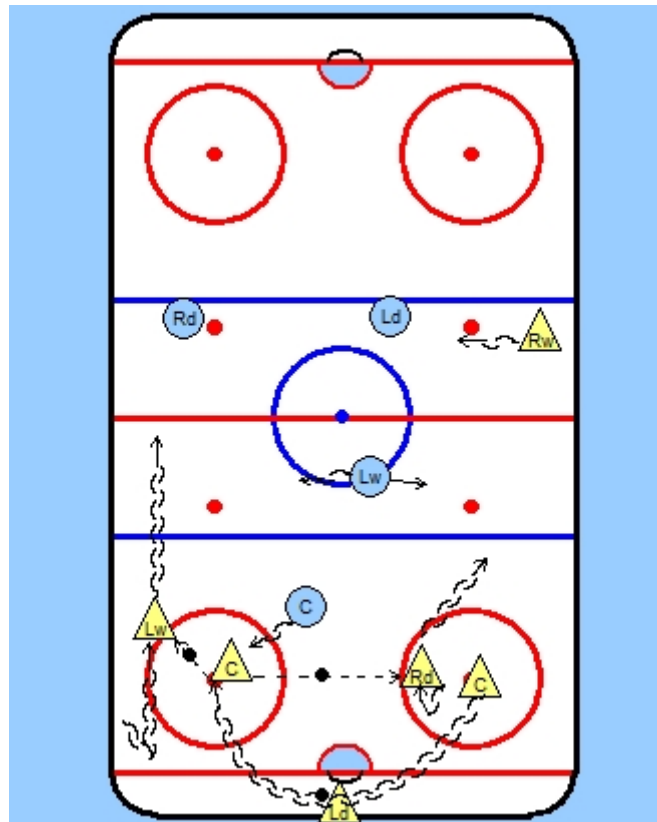
- Our LD sets up behind our net with the puck
- Our RD sets up in the right corner
- Our LW posts at around their blueline moving to the middle to make both their D stay back around their blueline
- Our centre comes down low on the left side and swings up ice
- Our RW does the same on the other side
- Our LD comes out on his forehand with their centre challenging him
- Our LD can pass to our RW or our RD trailing, or our centre
- If their centre decides to go behind our net to chase our LD with the puck, our LD can come out the opposite side or pass to our RD. If our LD keeps the puck he can use the net as a kind of pick, can skate up ice fast leading the rush making easy short release passes as these players move up ice
- Our RD can hang back as a release player coming with speed





## 6. Single Swing Both Sides - Defenceman Behind Our Net With the Puck – Centre Pick Up Puck Behind Net

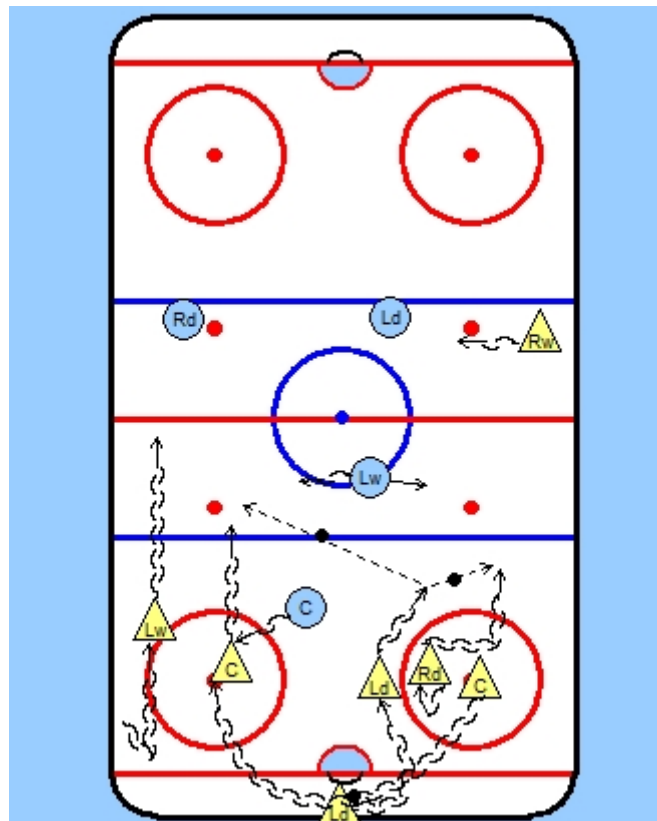
- Our LD sets up behind our net with the puck
- Our RW posts at around their blueline moving to the middle to make both their D stay back around their blueline
- Our LW and RD swing up ice on opposite sides
- Our centre comes down low behind our net from right to left, picks up the puck and swings up ice with their centre challenging him
- Our centre can pass to our LW or our RD trailing
- If their centre decides to go behind our net to chase our LD with the puck, our LD can come out the opposite side. Using the net as a kind of pick, our defenceman can skate up ice fast leading the rush as a 4<sup>th</sup> forward with our forwards spread out giving our defenceman easy, short release passes as these players move up ice
- Our RD can hang back as a release player coming with speed





## 7. Single Swing Both Sides - Defenceman Behind Our Net With the Puck – Centre Fakes Picking Up Puck Behind Net

- Our LD sets up behind our net with the puck
- Our RW posts at around their blueline moving to the middle to make both their D stay back around their blueline
- Our LW and RD swing up ice on opposite sides
- Our centre comes down low behind our net from right to left, sees their centre in front of our net already skating way over anticipating our centre will pick up the puck and come out that way
- Instead our centre with the same speed skates right over the puck moving their centre with him out of the play and our LD comes out from behind the net on the other side and skates hard up ice
- Our LD can pass to our centre or our RD





## **PRACTICE DRILL:**

**Run a 5 on 4 unit drill with the 5 player “power play breakout” unit (2 defencemen and 3 forwards) at the defensive blue line lined up across the ice and the 4 player “penalty kill” unit (2 forwards and 2 defenceman) at the red line and also lined up across the ice. The puck is shot into the power play team’s defensive corner by one player on the 4 player unit lined up across the red line.**

**The 4 player unit forechecks on the penalty kill, using various options (hard chasing in the corner and behind the net, stand in front of the net, 2 down low, and 1 high and 1 low).**

**The 5 player unit uses the best breakout play option available depending on the intensity of the forechecking of the “penalty kill” unit including the centre going behind the net breakout play as described in the above TIP if there is time and space.**

**Give feedback including whistling the play dead in the middle of it having the players freeze in their positions, and then give feedback.**

**When the puck is out of the defensive zone, the players return to their original positions and the drill is repeated.**

**Make sure each unit is wearing different coloured jerseys, and each player in each unit has the same coloured jersey as we want high speed instant peripheral same team player recognition and it is almost impossible to accomplish this without jersey colour recognition.**

**Vary the starting positions of the 5 player and 4 player units and players (closer together or further apart) to reduce or increase the time the defensive defencemen will have to get puck control in their defensive corner or to go D to D behind their net or for the centre to pick up the puck behind our net. This will replicate “real” hockey conditions.**



**If we are teaching the power play breakout options to players who are not familiar with them or when to use them, show them the options off ice on a hockey board, and walk them through the options on ice**