



“Stay in the flexible box/diamond and force them to stay outside of it so they only get shots from far out”

DEFENSIVE ZONE - PENALTY KILL – 5 ON 4 – DIAMOND

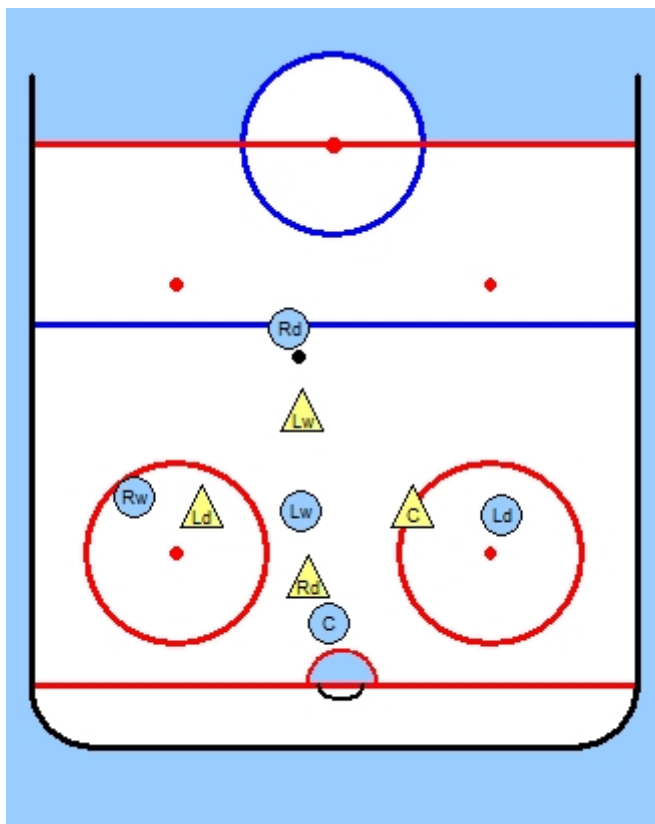
When two forwards go out to kill a penalty, they must talk to each other and agree who is going to have responsibility for which side of the ice. Usually a left hand shot will take the left side and a right hand shot will take the right side. If a centre goes out he will take the face offs and the other forward will line up on the wide side wing at the face off.

When the other team has possession of the puck in our zone and is set up in a 1 – 3 – 1 power play structure, we must set up “the flexible diamond”(see diagram below). It is “flexible” because it expands and contracts and rotates depending on where the puck is and which of their players have it. Sticks are in the passing lanes and if a shot is taken we block it.

Our RD net front moves their player away as much as he can so our goalie sees the puck being shot. This is extremely important.

They will move the puck and themselves around trying to get us out of position. They will switch positions and they will change their structure to a 2 - 2- 1 or a 1- 2 – 2 to again get us to create openings for great scoring chances down low, from the sides or from the point or middle. Playcontain but be aggressive so they have to hurry their passes. If they pass into skates, shoot and miss the net, we should pounce on the puck and clear it out if we can.

PLACE YOUR STCK ON THE SIDE THEY ARE MOST LIKELY WANTING TO PASS TO AND TRY TO DEFLECT THE PUCK



PROTECT THE SLOT AND BACK DOOR DOWN LOW PLAYS

Our forwards should extend their arms and move their sticks from side to side in an irregular sweeping motion with a wide leg stance and knees bent, trying to force a bad pass or intercept a pass. We should be aggressive but under control. We should not be lunging at anyone or trying to make the big body check. All that does is help them. Every movement must be controlled and thought about.

Of course any opportunity to get the puck or block or intercept a pass is taken so we can shoot the puck down the ice hard but don't just poke the puck forward and give it back to them. If you can't safely shoot it down the ice knock it into our corner. **THINK.**

When our player returns to the ice, immediately look for opportunities to pass to him. The other team may ignore him for just enough time for him to get open.



PRACTICE DRILL:

Run 5 on 4 unit drill with the 4 player unit (2 defencemen and 2 forwards) at the defensive blue line lined up across the ice and the 5 player unit (3 forwards and 2 defenceman) immediately behind them closer to the red line and also lined up across the ice. The puck is shot into the corner by one player on the 5 player unit.

The 5 player unit forechecks and tries to score, and the 4 player unit sets up the defensive flexible box and tries to get the puck out. Keep score.

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 or a goal is scored, repeat the drill.

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.

If we are teaching the defensive box to players who are not familiar with its strengths and weaknesses, show them how it works off ice on a hockey board, and walk them through this on ice.