



*“Rarely are there games when we have a 2 player advantage ... we should score every time we have this opportunity”*

## **OFFENSIVE ZONE – POWER PLAY 5 ON 3**

Pass the puck to our open player so we can move the puck over their blue line. Slow the play down 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 2 players. They will probably set up a rotating defensive triangle in their zone with 2 players down low and one player high.

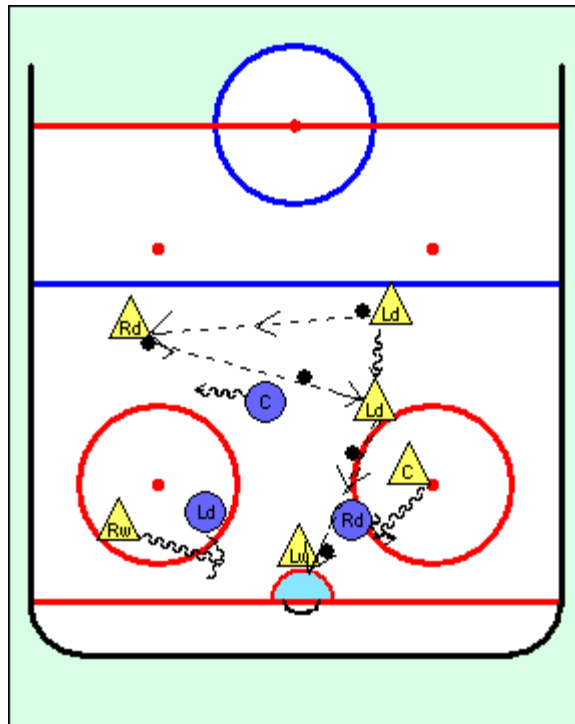
Below is an illustration of a **starting** formation, but remember we create openings for good scoring chances by moving around, rotating player positions, trying to force them out of the triangle, making them lunge, and trying to block shots, which allows us to create 2 on 1 situations, and to screen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

Our defencemen are the key to defeating their triangle. We should put 3 of our players down low, one in the middle at the top of the crease screening their goalie and the 2 others on either side of the net forcing their 2 defencemen to cover these 3 players as best they can. The player in front should be strong and hard for them to move.

This leaves a 2 on 1 against their player at the top of the triangle. Our 2 defencemen can pass back and forth until the timing and positioning for a soft pass and one-time shot is just right for our defenceman with the best shot as close in as we can get. See the **Diagram 1** below.



Diagram 1



This also leaves what we call the back door play where one of our forwards down low positions wider from their crease and is uncovered by their D. Our forward is turned shot ready for a pass. Our passes go D to D and our D and forward movements create a passing lane to our open LW who receives a pass from our LD for a one-timer shot on net. See **Diagram 2** below. Depending on the opposition's positioning this pass could come from our RD if the passing lane to our LW is opened by our player movements.

Some teams play a very tight triangle as a defence to our 5 on 3 with a player at the apex (top) of the triangle closest to their blue line very low down below the top of their circle, hoping we will keep passing back and forth looking for the ideal scoring play down low, the so-called back door play. Their plan is to block a lot of our shots. The seconds of our 5 on 3 keep ticking away with no shots. Don't play into their strategy and waste all kinds of time looking for the perfect back door play. A very tight triangle with their 2 D down low in front makes a low back door play very difficult. So, get as close as you can to their net still open to shoot and shoot with our players (and theirs) screening their goalie and try to deflect the puck. On the rebound we will out number them. This is particularly the case on small offensive zone surfaces.



Diagram 2

