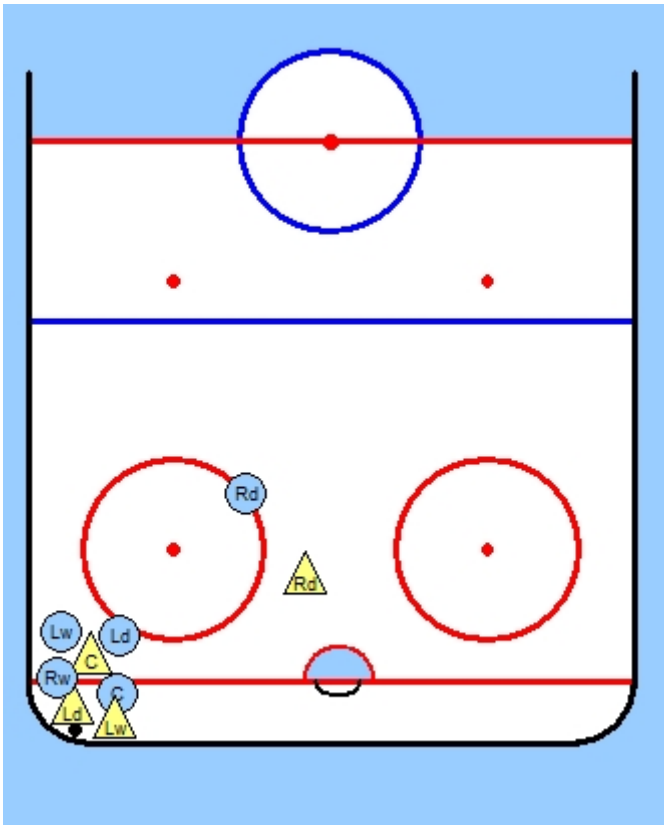
"If we get a chance to freeze the puck in our corner do so"

DEFENSIVE ZONE - PENALTY KILL – 5 ON 4 - SEAL

When on the penalty kill, sometimes the puck goes into the corner say after a shot and nobody has possession, but we have the opportunity to get to the puck at the same time they do and try to freeze it against the boards for a faceoff. If we can bring 3 players to the puck and they bring 4 we have a good chance because so many players are there to accomplish our freeze against the boards.

Our players should try to get the puck between the blade of their stick and the boards holding the puck firmly there or put the puck against their skate and the boards, while our other 2 players reinforce the puck not moving with their stick blades there too.

One of our players should cover their player around in front of our net in case the puck gets loose and they recover it. This strategy is called the "Seal", and through experience I can tell you it works most times. See diagram below.



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