



*“When we have the man advantage and the puck is in their zone, all 3 of our forwards should forecheck until we win the puck”*

## **OFFENSIVE ZONE – POWER PLAY 5 ON 4 FORECHECK**

When we have a 5 on 4 power play, we don't want to shoot the puck into their zone unless we have to.

We want to maintain puck possession utilizing short safe passes through our zone and the neutral zone. We have the extra player so there is always one player open. If there is no one open ahead of you and you are about to be checked pass the puck back to our defenceman and he will lead the rush. We want to carry the puck into their zone, slow the play down just over their blue line and set up our umbrella or other formation.

But we can't always do what we want. Sometimes we are forced by their positioning to shoot the puck in. For example, they may have two or more of their players on their blue line waiting for us. And sometimes we may lose the puck to them in their zone for some reason.

When that happens we must have all 3 forwards pressing hard for the puck with maximum urgency, speed and bodychecking especially in their corners, and no forward just standing around waiting for a pass that may never come because the other team may win the puck. There should be no hesitation to try to intercept their pass or stop them from shooting the puck down the ice. Skate hard at their player even if he has full control of the puck. Try to make them make a mistake. The risk of them breaking out of their zone with an odd man 3 on 2 rush is very small because they only have 2 forwards on the ice and normally their instructions are to “ice the puck”. One of the reasons we use the 2 – 1 – 2 forecheck in stead of the 3 – 2 forecheck when we are 5 on 5 is to guard against the 3 on 2 odd man rush.

When there is a loose puck in their corner, our first forward into their corner should bodycheck their player, our second player in should get the puck if he can or bodycheck also if they have 2 players there and the puck is still loose. Our third forward should always be there to pick up the loose puck. We should always outnumber them on the puck 3 on 2 when the puck is loose.

Our defencemen should be a few feet inside their blueline anticipating the puck being won by us in their corner, ready for a pass and a quick shot or to jump into an open space in the slot for a shot, or to set up the umbrella 5 on 4 power play formation in their zone.

Also, if it looks like we are about to win the puck in their corner, one of our forwards could anticipate this and separate from his two linemates and get open. The best place to get open is usually behind their net because none of their players usually go there or expect us to go there. If our other 2 forwards in the corner fighting for the puck can rely on the fact that our remaining forward will go behind their net, we can, even without looking sometimes, chip, pass or redirect the puck there quickly, use the net as protection and then set up a play. There is no purpose



served by one forward standing on the opposite side of the ice from where the puck is in the umbrella formation even if he is wide open because there is no passing lane to him. Even standing covered in front of the net doesn't help win the puck to take full advantage of the available 5 on 4 play options outlined in another TIP.

**SO FIRST THINGS FIRST - ALL FORWARDS SHOULD MAKE AN ALL OUT**

**EFFORT TO WIN THE LOOSE PUCK IN THEIR ZONE WHEN WE ARE 5 ON 4**