

PURPOSE

- To use puck control in a power-play situation leading to a goal-scoring opportunity

EQUIPMENT None

TIME 8-10 minutes

PROCEDURE — Full-Ice Drill

- Split team into two groups, and alternate the drill within the two end zones.
- One group of five players (power play) stands on the blue line and waits for the coach to put a puck in the corner. A group of four penalty killers is 10 feet behind the group of five in the neutral zone between the blue and red lines and enters the zone second. This will allow the power play to gain possession of the puck and set up (top half of diagram).
- Play continues with passing and shots on goal until a whistle is blown and another puck is put into the other end of the rink. Five new players are waiting to attack, and the previous power-play personnel (minus one player who is told to drop off) skate hard to the opposite end and become the penalty-killing unit.
- This sequence continues with each succeeding whistle.

KEY POINTS

- The coach will designate one power-play person to drop off on the ensuing rush.
- This is a nonstop, fun activity that allows players to try both power-play and penalty-killing assignments.

DRILL PROGRESSIONS

- Have two players drop out and make the next series a 5-on-3 power play.
- Practice 6-on-3 by pulling the goalie on some occasions.
- Restrict contact by defenders, which will allow skill development and a "comfort zone" for offensive players.

