

Penalty Killing

Remember the 5 P's: **P**rior **P**lanning **P**revents **P**oor **P**erformance

When organizing your Penalty Killing it may help to divide the ice into three zones.

Offensive Zone:

- o Pressure loose pucks hard – Speed and pressure
- o One pass does not beat two people – Good depth by 2nd F and D
- o Proper angles with active stick – Sticks on ice taking away passing lanes
- o Do not finish checks after pass is made – We need you to back check immediately
- o Hard back through middle – Try and pressure puck before blue line, force PP to make plays.
- o 'D' good 'Gaps' – Read the rush – No odd-man rushes against

Neutral Zone:

- o Gaps – close on puck carrier and force dump-ins
- o Fill 3 lanes after redline – pressure until set-up

Defensive Zone:

- o Pucks down ice hard – First Time/Every time!
- o Pressure in straight lines, sticks on ice – Net is the magnet
- o Pressure all dumps and force until set-up
- o Don't get tied up in front
- o Bodies in shooting lanes/Sticks in passing lanes
- o Outwork opposition – Use short shifts

STAY OUT OF THE BOX!

Special Skills Needed For Penalty Killing:

- o Good Judgment, anticipation
- o Sound Checker – Intensity and determination
- o Quickness and strength
- o Good at all face-offs
- o Using stick in either hand
- o *Must be willing to block shots*
- o Keeping crease clear
- o Recognizing the importance of “defensive side” positioning and be in good defensive position in relation to the puck
- o Quick feet
- o Head on a swivel – split vision
- o Will to be successful

Goaltender Must:

- o Communicate situation to teammates
- o Freeze puck whenever possible
- o Prevent and handle walk-outs-jam plays
- o Handle Pass-outs and pass-throughs with good stick
- o Be ready for bad angle shots