



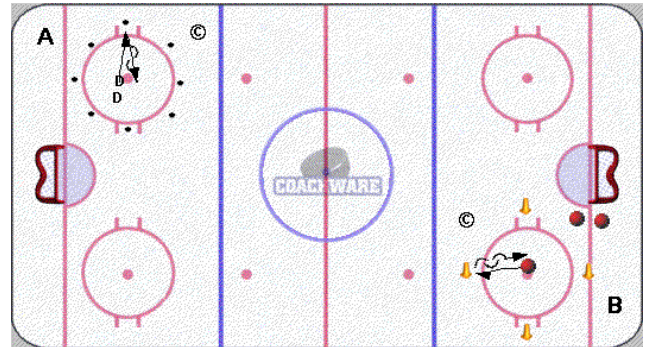
# PLAY RIGHT COE SPECIALTY COACH CLINIC PROGRAM



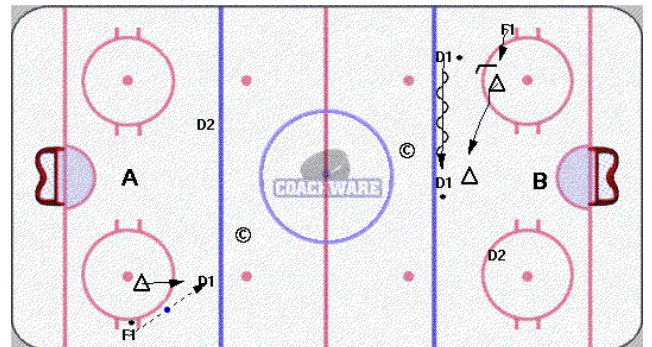
75 Minute Ice Session

## Ice Session Module: "Penalty Killing"

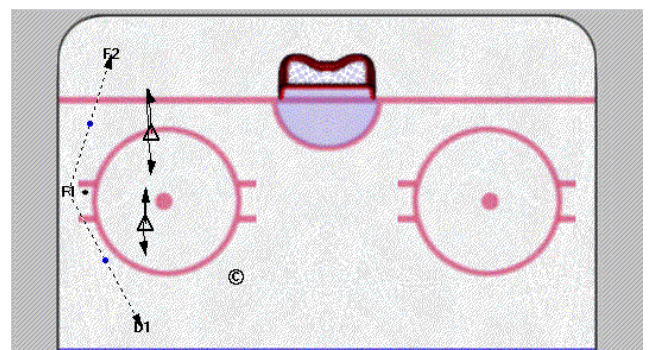
Time	Drill Name & Description	Key Points
10	<b>PK Position Drills</b>	
	<p><b>A. "D" Circle Drill</b> Place 8 pucks around a circle as shown. Start a defense in the middle as shown. The defense always faces the puck they are working with. The defense player skates out to a puck with their stick on the ice and then skates backwards returning to the middle dot while facing the puck. REPEAT WITH THE REMAINING PUCKS .</p> <p><b>B. "L" Drill</b> This drill is for the forwards; they simply straight line skate out to a pylon and backward to the dot, always facing the pylon.</p>	<ul style="list-style-type: none"> <li>• Straight line skate</li> <li>• Facing up</li> <li>• Pivots</li> <li>• Active sticks</li> </ul>



Time	Drill Name & Description	Key Points
7	<b>3 vs. 1 High Grid</b>	
	<p>A. This is a drill designed to work on the positioning of the strong side PK forward. The F1, D1 and D2 must work above the hash marks and try to get an attack on goal. Δ defends with good PK position using straight line skating, active stick, head on a swivel, and facing up.</p> <p>B. If the attackers move into a high umbrella, Δ moves to the middle with D1 and cuts off the passing lane from D1 to F1.</p>	<ul style="list-style-type: none"> <li>• Straight line skate</li> <li>• Active stick</li> <li>• Face up</li> <li>• Head on swivel</li> </ul>



Time	Drill Name & Description	Key Points
7	<b>3 vs. 2 Side Grid</b>	
	<p>The idea here is the same as the last drill. D1, F1 and F2 try to attack the net from the side boards while the 2 Δ's defend using good PK'ing skills. If the attackers go to an umbrella, the Δ's will shift accordingly; the high Δ moves across with D1 and the low Δ moves up to the dot to front F1.</p> <p>The idea here is to keep the puck to the outside of the ice using good positioning and active sticks.</p>	<ul style="list-style-type: none"> <li>• Straight line skate</li> <li>• Active stick</li> <li>• Face up</li> <li>• Head on swivel</li> <li>• Communicate</li> </ul>





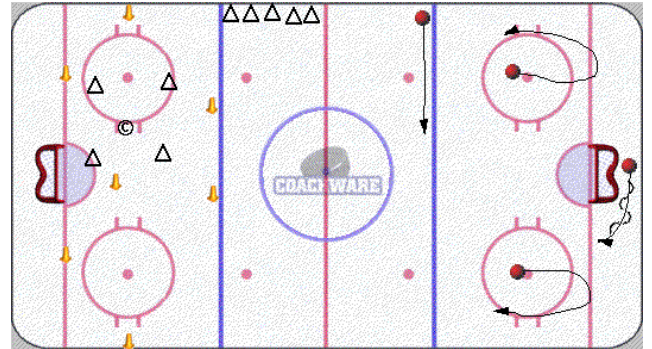
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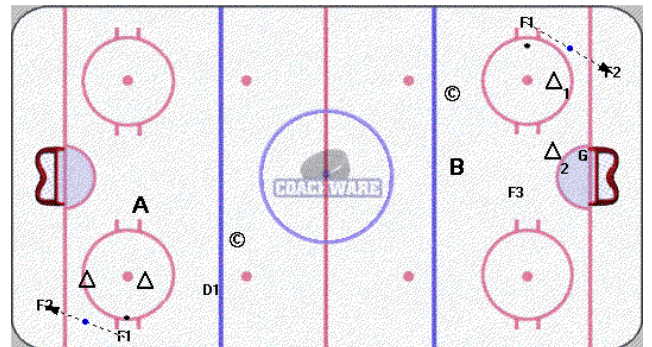
75 Minute Ice Session

## Ice Session Module: "Penalty Killing"

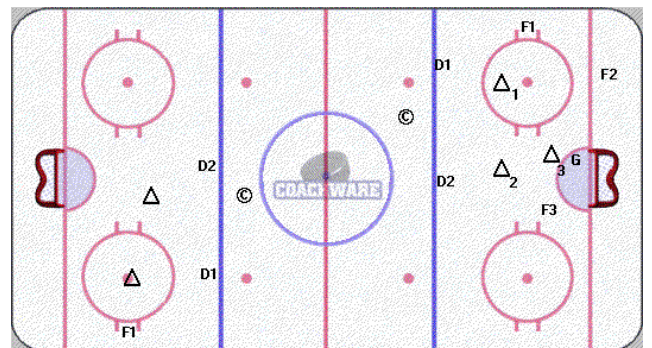
Time	Drill Name & Description	Key Points
7	<b>Recognition Drill</b>	
	<p>Set up pylons as shown around the outside of the rink.</p> <p>Set up a PK box of 4 Δ's.</p> <p>To start the drill, the coach points to a pylon and the box shifts to cover (the designated pylon is the puck carrier).</p> <p>Once everyone has shifted correctly, the coach points to a new pylon and the box repeats (this repeats around the zone randomly).</p> <p>Finally the coach will toss a puck to a low or half-wall pylon and call "Press"; the box presses, gets possession, clears the puck out and skates the PK forechecking pattern vs. the 4 O's who try to gain the Offensive Zone.</p> <p>Repeat with 4 new Δ's (the old Δ's become the new O's).</p>	<ul style="list-style-type: none"> <li>• Straight line skate</li> <li>• Active stick</li> <li>• Face up</li> <li>• Head on swivel</li> <li>• Communicate</li> <li>• Support</li> </ul>



Time	Drill Name & Description	Key Points
14	<b>PK Attack Grids</b>	
	<p>A) 3 vs. 2 Side Attack – F1, F2 and D1 attack the 2 Δ's from the side wall.</p> <p>Progress by adding another Δ as a net defender and F3 as a backdoor attacker (this emphasizes pressing by the PK).</p> <p>B) 3 vs. 2 Low Attack – same drill but now from below the hash marks.</p> <p>This works on the press/contain decision for the net defensive player (Δ2).</p>	<ul style="list-style-type: none"> <li>• Straight line skate</li> <li>• Active stick</li> <li>• Face up</li> <li>• Head on swivel</li> <li>• Communicate</li> <li>• Press or contain</li> </ul>



Time	Drill Name & Description	Key Points
7	<b>PK Attack Grids (continued)</b>	
	<p>C) 3 vs. 2 High Attack</p> <p>Same drill except the attack comes from the top.</p> <p>This drill is for PK forwards and it emphasizes the positioning of the weak side forward.</p> <p>Progress by adding a low attacker (F2), a net defensive player (Δ 3) and a backdoor attacker (F3).</p> <p>NOTE: F3 cannot move for the purposes of the drill.</p> <p>If Δ3 presses low, Δ 1 and Δ 2 must react.</p>	<ul style="list-style-type: none"> <li>• Straight line skate</li> <li>• Active stick</li> <li>• Face up</li> <li>• Head on swivel</li> <li>• Communicate</li> <li>• Support</li> </ul>





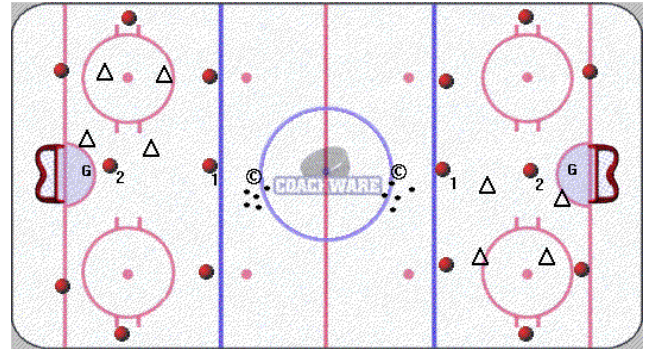
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75 Minute Ice Session

## Ice Session Module: "Penalty Killing"

Time	Drill Name & Description	Key Points
10	<b>Continuos PK</b>	
	<p>Set up PP units of attackers on both sides of the offensive zone (O1 and O2 work with both units) at each end.</p> <p>The coach passes a puck into one of the power play groups; they attack while the 4 Δ's defend and try to clear the zone.</p> <p>On whistle, the coach spots another puck and the drill is repeated.</p> <p>Play 5 pucks and then switch the personnel.</p> <p>The power play units can pass to each other but they must stay on their own side of the ice.</p> <p>Switch to 3 penalty killers as an option.</p>	<ul style="list-style-type: none"> <li>• Press or contain</li> <li>• Support</li> <li>• Communicate</li> <li>• Positioning</li> </ul>



Time	Drill Name & Description	Key Points
13	<b>PK Scrimmage</b>	
	<p>Go live 5 vs. 4, 5 vs. 3, and 4 vs. 3.</p> <p>Use face-offs, off-sides and icings.</p> <p>Play the power play units vs. the penalty killing units. To add pressure, set up a competition for a prize and, if available, use the penalty score clock.</p>	<ul style="list-style-type: none"> <li>• Work ethic</li> <li>• Focus</li> <li>• Communicate</li> <li>• Fun!</li> </ul>

