



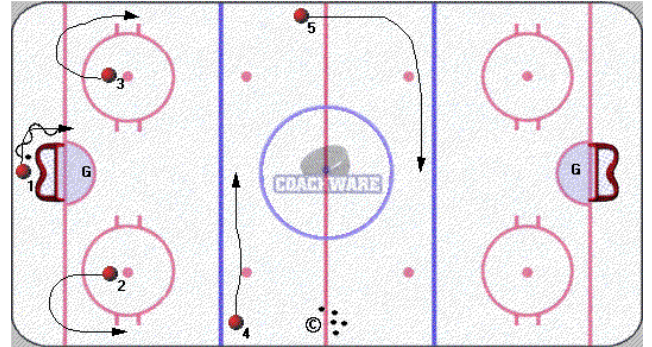
# PLAY RIGHT COE SPECIALTY COACH CLINIC PROGRAM



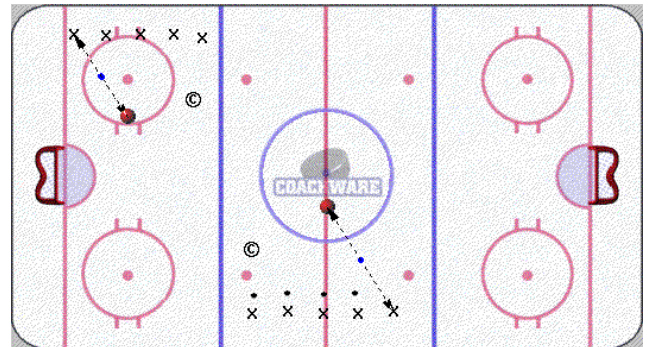
75 Minute Ice Session

## Ice Session Module: "Power Play Drill Package"

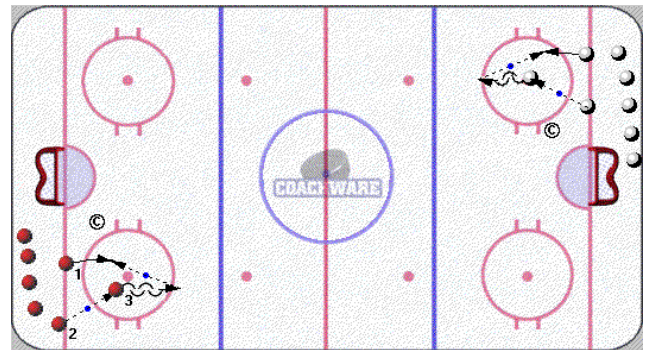
Time	Drill Name & Description	Key Points
5	<b>Shadow Power Play Breakout</b>	
	<p>This drill emphasizes timing, passing, support and it serves as a warm up for the goalies. The coach dumps the puck in to start the drill and the goalie sets it up.</p> <p>A unit of 5 breaks out using a power play breakout option, enters the OZ, and runs a play off the PP set.</p> <p>After the play is run and 1 rebound played out, the coach blows his whistle and lays 5 pucks out in the NZ.</p> <p>The unit comes back out, picks up a puck and then shoots one at a time on the goalie in the end they broke out from.</p> <p>Repeat from the other direction with a new unit.</p>	<ul style="list-style-type: none"> <li>• Timing</li> <li>• Passing</li> <li>• Support</li> <li>• Warm up goalie</li> </ul>



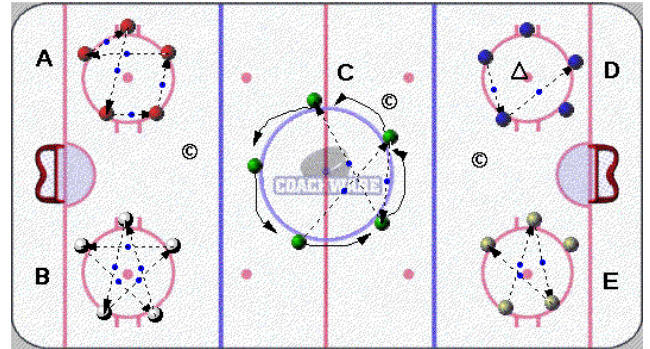
Time	Drill Name & Description	Key Points
3	<b>5 vs. 1 Pepper Pass</b>	
	<p>5 X's line up as shown with an O facing them. O starts the drill by passing to the first X in line. -X passes it back to O (plays catch)</p> <p>O plays catch with each X up and down the line, then switch the O.</p> <p>Progression: add additional pucks.</p>	<ul style="list-style-type: none"> <li>• Quick hands</li> <li>• Head up</li> <li>• Eye Contact</li> <li>• Keep hands in front of body</li> <li>• Talk</li> <li>• 1-Touch passing</li> </ul>



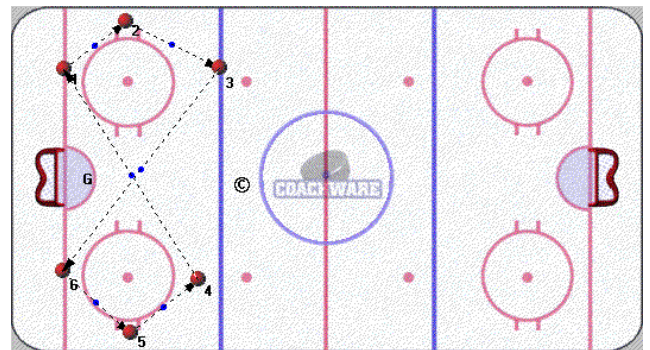
Time	Drill Name & Description	Key Points
4	<b>3 Player Touch Pass</b>	
	<p>Players work in groups of 3 as they skate around the outside of the ice.</p> <p>The object of the drill is for the 3 players to pass the puck amongst the group without losing control of it.</p> <p>The lead skater skates backward while the 2 trailers skate forward. Work on all different types of passes. (i.e. 1-touch, bank, saucer, sweep)</p>	<ul style="list-style-type: none"> <li>• Puck control</li> <li>• 1-touch passing</li> <li>• Quick hands</li> <li>• Head up</li> <li>• Hands in front of body</li> </ul>



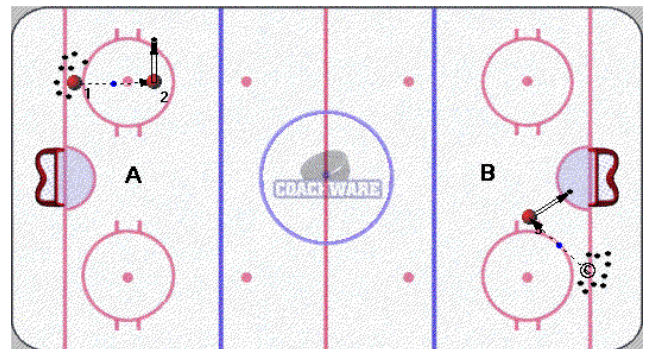
Time	Drill Name & Description	Key Points
4	<b>Circle Passing</b>	
A)	Count the number of completed passes in a certain time period (talk and give a target).	<ul style="list-style-type: none"> <li>• Eye contact</li> <li>• Deception</li> <li>• Quick hands</li> <li>• Give target</li> <li>• Talk</li> </ul>
B)	Star – pass to every 2 <sup>nd</sup> player (try to get 4 pucks going at once).	
C)	Skate the circle while 1-touch passing (go forward and backward).	
D)	Put 1 or 2 defenders in the middle.	
E)	Fake-shot passing.	



Time	Drill Name & Description	Key Points
4	<b>Double Overload Passing</b>	
Set up 6 players in the OZ as shown. Start the drill by moving the puck around under control as quickly as possible. Work on touch passing, re-directing, and the fake-shot pass.		<ul style="list-style-type: none"> <li>• Touch pass</li> <li>• Re-direct</li> <li>• Fake-shot pass</li> <li>• 1-time shooting</li> <li>• Quick hands</li> <li>• Head up</li> </ul>
Progression 1: add a goalie and now work on 1-time shooting as well.		
Progression 2: add 1, then 2 defenders.		



Time	Drill Name & Description	Key Points
5	<b>Stationary 1-Timer</b>	
A)	Work in pairs – O1 pass to O2 who 1-times the puck against the boards. - pass to the middle of the body - also pass – pass, then shot option	<ul style="list-style-type: none"> <li>• Pass puck to front skate</li> <li>• Pass puck slow at first, then increase speed</li> <li>• Quick release</li> <li>• Meet the puck, don't over-swing</li> </ul>
B)	Slot Shooting – Coach feeds O3 pucks in the slot area. - O3 1-times the puck and goes to net - O3 now backs out into the slot in a new location for the next pass	







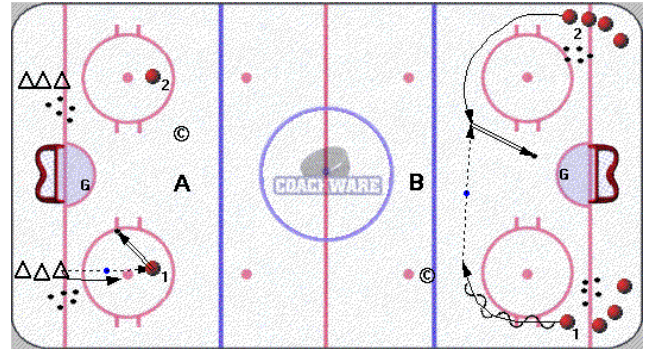
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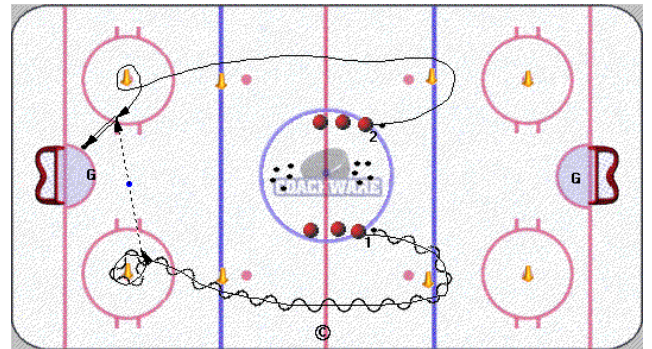
75 Minute Ice Session

## Ice Session Module: "Power Play Drill Package"

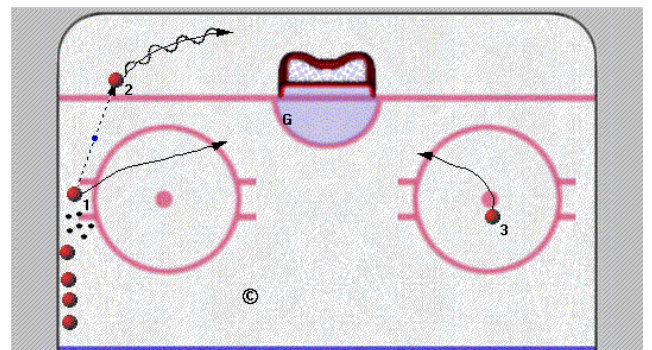
Time	Drill Name & Description	Key Points
5	<b>Horseshoe 1-Timer</b>	
<p><b>A) Pressure Box and Shot</b> The defender passes to O1 and rushes to check them. O1 must get the shot away quickly. Repeat on the other side.</p> <p><b>B) Horseshoe 1-timer</b> O1 and O2 come out around the top of the circle. O1 passes to O2 for a 1-time shot on goal and O1 goes for the rebound. Also try: a) give and go with a 1-timer b) fake-shot pass for a 1-timer c) cross – drop and pass for a 1-timer</p>		<ul style="list-style-type: none"> <li>Quick release</li> <li>Passing</li> <li>1-time shooting</li> </ul>



Time	Drill Name & Description	Key Points
5	<b>Delay 1-Timer</b>	
<p>O1 drive skates with the puck, O2 drive skates without the puck. Just inside the offensive zone both players delay around pylons. O1 feeds O2 for a 1-time shot and both go to the net for a rebound. Also try: a) pass – pass and 1-timer b) give and go for a 1-timer</p>		<ul style="list-style-type: none"> <li>Firm passing</li> <li>Control skating</li> <li>1-time shooting (quick release)</li> <li>Drive net</li> <li>Quick feet</li> </ul>



Time	Drill Name & Description	Key Points
5	<b>3 Option Low</b>	
<p>Set up as shown; O1 starts by passing to O2. O2 starts to skate behind the net. O2 has 3 options: a) pass it back to O1 b) drive the net and pass to O3 coming down the backside after going behind net? c) pass across the crease to O3 before gaining net before going behind net? Try all 3 options.</p>		<ul style="list-style-type: none"> <li>Drive skating</li> <li>Puck protection</li> <li>Quick Release</li> <li>Timing</li> <li>Passing</li> <li>1-time shooting</li> <li>Go to net</li> </ul>





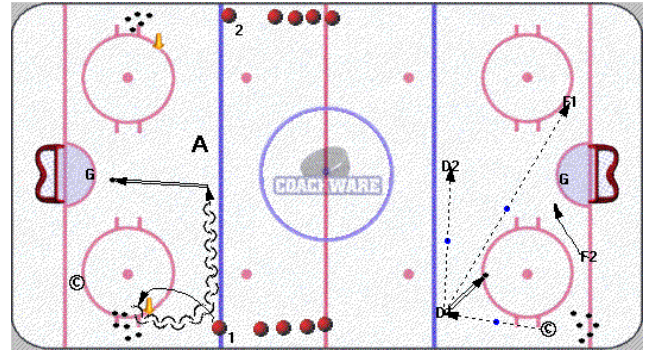
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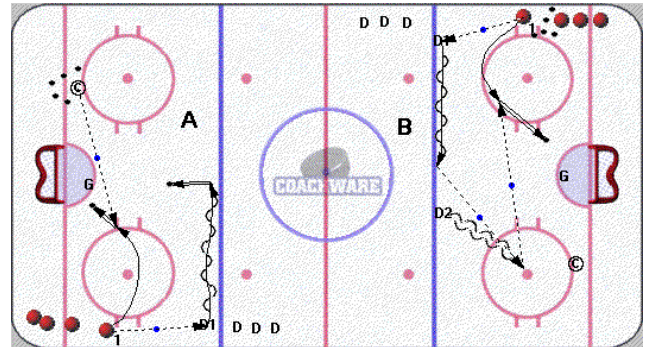
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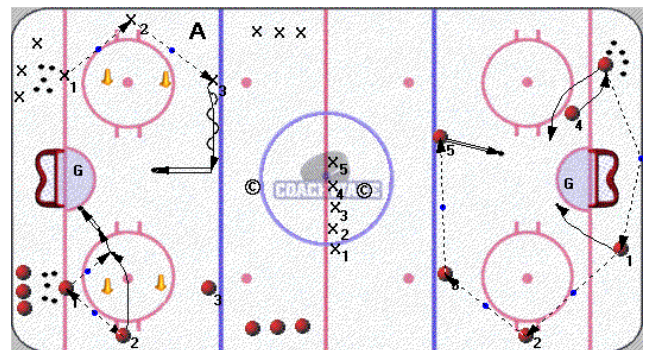
Time	Drill Name & Description	Key Points
5	<b>D Series</b>	
	<p>A) D Drag – O1 skates forward to the pylon, pivots, and a puck; O1 then drags / sprints to the middle and shoots; skate to the pylon on the other side and repeat.</p> <p>Also add a chaser to pressure the shooter.</p> <p>B) The Hinge – think of D1 as a hinge on the PP (the puck should not be trapped there). In this drill, Coach feeds D1 a puck. D1's options are: i) shoot ii) fake-shot pass to F1 iii) pass to D2 iv) drag the middle QUICK PUCK MOVEMENT IS REQUIRED WHATEVER THE CHOICE IS.</p> <p>Try all the options: start with just D1, then add F1, D2 and F2.</p> <p>F1 and F2 get to the net on all point shots.</p>	<ul style="list-style-type: none"> <li>• Drag / Sprint to middle</li> <li>• Quick release</li> <li>• Passing</li> <li>• Fake-shot pass</li> <li>• Drag/sprint to middle</li> <li>• Support</li> </ul>



Time	Drill Name & Description	Key Points
5	<b>High Umbrella Series</b>	
	<p>A) 2 Shot - O1 passes to D1 who drags the puck and shoots.</p> <ul style="list-style-type: none"> <li>- O1 skates up side wall to support D1</li> <li>- when O1 sees D1 is going to shoot, O1 skates to the net and receives a pass from the Coach for a shot on goal</li> </ul> <p>B) High Triangle – first objective is to get the puck to the middle by having D1 skate it there or a pass from D1 to D2.</p> <ul style="list-style-type: none"> <li>- use the passing seams, quick puck movement and fake-shot passing to set up 1-time shots</li> </ul> <p>Try all the options: i) D1 drag and shoot ii) D1 drag, then back to O1 for shot iii) D1 to D2 for middle shot iv) D1 to D2, who takes it wide and passes it back to D1 for shot v) cross-seam passes (i.e. O1 to D2 or vice versa)</p>	<ul style="list-style-type: none"> <li>• Support</li> <li>• Timing</li> <li>• Get puck to middle</li> <li>• Quick puck movement</li> <li>• 1-time shooting</li> <li>• Passing</li> </ul>



Time	Drill Name & Description	Key Points
5	<b>Multiple Option Series</b>	
	<p>A) 3 Players on Half-Ice – set up as shown. Alternate sides sequentially executing the various options of the PP. Try run various attack options Go 3 vs. 0, 3 vs. pylons, 3 vs. passive defenders.</p> <p>B) Continuous – set up a PP unit in the OZ with pucks in a corner. On whistle, O4 grabs a puck and passes to O1 on the other side of the net. The unit runs a PP option and plays 1 rebound Repeat a 2<sup>nd</sup> and 3<sup>rd</sup> time, executing different options.</p>	<ul style="list-style-type: none"> <li>• Support</li> <li>• Timing</li> <li>• Get to net</li> <li>• Passing</li> <li>• Shooting</li> </ul>







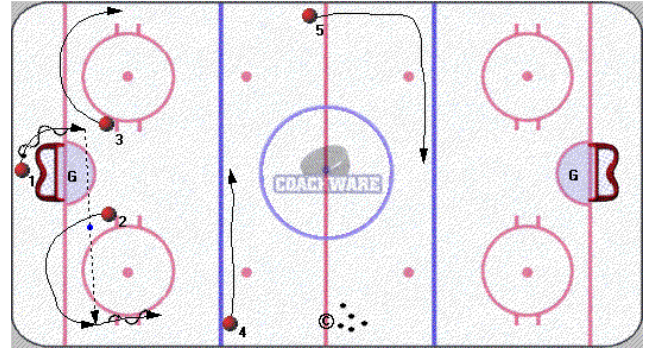
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Time	Drill Name & Description	Key Points
10	<b>3 Zone Series</b>	
	<p>Coach dumps puck in and goalie sets it up.            PP unit breaks out using designated breakout option.            Power Play unit enters, executes a play 5 vs. a goalie, and plays out 1 rebound.            On whistle, same unit breaks out a 2<sup>nd</sup> time vs. 1 forechecker and 2 Defense and executes a 5 vs. 3 PP.            On next whistle, same unit breaks out a 3<sup>rd</sup> time vs. 2 forecheckers and 2 Defense and executes a 5 vs. 4 PP.</p> <p>OPTIONS: Instead of utilizing break outs, you can substitute NZ counters and face-offs.</p> <p>*This is a good conditioner, warm-up drill or cool-down drill*</p>	<ul style="list-style-type: none"> <li>• Timing</li> <li>• Support</li> <li>• Control Skating</li> </ul>



Time	Drill Name & Description	Key Points
10	<b>Power Play Contest</b>	
	<p>Set up PP units, 1 in each end.            Place 2 sets of PK'ers in the NZ.            Coach starts the drill by shooting the puck into one end.</p> <p>The PP unit in that end attacks 5 vs. the goalie; if they score, 1 PK'er enters the zone and they attack a 2<sup>nd</sup> time now, 5 vs.1 (each time the PP unit scores a new PK'er jumps into the DZ); if the goalie or PK'ers can clear the puck out of the zone then the other PP unit becomes active.</p> <p>The first PP unit to score 5 vs. 4 wins.            On a frozen puck by the goalie, the coach re-starts the drill by shooting a puck into other end.</p>	<ul style="list-style-type: none"> <li>• Support</li> <li>• Timing</li> <li>• Puck movement</li> <li>• Shooting</li> <li>• Get to net</li> </ul>

