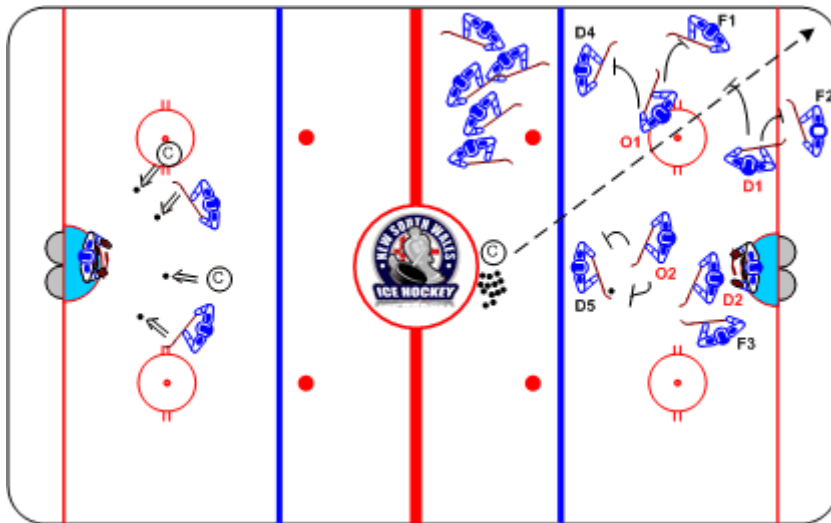




5-on-4 Penalty Kill

Duration: 7 mins

- © dumps puck deep for a 5-on-4
- Forwards and Defense play tight box
- If the powerplay unit loses the puck, pressure immediately
- **F2** to read and act
- Goalie at the other end with ©'s and Forwards perform pokechecking drill, then shoot



Coaching Tips

- "1 Go All Go"
- Read and act
- Head on swivel, active sticks through the passing lane

Execution Tips

- Rotate all players through powerplay and penalty kill
- Control with a whistle to provide feedback
- Change Goalies half-way