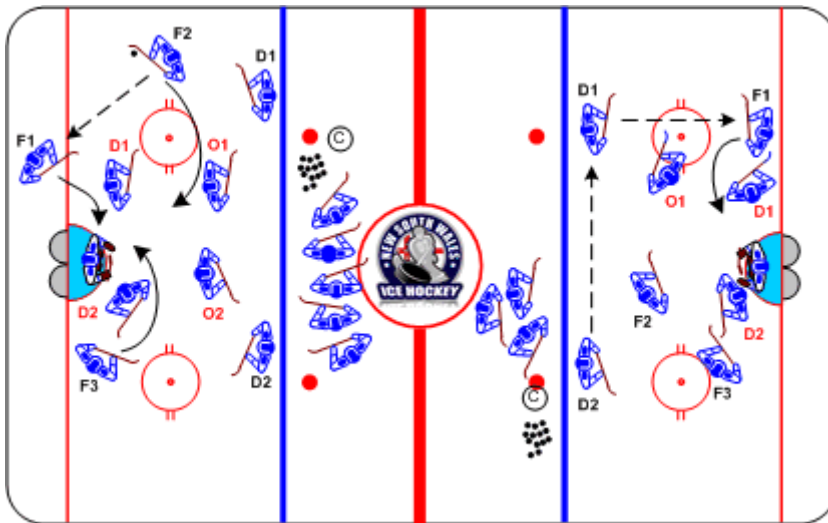




Powerplay 5-on-4 and 5-on-3

Duration: 8 mins

- 5-on-4: Work all plays from side umbrella - give-and-go, low walk-out and point shot
- 5-on-3: Box formation with F2 in the middle
- Pass puck along outside, choose option: pass to **F2** in slot
- Pass to **F2** side of crease
- Attack net



Coaching Tips

- Quick puck movement, one-touch passing
- Set picks and screens
- Attack the net

Execution Tips

- Option: have defenders turn sticks over to increase odds of success