



KHA Special Teams Practice

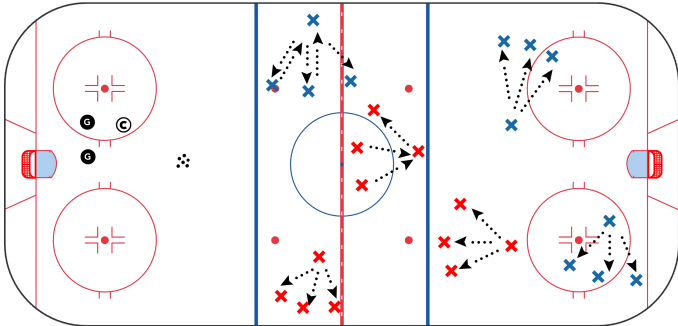
Date: Oct 1 2024

Time: 2:01 pm

Duration: 26 mins

Pivot Passing

6 mins



Stationary passing, pass to the pivot person in the middle fan style
Progress to backhand passing and receiving, one touches, saucer passes, etc.

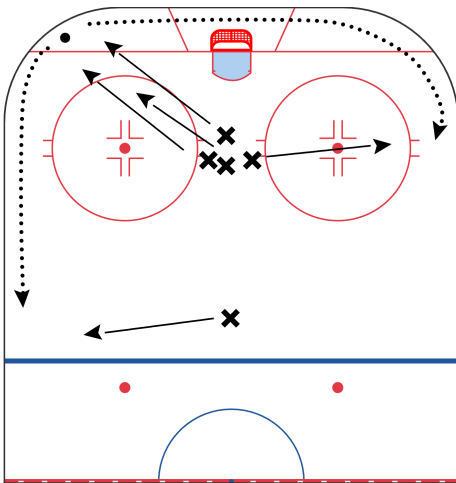
Key Points

Maintain good posture and stick readiness - stick should not come up in the air after each pass

Keep feet quiet - don't spend unnecessary energy

Possession Over Position Power Play Releases

6 mins



Non point players start in slot, coach spots puck in either corner
Middle players and corresponding flank player sprint to corner to retrieve puck

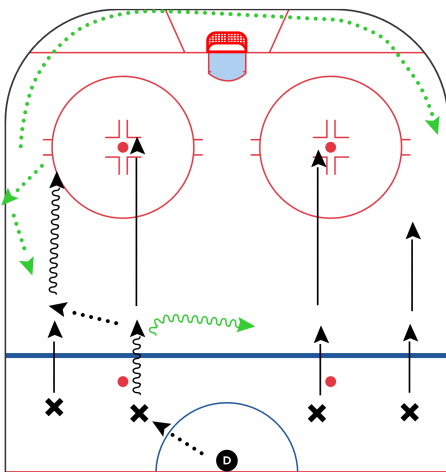
Point and opposite flank sprint to outlet spots

Corner battle releases puck low to high or rim to weak-side

Make a play

Power Play Zone Entries

6 mins



Defenceman or coach passes puck to one of the four zone entry

players, who skate over the blue line

Progressions

- Kickout to bump back
- Kickout to rim around
- Grab the line and traverse
- Go score

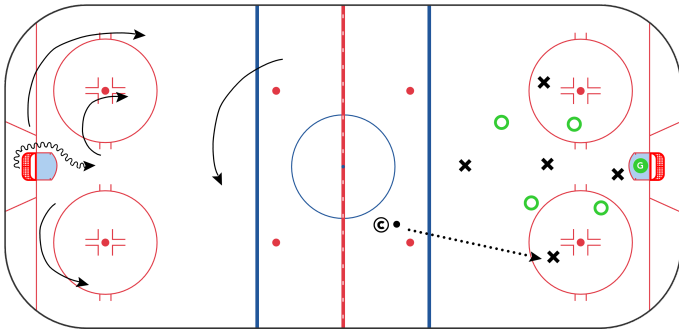
After setup players move puck around for chance

Key Points

Skate past your routes - each player should continue skating until they're past their intended position

3 Puck Power Play Full Ice

8 mins



Power play unit starts in designated setup positions, coach passes 1st puck to PPQB

On whistle coach spots 2nd puck in corner or shoots on net, power play retrieves and sets up for chance

On whistle coach spots 3rd puck in far end for breakout or neutral zone for regroup