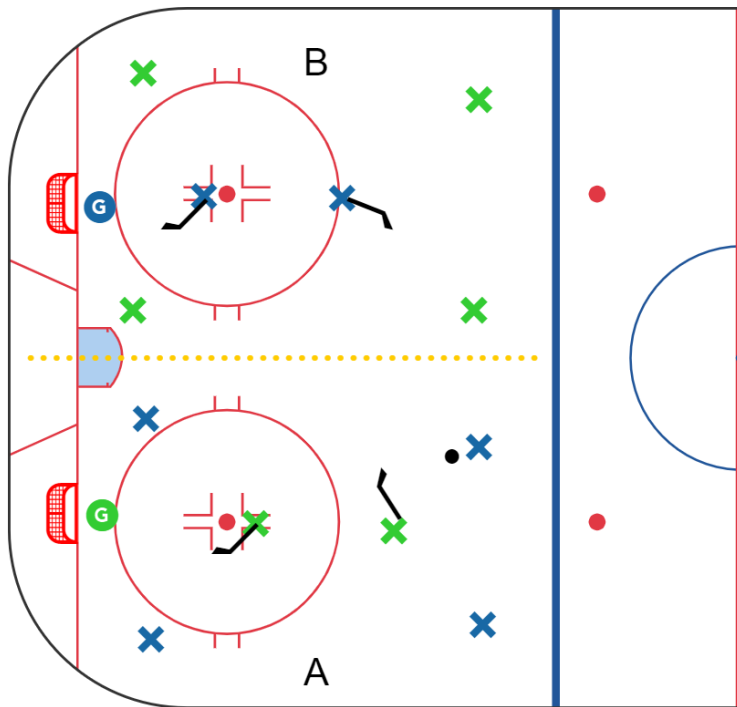


Power Play Pick Up



Description

Power Play Pick Up - Split up the ice as shown. Each side is a 4-v-2. **Blue** team is shown as offence on **Side A** and have two defenders on **Side B**. Vice versa for **Green** Team. **Blue** Team can start in this case, stay in their relative areas, passing the puck on the outside, looking for an opportunity to score while the **Green** defenders use active sticks and can apply pressure to defend (don't stand still). If **Green** gains possession, they can get the puck to their teammates (on Side B) for a scoring chance.

If a goal is scored, puck goes to opposite side to restart drill. Can quickly introduce a new puck to keep high tempo.

Coach can introduce rules - i.e. minimum 3 passes before shot, can allow top two offensive players (near blue line) to crossover/switch sides, etc.

Key Points

Offence - find open pass, move the puck, decision making

Defence - active sticks, apply pressure, defend