THE ART OF PENALTY KILLING

Vince Malette
Eisbaren DEL 1st Division
AGENDA

- PK Language
- Pre-Scout
- Good Habits
- Player Selection
- PK Strategies
  - Offensive Zone
  - Neutral Zone
  - Defensive Zone
- Countering Power Play Systems
- Fore-checking Systems
- Game Videos
PK Language

- **Systems**
  - Umbrella
  - Overload
  - 1-3-1
  - Behind Net

- **High Plays**
  - Switch
  - Give and go
  - Box out
  - Rim
  - Flush
  - Fronting

- **Low Plays**
  - Soft chips
  - Eat the puck
  - The house
  - Back door
  - Back to the post (play behind net)
  - Rim (soft vs hard)
Pre-Scout

- Pre-Game meeting / Pre-Game Speech to inform players:
  - Who are their Top Players (PP)
  - Know their Stick Positions
  - Identify the point shooter
  - How they set-up in the O-Zone
  - Look for their tendencies in their power play break-outs
Good Habits

- Team Speed (explosiveness)
- Active Sticks
- Pressure Situations:
  - Bobbles, Rims, Backs Turned
- Don’t Get Tied Up in Front of Net
- Do Not Finish Checks
- Face-offs Strategies (Wins and Losses)
  - Wins kill 20-30 secs
  - Loss - Consider pressure first 5-8 secs
- Short, Hard Shifts (do not over stay a Shift)
- No Second Penalties
- Forehand Whenever Possible
- Take Pride as PK player
- Penalty Killing Wins Games
PK – Player Selection

- Penalty killers in my opinion are the hardest workers
- Use units of forwards on PK (minor 2-3, Jr 3-4)
- Use two sets of D
- KISS Principle (Keep it Simple Stupid)
  - Do not be fancy out there win your battles & ice puck
- Attack with up ice pressure
PK Strategies

The PK Evolution

- Great PK Must Have Solid Goaltending
- Must win Face Offs
- Must have Quality PK Units
- Prefer to Give up Bad Angle Shots
- Keep the Puck Out of the Net
PK Strategies

Offensive Zone

- When to be aggressive or passive
- Angling and pressuring – inside to the outside
- Don’t pursue behind the net
- Stick down on the ice with active stick and must protect the middle

- Never finish your check
- 1st fore-checker instructs the job of the 2nd fore-checker
- Four players working together as a group
PK Strategies

Neutral Zone

- Protect the Middle
- Force Opposition to One Side
- Trap
- F1 Force to the Wall
- Stand up to Force the Dump
  - Stacking the blue line with 3 players
PK Strategies

Defensive Zone

- Create a Battle to Protect the Puck for Possession
- Primary Pressure on the Dump to Create a Loose Puck
- Force Pass or Battle
- Forehand Only – Never Backhand
- Shot Block Lane First
- Strong Gap Play for D

- Play Smart & Outwork the PP
- Do not get Tied up at Net Front
<table>
<thead>
<tr>
<th><strong>Power Play</strong></th>
<th><strong>vs</strong></th>
<th><strong>Penalty Killing</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Timing (Breakout)</strong></td>
<td></td>
<td><strong>Pressure, Steering, Recovery, Replace Angling</strong></td>
</tr>
<tr>
<td>(5 back, 4 back 1 stretch, 3 back 2 stretch, etc)</td>
<td></td>
<td>Style aggressive or passive</td>
</tr>
<tr>
<td><strong>Speed in Neutral Zone</strong></td>
<td></td>
<td><strong>Force to One Side, Gap and hold Blue line</strong></td>
</tr>
<tr>
<td>attack through the middle</td>
<td></td>
<td>Style block the middle, 3 at blue line</td>
</tr>
<tr>
<td><strong>Entries</strong></td>
<td></td>
<td><strong>a) Initial pressure on puck</strong></td>
</tr>
<tr>
<td>a) Dumping</td>
<td></td>
<td>make a battle</td>
</tr>
<tr>
<td>3 on the puck</td>
<td></td>
<td><strong>b) Pressure</strong></td>
</tr>
<tr>
<td>b) Control</td>
<td></td>
<td>pressing to make a pass (create turn over)</td>
</tr>
<tr>
<td>support or change point of attack</td>
<td></td>
<td><strong>Set Up</strong></td>
</tr>
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<td></td>
<td>a) Shooting lane and passing lane, block shots</td>
</tr>
<tr>
<td>a) Shooting</td>
<td></td>
<td>box out winger move down, cross ice pass, switch, block shot</td>
</tr>
<tr>
<td>(1-3-1, umbrella, overload)</td>
<td></td>
<td><strong>b) Rotation</strong></td>
</tr>
<tr>
<td>b) Low plays</td>
<td></td>
<td>back door, near slot</td>
</tr>
<tr>
<td>(give and go, behind the net, hash mark attack, slot, deflecting)</td>
<td></td>
<td></td>
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</tbody>
</table>
PK Fore-checking Systems or Styles

a) 0-4

b) 1-1-2 Passive or Aggressive or Rotation

c) 1-1-2 F1 overskates and second attack F2 middle

d) 1-1-2 Split F1 wide F2 middle (i.e. force up specific side)
Fore-checking Systems or Styles

- 1-3
  1) Board
  2) Middle
  3) F1 Overskates and F2 locks the middle
  4) F1 and F2 on the same side, double steer

- 1-2-1

- 2-2 Standing

- 3-1
PK Fore-checking System

0-4

Pros
• 4 back
• Standing the blue line
• Creating turnover’s at the blue line

Cons
• No turnover’s in the offensive zone
• Give speed to the other team in the neutral zone
• Passive in the offensive zone
# PK Fore-checking System

## 1-1-2 Stand Still

<table>
<thead>
<tr>
<th>Pros</th>
<th>Cons</th>
</tr>
</thead>
</table>
| • Cover middle of the ice  
• Create turnovers | • Give two options  
• Hard to stand the blue line |

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![Diagram of PK Fore-checking System](image)
PK Fore-checking System

1-1-2 Rotation

Pros
- Protect the middle of the ice
- F1 and F2 are in movement
- Possible to create turnovers in the offensive zone

Cons
- Harder to stay up to the blue line
- Back to the play
PK Fore-checking System

1-1-2- Split

Pros
• Dictating the other team where to go
• Would like to trap them at the red line
• Easier for the defensemen

Cons
• Still two defensemen at the blue line
• Two players doing the same job
## PK Fore-checking System

### F1 and F2 Same Side

<table>
<thead>
<tr>
<th>Pros</th>
<th>Cons</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Cover one lane</td>
<td>• Passive</td>
</tr>
<tr>
<td>• Stand up at blue line</td>
<td></td>
</tr>
<tr>
<td>• Easy to read</td>
<td></td>
</tr>
<tr>
<td>• Dictate which way the puck has to go</td>
<td></td>
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![Diagram of PK Fore-checking System](image_url)
## PK Fore-checking System

<table>
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<tr>
<th>Pros</th>
<th>Cons</th>
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<tbody>
<tr>
<td>• Cover the middle of the ice</td>
<td>• Hard to stand up the blue line</td>
</tr>
<tr>
<td>• Tight unit</td>
<td>• Passive in the offensive zone</td>
</tr>
<tr>
<td>• F2 gets the loose puck</td>
<td></td>
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</table>
PK Fore-checking System

1-3 Board

<table>
<thead>
<tr>
<th>Pros</th>
<th>Cons</th>
</tr>
</thead>
</table>
| • Dictating where the puck is going to go  
• Standing the blue line  
• Forcing the play to our defensemen | • No pressure  
• No turnover in the offensive zone |
PK Fore-checking System

1-3 Middle

Pros
• Protect the middle of the ice
• Stand blue line
• Guide the puck carrier to the defensemen

Cons
• No turnover in the offensive zone
• Sometimes the forwards skate backward
# PK Fore-checking System

## 2-2

### Pros
- Tight unit
- Protect the middle

### Cons
- Passive in the offensive zone
- Hard to stand up the blue line

![Ice hockey game diagram with players and zones labeled 1, 2, 3, and A1, A2]
PK Fore-checking System

Pros
• Cover three lanes

Cons
• Passive in the offensive zone
# PK Fore-checking System

1-3 Over Skates and Takes Middle Ice

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<td>• Stand the blue line</td>
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![Diagram of PK Fore-checking System]

- PK Fore: Checking System
Videos