Power Play
PP trends in the NHL

- 2007-2009, leading PP teams were scoring 80-90 PP goals a season.
- 2009-2011, leading PP teams were scoring 60-70 goals a season.
- 2012, only 1 team in NHL (PHI) scored 60+ goals.
- 2013-14, only 2 teams (PIT & WSH) scored more than 60 PP goals.
Dynamic Duo:  Backstrom 44 Power Play Points
Ovechkin 39 Power Play Points

Finished 1st and 2nd in the NHL in Power Play Points.
Washington Power Play 23.4% (1st in the NHL)
PP success = Team Success?

Backstrom -20 (857th in the NHL)
Ovechkin -39 (884th in the NHL)
Outline of Presentation

1. Power Play Philosophy
2. Personnel Selection
3. Power Play Breakout and Entry
4. In-zone Set-up
5. 5 on 3
6. Faceoff Plays
7. Practicing the Power Play (Drills)
1. Power Play Philosophy

• Power Play mentality
  “Outnumber and outwork the PK”
• Being on the PP is a privilege not a right.
• Structured freedom. Your most offensively gifted players need to have rope to make plays and mistakes.
Recognizing your audience

“I have found that coaches have the most trouble with skilled players. There is so much structure now and over-coaching that there is a fine line on how you restrict your skilled players.”

Chris Chelios.
Ravens PP Philosophy

1. Read the opponent’s pk (coaches too)
2. Win faceoffs (Faceoff loss =15-20 seconds of PP time). Not just centre’s responsibility.
3. Attack with speed
4. Puck and player movement
5. Outnumber and outwork
6. Shooter’s mentality
2. Personnel Selection

• Slot in players to maximize their skill set for the desired positions via a ghost roster
• Attempt to build 2 strong units
• Player selection
  1. Half wall Quarterback
     Must be willing to move up and down the wall as well as attack the net with a shot.
     Skills: elite passer, can handle pressure and protect the puck.
Personnel Selection (con’t)

2. Slot Man or Bumper

Key to pp. Relieves pressure from half wall QB and Top D.

Skills: recover loose pucks, pass and be a dangerous shooter on strong side or a high-tip option on his off-side. Be willing to screen goalie.
3. **Net front/Goal line forward**

Stays on the crease and screens the goalie. Never more than 1 ½ sticks from the goalie. Can release the pressure behind the net or interchange with half wall dependant on pp in zone set up used (1-3-1, overload).

Skills: Fearless, soft hands around the net (tips, rebounds), can make tight area passes (backdoor, slot).
Personnel Selection (cont’d)

4. **Top D**
Can attack on the breakout with speed and make the PK commit before passing. Vision and passing similar to the half board QB.
Can walk the blue line, shooting threat, vision to pass to weak side d or hit Goal line forward.
Skills: skating (quick feet), vision, passing, shooting.
Personnel Selection (cont’d)

5. **Weak Side D**

Ideally a one-time option with a big shot. In a “spread” system the player will be on his strong side (Left shot playing left D). Can also read the play to attack backdoor. Needs to have good puck skills to relieve pressure.

Skills: One timer, heavy shot, good passer and able to recover puck quickly from rims off the boards.

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3. PP Breakout

• PP Breakouts:
  – 5 man attack
  – 4 man
  – 3 man
  – The Wall
  – The Drop
5 man

• D1 attacks middle with speed
• F1 F3 swing and time to have 2 layers for D1 to pass to. F2 D2 do the same on the opposite side.
• Objective: create 2 on 1 for pk. If pressured hard rim with 2 on 1 puck recovery. Safe areas to put puck: behind the net or weak side D.
5 man Breakout
4 man

• Double swing F1 (shallow) and F2 deep. D2 matches the speed of F1. D1 attacks middle with speed. F3 stretches across far blueline starting on the same side as D2. F3 is option for release pass from F1.

• F2 cuts to the middle of the ice at first blue line.
4 man Breakout
3 man

• Single swing on each side. D1 attacks the middle until pressured.
• F1 and D2 time swing together.
• F2 and F3 hold at far blue line.

Objective: Push PK D-men back to create space off the rush.
3 man Breakout

![Diagram of a 3 man Breakout in hockey]
The Wall

- Initiated by communication from goalie to first D back
- D1 and D2 skate back to recover puck.
- 1 man PK forecheck, attack 2 on 1 with speed, self-chip if necessary.
- 2 man PK forecheck, pass to open F on far blue line.

Objective: Deter teams from pressing on PK forecheck.
The Wall
Drop

- Philadelphia and Detroit use this system effectively.
- Late swinging F enters zone with all other players stationary.
- Outlet passes on the wall if attacked.
- Self-chip and recover if necessary.
The Drop

[Diagram of an ice hockey game showing players labeled F1, F2, F3, D1, D2, and D3, indicating the concept of "The Drop" in hockey]
PP Breakout Principles

• First pass must trap a forechecker
• Attack with speed
• Understand where there is support when dumping the puck. Hard rim vs. soft chip.
• Understand where the puck is going on battles to recover dumps. “High and wide” to beat very aggressive pk.

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4. PP In-Zone Set-up

1-3-1

Overload
PP In-Zone 1-3-1

• This set-up uses the “bumper” or “slot man” to force decisions and this creates holes in the box.

• Bumper allows:
  • Close support
  • Quick passing to all players.
  • Double net presence for tips and rebounds
  • Weak side D-man to have shooting lane or space
  • Shot from the slot (dangerous!)
1-3-1
1-3-1
Overload

• Set-up most used in the 1990’s. Evolution of the overload is movement. PK systems are too good to be beaten by stationary passing.
• Goal line F must be tight to net (scoring threat)
• Net front F screens and finds back door pass.
• Half wall and goal line interchange to create lanes.
• Shot from point with traffic = Excellent.
Overload
High and wide PP

• When under pressure in the offensive zone puck should be sent around the boards to D with skates on the blue line.
• Moving the puck quickly will alleviate the pressure and/or tire the defenders.
• Communication is critical when under pressure.
High and wide PP In-zone
5. 5 on 3

• Principles:
  • Always carry the puck in the zone if possible.
  • Move the puck east-west and north-south at least once to read the pk system. Is it pistons or is it a tight triangle?
  • Net front player must move north-south to create lanes.
  • If a switch happens at the top DO NOT DROP puck during switch.
  • Put the puck in your best players hands!
5 on 3

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6. Faceoff Plays

• Pre-scout the faceoff alignment of the opponent.
• Have more than 1 option.
• Practice 5 on 0, timing is critical.
Faceoff Plays

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Goals

• Most goals come from rebounds and or traffic.
• Puck movement without player movement is not enough.
• Shots with traffic, need your group to buy into this philosophy. Show clips from Sportscenter, most goals on a daily basis from point shots.
• Understand where to put the puck and where to go under heavy pressure.
• Production is the key to staying on the power play.
7. Practicing the Power Play

• Can the skills of these Power Play Personnel be executed in every practice?

Yes
Drills

Title: Circle Passing PP emphasis

Description

Four or five players per circle.

1. Stationary passing (forehand, backhand, sauce).
2. Bumper passing. Must pass to bumper everytime.
3. Pass and move taking the receipient's spot.
4. Monkey in the middle.
5. Keep away 1 puck.

Key points:

- Warm-up hands
- Soft hands
- Head up
- Communicate
PP Bumper Game
4v2 or 3v2
Competition

Imaginary line cutting the end zone in half. Players cannot skate past imaginary line.
Coach starts drill by dumping puck.

- F1, F3, D must pass to bumper (F2) before shooting. F2 can skate anywhere inside faceoff circle.
- Defenders pass puck to offensive team on the other side when they recovery the puck.

Drill should last 30 seconds.
- Encourages quick puck movement, making your stick available for pass or tips.

Keep score! Use players in different spots you may recognize a strength of someone that surprises you.
End zone Power Play

Game

Power play units compete

Coach dumps puck in one end. PK has to stay in tight box until PP touches puck. Play is live, puck dumped out to other pp unit. Play continues.

Keep score.

Have a time limit or score limit.
When in doubt....