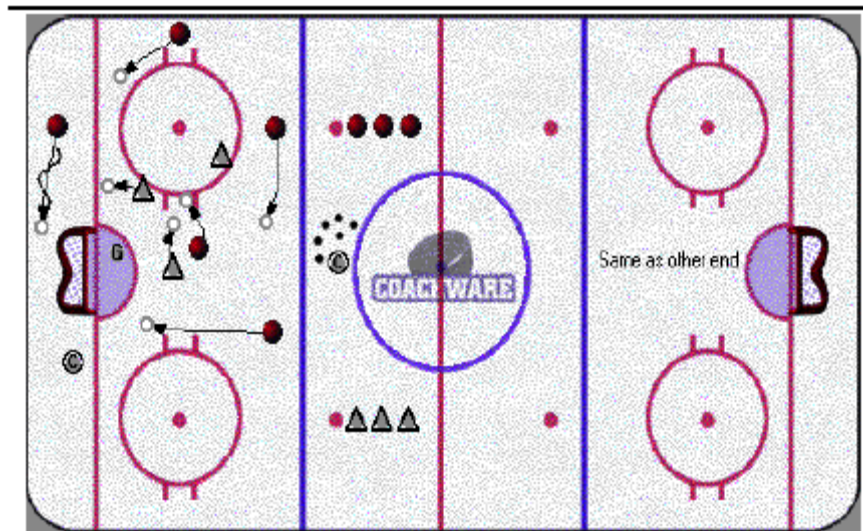


## Pressure Power Play



### Description

"Pressure Power Play" is a live game stressing puck support, creating odd man situations, quick puck movement and disorganizing the defence. If possible use the game clock to keep score. Split players into 2 teams/colors. On whistle, five players of one color play 5vs3 against the other color. The clock is set for 30 seconds. The offensive team attempts to score, the defensive team, with STICKS TURNED OVER attempt to clear the puck out of the zone. Points are awarded as follows: If the offensive team scores = 4 points, if there are no goals and the puck isn't cleared in 30 seconds the defensive team = 1 point. If the defensive team clears the puck = 2 points. At 30 seconds, goal or cleared puck, the Coach blows whistle, updates score and 5 players of the opposite color assume the offensive role. Continue to switch roles every whistle. 1st team to 20 points = Winner. PROGRESSION: Defensive players return sticks to regular position.

### Key Teaching Points

- Coaches keep and update score every whistle.
- Ensure whistle is blown every 30 seconds.
- Coach has spotted pucks outside of blueline.
- Ensure defensive team has sticks turned over.

### Key Execution Points

- OFFENSE: Close puck support, pick and screen, quick puck movement, fakes/deception, patience, creativity.
- DEFENSE: Stop and start skating, sticks in passing lines, defensive side, defensive triangulation (force perimeter shots).