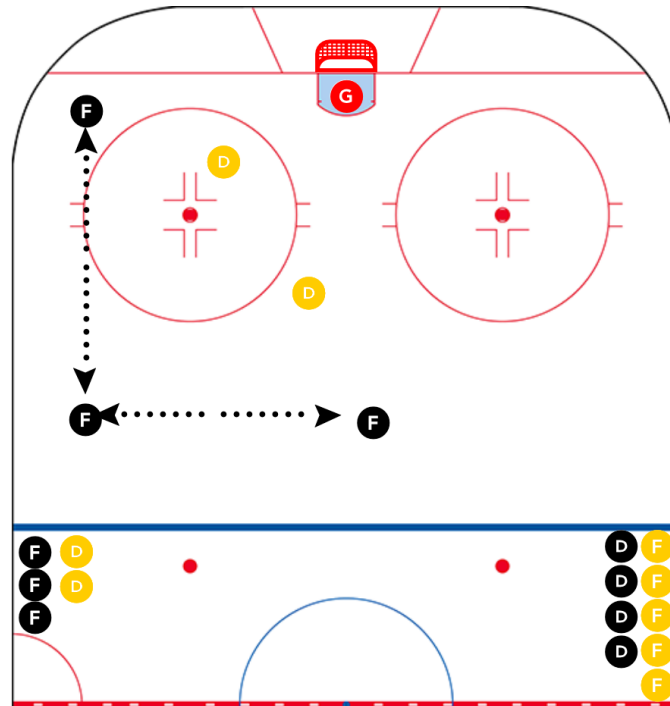




SAG PP Progression 3 v 2, 4 v 3, 5 v 3, 5 v 4



Description

This is a timed Power Play progression. First start off with 3 forwards against 2 defensemen. Depending on the number of players participating, it might be that there would just be a line of black players and a line of gold players. Both lines then, would have to play forward and/or defense, allowing more positional teaching for all players. I usually start off with a 30 second PP and change the time as conditions, team, age and groupings allow. Once a whistle starts play, there should be a loud countdown from a coach, allowing players to get a sense of the clock/time. This is a continuous flow game. Once there is a score, the coach will throw in another puck, and the opposing team goes 3 v 2. If there is no score, a whistle ends play, the puck is passed to, or a new one is added for the new players coming in. If the defending team is able to chip the puck out of the zone, the PP is over and the opposing team starts their PP. The 30 second clock is started again. Keep score. Which team has the better PP? Once the concept is learned, change to 4 v 3, then 5 v 3, and then finally to 5 v 4. Principles of puck movement and the PP begin to happen naturally, with only a little input from coaches, most of which can take place during the actual game.

Key Points

2 on the puck, D holding the blueline, aggressive forechecking, quick passing, puck movement, foot movement, intensity, spatial awareness.