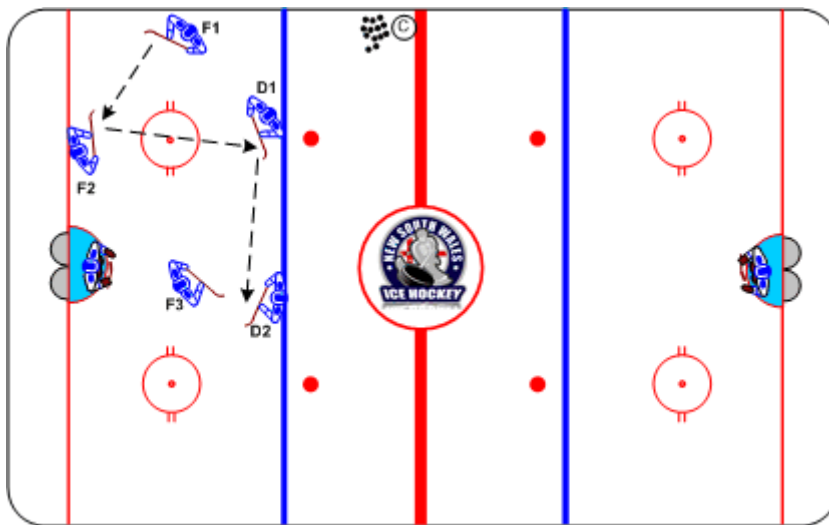




## 5-on-0 Power Play Rotation

Duration: 10 mins

- Unit of 5 moves puck into the offensive zone
- On the whistle, © spots the puck to far end
- Unit executes powerplay breakout, gains the offensive zone, and plays in the offensive zone until whistle
- Next unit enters drill after previous group breaks out



### Coaching Tips

- Game tempo powerplay breakout
- Quick puck movement and shooting
- Goalies set-up pucks on the ©'s shoot-in

### Execution Tips

- Whistle signals rotation: Offensive zone to breakout to offensive zone to bench