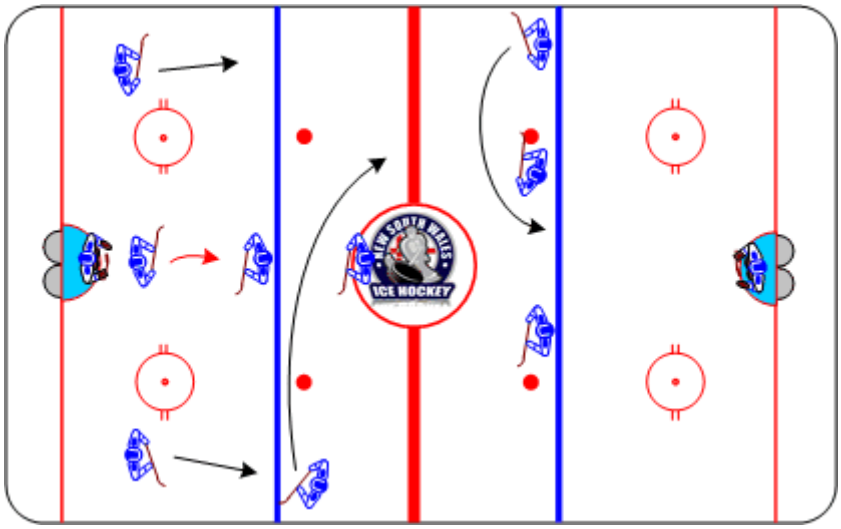
Powerplay Penalty Killing, Full Ice

Duration: 12 mins

- **D1**, **D2** start and return to front of net for each play
- Forwards pair up in 3 different locations
- © passes to any pair of Forwards, attack 2-on-2 vs Defense
- **D1** and **D2** play all three 2-on-2's
- Goalie plays wrap around and point shots with Forwards



Coaching Tips

- Communication between checkers
- Defense take turns, one pressures while the other supports

Execution Tips

- Each repetition begins on the whistle
- Goalies switch half way through the drill