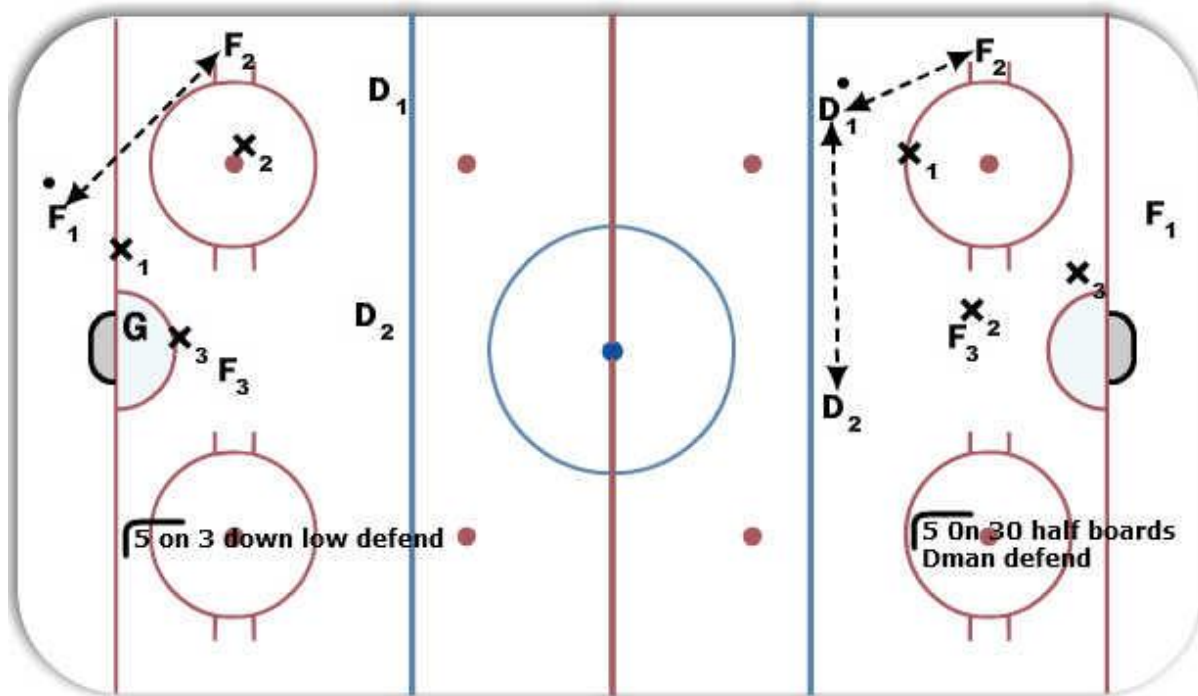


PK 5 on 3 Defend #1



Description

5 on 3 down low defend

X1 and X2 to position themselves to contain the opposition to the outside and have active sticks in passing lanes.

X3 to have head on a swivel and communicate where potential threats are. React to pass into high slot.

All players to not overly commit to the puck.

Compete hard for loose pucks.

5 on 3 half boards and Dman defend

X1 to contain D1 and have active stick. Pressure but contain and do not overly commit to allow quick give and go.

X2 defends mid slot and be aware of quick pass to D2.

X3 read and react to puck movement and be aware of where F3 and D2 movement into weak side zone.

Key Points: Active stick., Communicate., Body Position in shooting lanes., Goalie awareness.

Notes

Walk through 5 on 3 PK and explain need to contain and stay disciplined in triangle/wedge formation to force players and shots from perimeter.