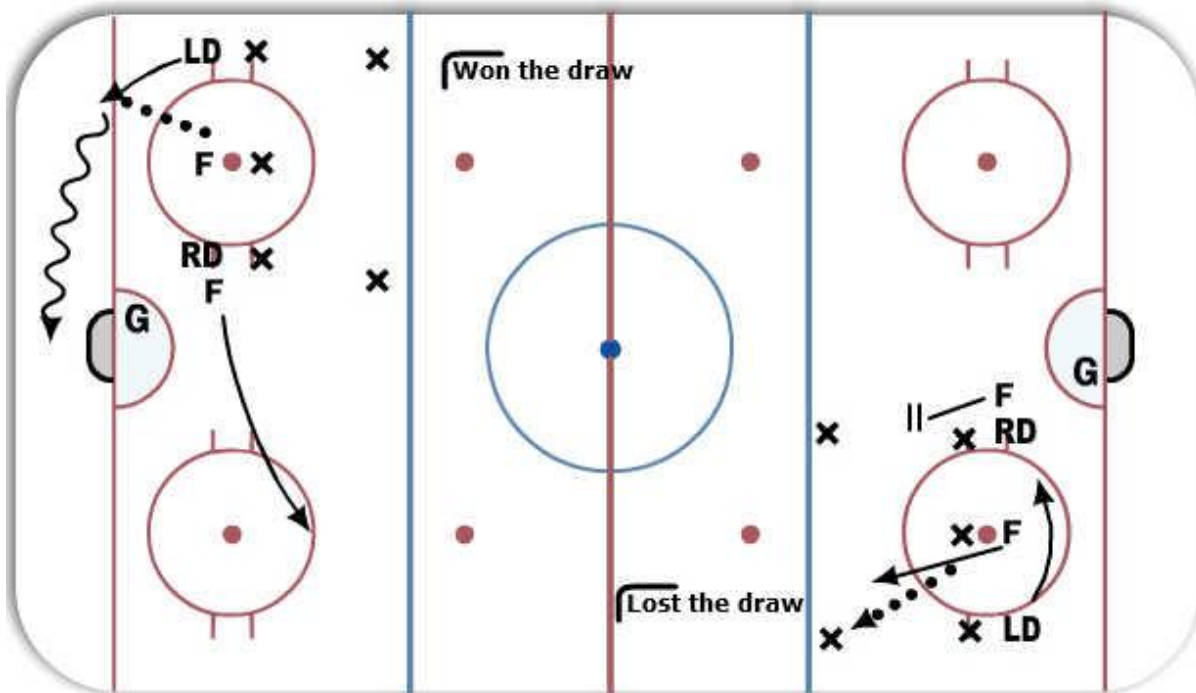


## PK Defensive Zone Faceoff



### Description

Win face-offs - possession of the puck is key.

When clearing the puck make sure it goes 200ft. Try to score only when you have a lane to take the puck into the offensive zone.

Compete hard for loose pucks.

Lose the draw - outwork the power play.

Have an active stick. Keep it on the ice at all times and in the right passing lane.

Get body position in shooting lanes.

Pressure the puck in straight lines; rebound back into position quickly after you pressure.

No big hits - never hit, you should only "bump and run". It is a priority to keep feet moving and pressure opponent.

Compete hard for loose pucks.

Never get tied up with a player at the net. Do not create a double screen in front of your goalie, play around him and have an active stick.

When clearing the puck make sure it goes 200ft.

Talk, talk and talk some more. Communicate with your teammates.

**Key Points:** Outwork PP, No big hits, Communicate, Active sticks

### Notes

Players coming out of the penalty box must know where to go.