Sortie de Zone PP

NHL

Détroit Dropback
Sortie de Zone PP

Dallas

5 man Breakout
Sortie de Zone PP

4 man

Det up vs Pressure up Ice
Formation PP

Overload

Spread
Formation PP

Umbrella

1-3-1
Drill Name
PP 5 on 3 give and go, one timer

Drill Description
- O1 to O2.
- O1 drives net.
- O2 to O5 who slides in middle.
- O5 for one timer.

Drill Name
PP 5 on 3 Washington Movement

Drill Description
- O1 to O2, give and go.
- O1 drives net and stays in front of net.
- O2 to O3 who slides in middle.
- O3 to O4 for one timer.

Drill Name
PP 5 on 3 Montreal Movement

Drill Description
- O3 to O2.
- O3 skates backward.
- O1 goes down in front of net and replaces O2.
- O2 comes up with puck.
- O2 to O3 for one timer.

Drill Name
Plan #1

Drill Description
- O1 to O2.
- O1 drives net, give and go.
- O3 moves up.
- O2 to O3 for one timer.