Sortie de Zone PP

NHL

Detroit Drop back
Sortie de Zone PP

Dallas

5 man Breakout
Sortie de Zone PP

4 man

Def. up vs Pressure up Ice
Formation PP

Overload

Spread
Formation PP

Umbrella

1-3-1

[Diagram of an umbrella formation on an ice hockey rink]

[Diagram of another formation on the bottom]
**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.