

Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

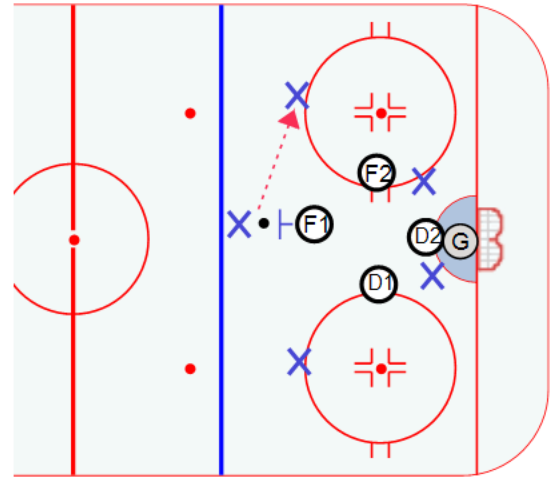
Title : DIAMOND PENALTY KILL Category #1 : DEFENSE Category #2 : Philosophy

Description

The standard set-up for the diamond is shown. Some teams play with the middle defenders wider and higher but I like to keep a tighter grouping inside.

When the puck is at the top of the umbrella F1 comes out strong to pressure the puck carrier and force him to move the puck.

The one real danger in defending the umbrella power play is once the puck gets below our top three players you could be faced with a 2 v 1 down low. By keeping the middle defenders grouped tighter they can step down and help in front of the net.



Key points:

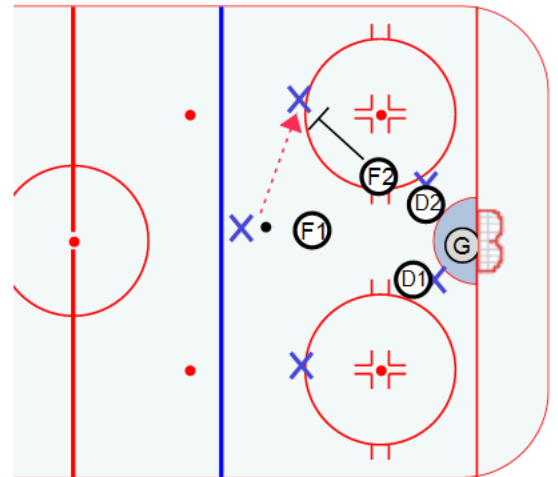
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Description

After F1 forces the pass he must get back inside to defend the cross ice pass. F2 will slide out to pick up the puck. D2 picks up the strongside player near the net and D1 slides down to pick up the weakside player near the net.

This defense must have players willing to block shots. As F2 comes out he will force the puck carrier to shoot or pass. F1 in the middle of the ice will defend the cross ice pass and force the offense to go back to the point with the puck.



Key points:

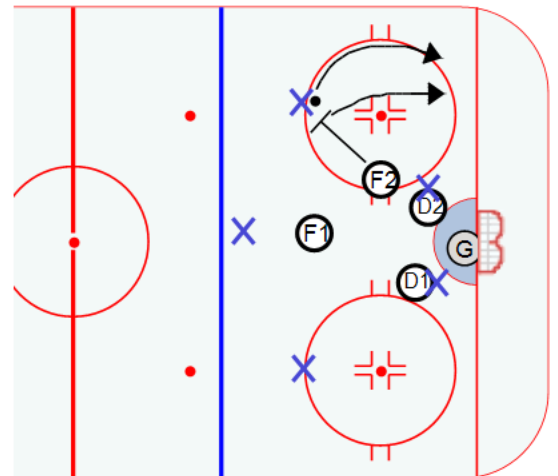
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Description

If the puck carrier skates down the wall F2 will stay with him while the other defenders maintain a defensive triangle in front of the net.

Communication is very important while killing a penalty, so make sure you talk to each other.



Key points:
