



Hockey Canada

NCCP High Performance 1

In Person Modules – Penalty Kill

Post Tasks

Version 1.0, 2021

Name: _____

CAC Coaching Number: _____

Due Date: _____





National
Coaching
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HP1 – In Person Modules - Penalty Kill – Post Tasks

- 1) Describe the skills and abilities of the players you utilize on your PK and outline your utilization of players. (5 Marks)
- 2) Outline two (2) drills for face off strategies and setups in your defensive zone. (4 Marks)
- 3) Outline two (2) different 5 on 4 Power Play systems and two (2) 5 on 3 Power Play systems in the Offensive Zone. Now diagram and describe your PK systems against the four (4) different power play systems you outlined. (8 Marks)
- 4) Diagram and explain two (2) drills to outline your PK Forecheck. (4 Marks)
- 5) Identify how you would use statistical data to support how you evaluate PK performance. (4 Marks)

A complete answer will include **twelve (12)** drills / diagrams. Please utilize drill sheets and include key teaching points in preparing your answers.

This task is worth 25 marks

Penalty Kill

Task 1 – Penalty Kill - Skills and Abilities

- 1) Describe the skills and abilities of the players you utilize on your PK and outline your utilization of players.

[illegible]

Task 2 – Defensive Zone – PK - Faceoff Strategy and Set Up

2) Diagram and explain two (2) drills for PK faceoff strategies and setups in your defensive zone.

Penalty Kill Faceoff Strategy #1

[illegible]

Penalty Kill Faceoff Strategy #2

[illegible]

Additional Comments:

Task 3 – Penalty Kill vs Power Play

- 3) Diagram and explain two (2) different 5 on 4 Power Play systems and two (2) 5 on 3 Power Play systems in the Offensive Zone. Diagram and describe your PK systems against the four (4) different power play systems you outlined.

5 on 4 Power Play #1

[illegible]

5 on 4 Penalty Kill #1

[illegible]

5 on 4 Power Play #2

[illegible]

5 on 4 Penalty Kill #2

[illegible]

5 on 3 Power Play #1

[illegible]

5 on 3 Penalty Kill #1

[illegible]

5 on 3 Power Play #2

[illegible]

5 on 3 Penalty Kill #2

[illegible]

Additional Comments:

Task 4 – Penalty Kill Forecheck

- 4) Diagram and explain two (2) drills to outline your PK Forecheck.

Penalty Kill Forecheck #1

[illegible]

Penalty Kill Forecheck #2

[illegible]

Additional Comments:

Task 5 – Penalty Kill Performance

- 5) Identify how you would use statistical data to support how you evaluate PK performance.

[illegible]

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