

# **Hockey Canada**

# **NCCP High Performance 1**

# In Person Modules – Penalty Kill

**Post Tasks** 

Version 1.0, 2021

Name:	
CAC Coaching Number:	
Due Date:	





# PARTNERS IN COACH EDUCATION

The National Coaching Certification Program is a collaborative program of the Government of Canada, provincial/territorial governments, national/provincial/territorial sport organizations, and the Coaching Association of Canada.

































The programs of this organization are funded in part by the Government of Canada.



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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**

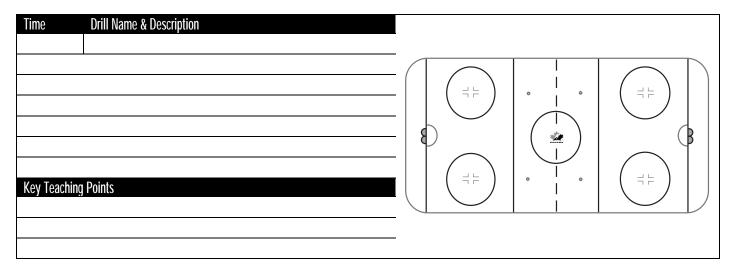
## Task 1 – Penalty Kill - Skills and Abilities

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

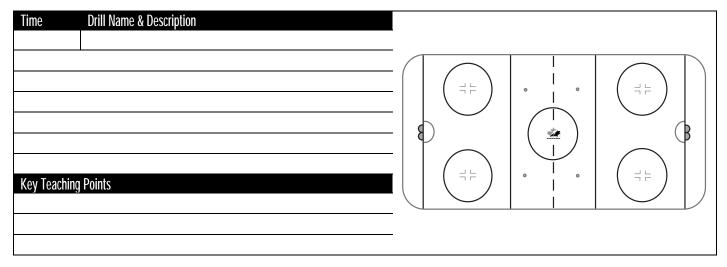
#### Task 2 – Defensive Zone – PK - Faceoff Strategy and Set Up

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

#### Penalty Kill Faceoff Strategy #1



#### Penalty Kill Faceoff Strategy #2

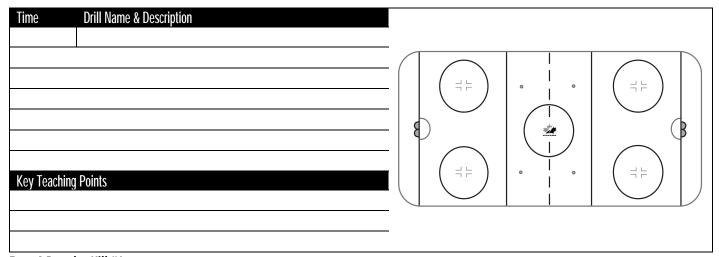


#### **Additional Comments:**

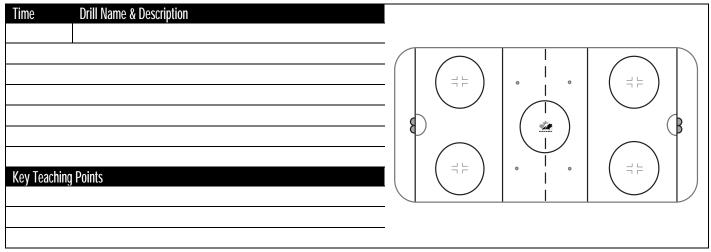
#### Task 3 – Penalty Kill vs Power Play

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.

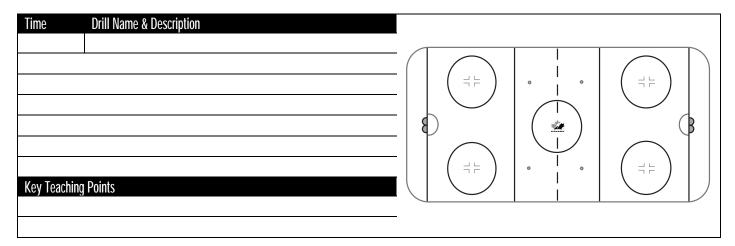
#### 5 on 4 Power Play #1



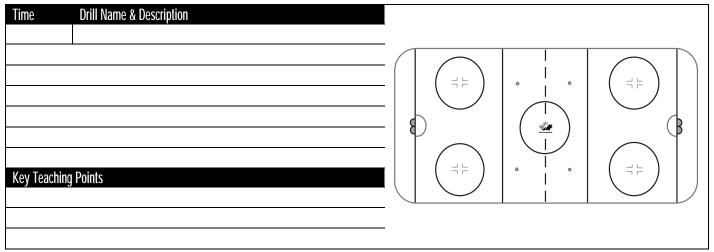
#### 5 on 4 Penalty Kill #1



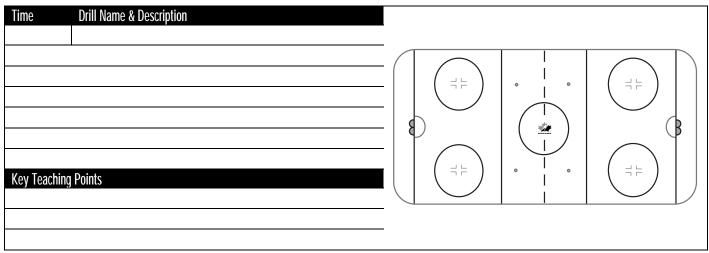
#### 5 on 4 Power Play #2



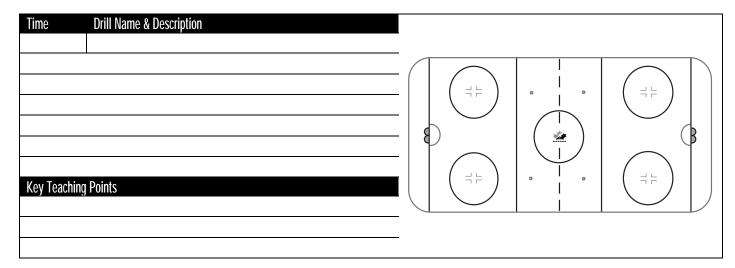
#### 5 on 4 Penalty Kill #2



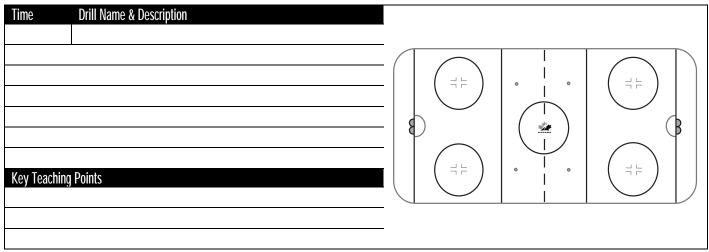
#### 5 on 3 Power Play #1



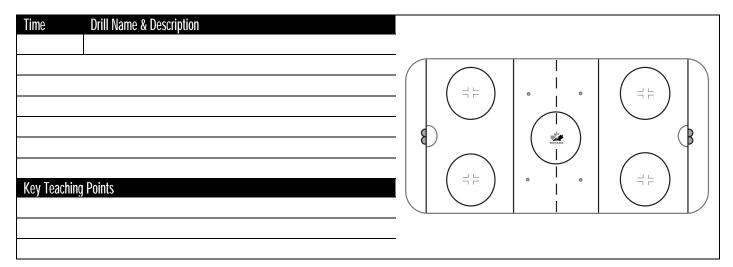
## 5 on 3 Penalty Kill #1



## 5 on 3 Power Play #2



#### 5 on 3 Penalty Kill #2

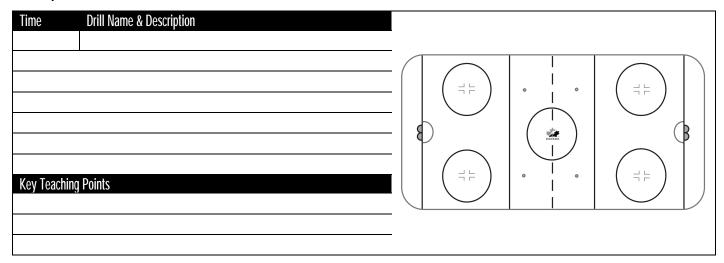


**Additional Comments:** 

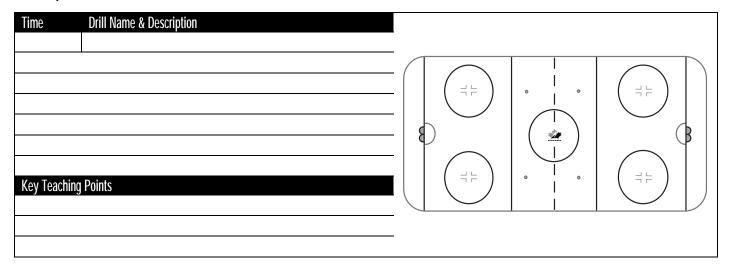
# Task 4 – Penalty Kill Forecheck

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

#### Penalty Kill Forecheck #1



#### Penalty Kill Forecheck #2



#### **Additional Comments:**

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

Task 5 – Penalty Kill Performance



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