



Notes / Coaching Points

Description

This power play system starts in a typical overlaod set up. The idea is to move the puck quickly and provide options to each player that has the puck. The player with the best shot or scoring touch should be P5 and in this case P5 is right handed. The best play-maker in the group should be P4. The animation will explain the progression of the options as the players move the puck around.