



SAIT W

Practice Plan

Date: 08-27-19

Time: 20:45-22:00

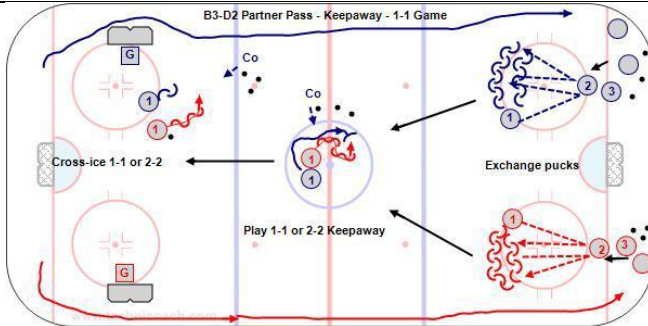
Arena: SAIT

Lines:

16 skaters 2 goalies

Notes:

Pre season skate



10' Mel with goalies

B3-D2 Partner Pass - Keepaway - 1-1 Game

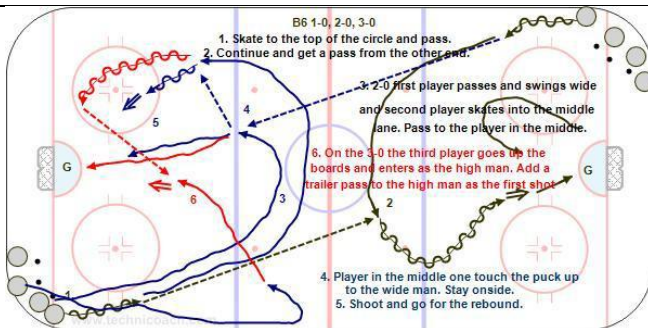
Key Points:

Protect the puck on offense and stick on the puck on defense. Keep score between teams. Young players go about 15" and older players shorter shifts.

Description:

1. Start with 1 exchanging pucks with 2 while skating at the top of the circle.
2. Move to the middle circle on the whistle and 2 to the top of the circle.
3. Originals 1's play keepaway with puck coach puts in.
4. On whistle move to the far end and play 1 on 1 cross ice.
5. Return to the line-up and start as a passer.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20130822134328480>



10'

B6 1-0, 2-0, 3-0 Small Horseshoe - MRU

Key Points:

This is a great timing drill with good flow for early in the practice. Pass hard and get your top hand away from your body. Call for the pass. Give your stick and skates as a target. Pass and shoot while skating. Follow your shot for a rebound.

Description:

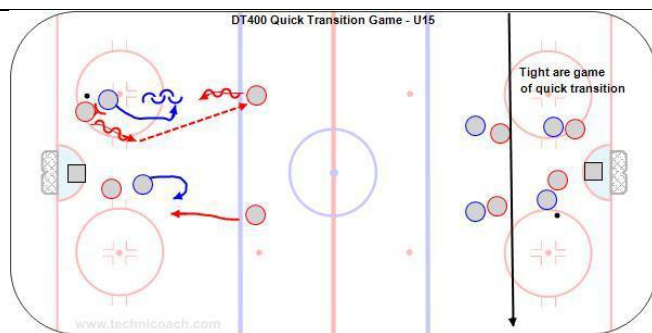
1. Skate to the top of the circle and pass.
2. Continue and get a pass from the other end and skate outside the dots in the neutral zone so the goalies have time to set for the next shooter.
3. Progress to 2-0 first player passes and swings wide and pass to the second player who quickly moves passes wide to player one.
4. On the 3-0 the third player goes up the boards and joins the middle drive attack in the wide lane.
5. Screen or rebound for the next shooter.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20170202104000548>

<https://youtu.be/VgW3XTM1JXQ>

B6 - Small Horseshoe 2-0 - U18 F

<https://youtu.be/WpzJHnGNcpl>



10'

DT400 Quick Transition Game - U15

Key Points:

Players must quickly transition between the 4 game playing roles.

Offense: Role 1. Puck carrier. Role 2. Support puck carrier.

Defense: Role 3. Check puck carrier. Role 4. Cover away from the puck.

Description:

1. Play 2 on 2 to focus on transition between the four game playing roles.

2. Extra players wait at the blue line or to create a tight area game at the top of the circles.

3. Attack and try to score.

4. On a goal, frozen puck or turn-over the defending team pass to waiting teammates.

5. New offensive players attack vs. the players who lost the puck on offense.

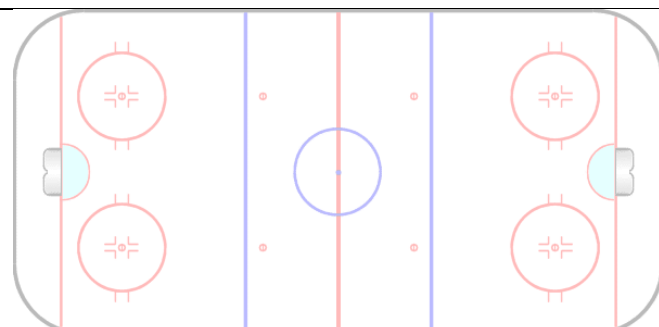
6. Players who passed now rest.

* Keep score and have tournaments.

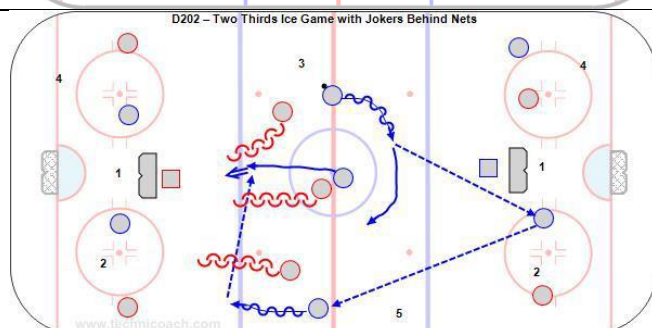
* Any number from 1-1 to 5-5 can be used and move the waiting players to reduce or expand space.

* Modified rules can be used to focus on individual or team skill.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20141224104512232>



15' Mike D – Kailey F



15'

D202 – Two Thirds Ice Game with Jokers Behind Nets

Key Points:

Modified Rules: only 2" with the puck, you must make 2 passes, 2 passes and one touch shots, all must touch the puck, everyone skate backward, only forehand passes, only backhand, must make and escape move when you get the puck, on touch game, skate a Crosby when you get the puck, regroup with joker, pass to jokers at each end and any other skill you want to focus on. Batchko is a great game for puck support. Rules for scoring such as goals must be on one timers, on give and goes, etc.

Description:

1. Nets are at the top of the circles in each end.

2. Extra players are jokers who can pass or shoot and are behind their own net.

3. Play 1-1 to 5-5 or 1-2, 2-2, 3-2, 3-3, 3-4, 4-4.

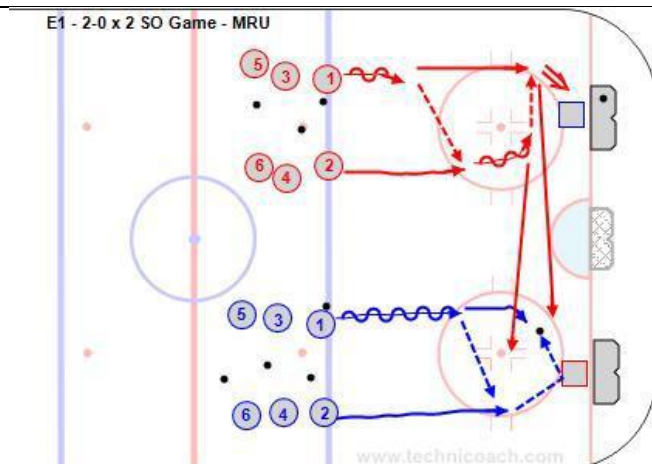
4. Have jokers from each team behind the nets.

5. Play games with modified rules to practice individual and team skills,

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20171231102109576>

<https://youtu.be/vE83XiyCS48>

E1 - 2-0 x 2 SO Game - MRU



15'

E1 - 2-0 x 2 SO Game – MRU

Key Points:

Use many variations on the 2-0. One timers, cross and drop, drop and screen, fake pass and shoot, etc..

Description:

There is one point for every goal and each contest gets 15".

A - 1 and 2 attack 2-0 from each line-up.

B - If both teams score each team gets a point and 3-4 go on the next whistle.

C - If only one team scores then they race across to defend and steal the puck from the other team and try to score.

D - Scoring team gets a point.

E - 15" next rep.

F - First team to 20 wins.

Explanation/Notes:



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