



SAIT W

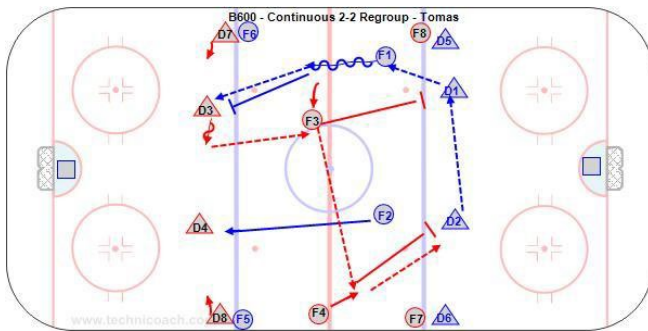
Practice Plan

Date:09-03-19

Time:17:00-19:45

Venue: SAIT

Lines:	Notes:
Divide into White and Red D and F. List	First practice. All meet in room at 17:00
Game situation-player evaluation	One timer, get open, transition



5' Individual warm-up

10' Mike run. Mel goalies at one end.

B600 - Continuous 2-2 Regroup – Tomas

Key Points:

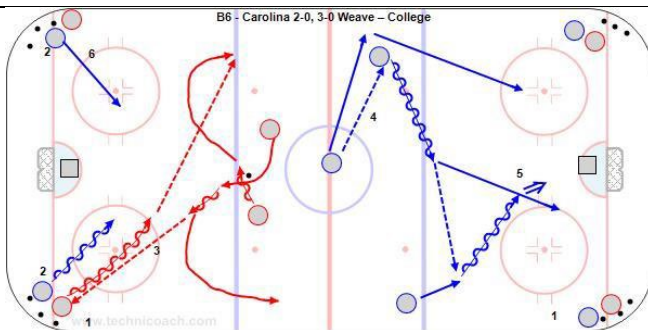
Forwards support with timing and a good target. Anchor low or high. Take what they give you. Jump across, get open. D look for a quick up before an automatic D to D. Goalies can be warm up at one end.

Description:

1. D1-D2 pass to F1-F2.
2. F1-F2 regroup with D3-D4.
3. F1-F2 forecheck . D3-D4.
4. F3-F4 support D3-D4.
5. D3-D4 make a regroup pass to F3-F4.
6. F3-F4 now regroup with D5-D6 and forecheck.
7. Continue the regroup and forecheck sequence.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20170225103512883>

<https://youtu.be/dB6DPGuHn3s>



10' Hailey show

B6 - Carolina 2-0, 3-0 Weave – College

Key Points:

In the middle the two players can simply pass, or cross and drop, or cross-drop-pass, one skate backward, etc..

Description:

1. Players start from the four corners.
2. One player leave from each corner at one end, skate down the middle lane exchanging passes.
3. Pass to a player at either corner who drive skates hard to the middle lane with the puck.
4. Three players fill the three lanes and weave by passing and following their pass.
5. Finish the rush will a shot on net and all three crash for a rebound.
6. The next two players follow the rush and regroup with a player at the far end.

<https://1drv.ms/v/s!AukXg5gWoW-9hPZ0ld0u-7H3c3l20w?e=ZGaGhz>



12' Jim run this

D100 Two Second Game - College

Key Points:

Great game for quick and close puck support and facing the play with the puck. Players must switch right away from offense to defense to loose puck and constantly change roles from, 1-puck carrier, 2-puck support, 3-check puck carrier, 4-cover away from the puck. 2" rule can be used in SAG, cross or half ice.

Description:

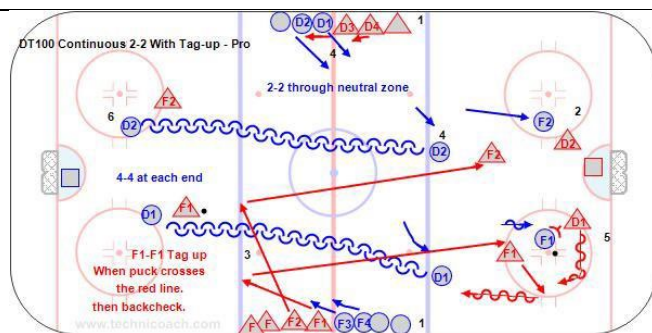
1. Play a full ice game of 3-3, 4-3, 4-4, 5-4, 5-5, 6-5 with the extra players on the bench.
2. Play 40-45" shifts and pass back to your goalie when the coach whistles for a change or players change on their own.
3. Players can only have the puck for 2" and must make a play, gain a zone or shoot.
4. Coach blow whistle if the puck is carried over 2" and the other team gets it.
5. Encourage talking, facing the puck, always give a target, skate into passes and get open.
6. Scoring team must skate back to the red line before forechecking.

* Don't blow the whistle if they have started shooting. Start time when the goalie gets puck. Keep score and losing or winning have a consequence.

* Option is to give another 2" with the puck if the player makes an escape move.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20181002161932826>

<https://youtu.be/PVY5NjFsV9w>



13' Tom Run

DT100 Continuous 2-1 to 3-3 and 2-2 to 4-4 With Tag-up - U18 F

Key Points:

Defenders collapse low in the zone. Create 2 on 1's by attacking the widest defender on the 2-2 rush and use crosses, drops and picks. Add competition by keeping score and timing the game or play to a certain score .

Description:

1. Extra forwards and defense line up on the sides in the neutral zone.
2. Start with a 2 on 1 attack Blue F1 and F2 vs Red D1.
3. When the puck crosses red line red F1 and F2 tag up at far blue and backcheck.
4. Blue D1 support rush from the point.
5. Play 3-3 at each end. New players go the other way.

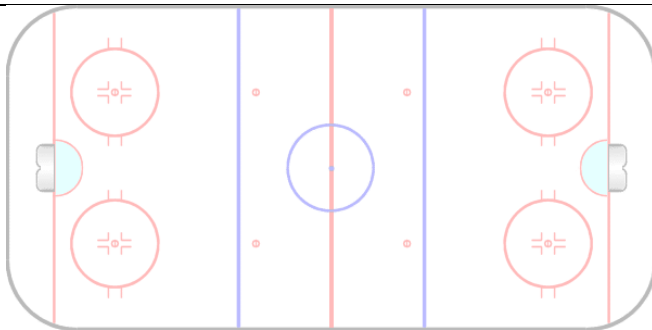
<https://youtu.be/MInmHmN4wvs>

** In the 2-2 to 4-4 game two defending forwards tag up and backtrack between the dots to the mid slot and then cover the points. D1 and D2 play low against F1 and F2.*

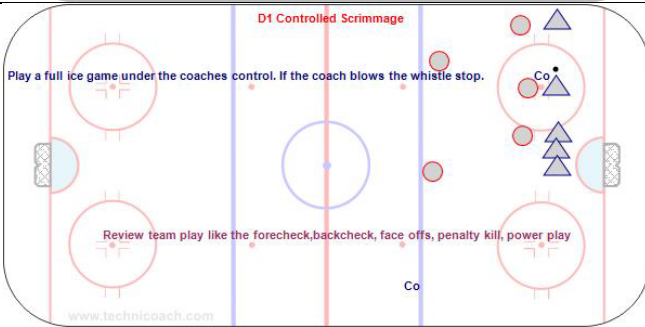
https://youtu.be/Zc_IQEA9dX8

** You can play this transition game from 1-1 to 3-2, i.e. 1-1 gives a 2-2 at each end, 3-2 gives a 5-5*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20180112093049995>



**20' Jim and Kailey with F – Mike D
Mel G**



15' 5-5 and 4-4

Tom run – coaches on bench coaching.

D1 Controlled Scrimmage

Key Points:

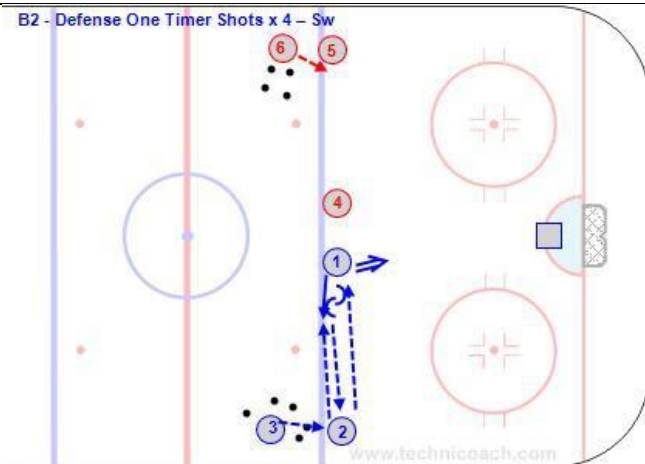
Team play, face-offs, freeze play,

Description:

Play a full ice game under the coaches control. If the coach blows the whistle stop. Review team play like the forecheck, backcheck, face offs, penalty kill, power play, even strength, etc..

Video link:

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090824224310861>



13' Practice one timers. Tom run, coaches move around and coach.

2 - Defense One Timer Shots x 4 – Sw

Key Points:

Shoot while moving, head up, follow through at the target.

Description:

1. Organize the defense into two groups. When one is finished the other starts.

2. #3 pass new pucks to #2.

3. #1 skate toward 2 along the blue line and get a pass from 2.

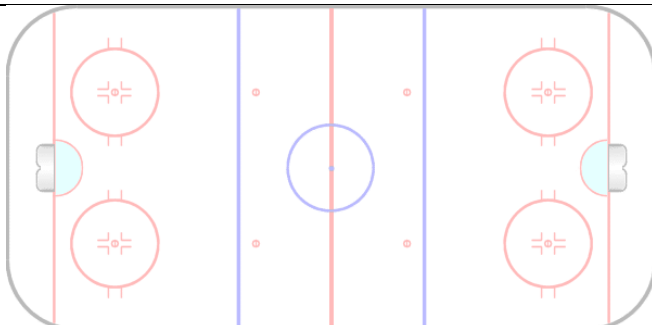
3. #1 one touch back to 2 who one touches to 1.

4. #1 takes a one timer shot.

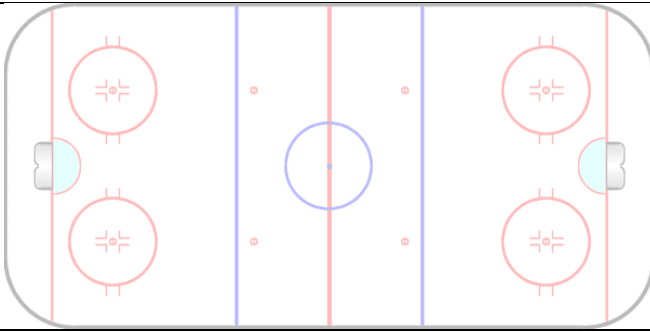
5. Repeat 4 times and then 5 pass to 4 x 4 and 4 shoots.

* Rotate 3 to 2, 2 to 1, 1 to 3 while the other group shoots.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140528164755275>



2' Each player get 3-4 pucks and meet in middle.



Explanation/Notes:
