



SAIT W

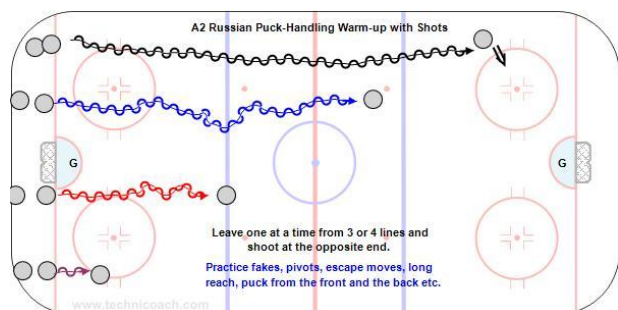
Practice Plan

Date: 09-04-19

Time: 16:30-18:00

Venue: SAIT Arena

Lines:	Notes:
4 lines, 8 D, 2 G	
Breakout, Four Chamber Attack	One timers and cross and drop.
Big moves and escape moves	Game situations.
Fill out remaining LOI's	



## 5' Individual Warm up

10'

### A2 Russian Puck-Handling Warm-up with Shots

#### Key Points:

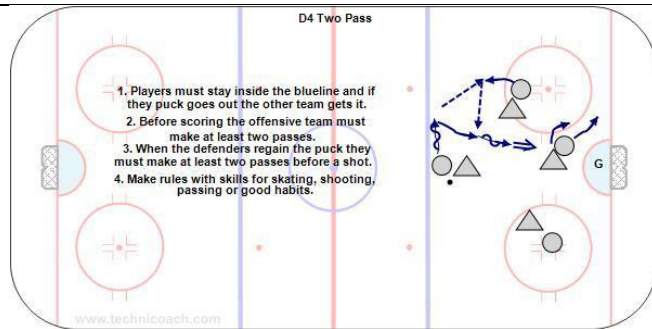
This can be done every time players go on the ice to expand their muscle memory. The point of these exercises is to increase the size of the reach with the stickhandling moves, and to separate the upper and lower body. This is one of the most important exercises a player can do to develop puck handling skills. All the moves can also be practice off ice with various kinds of balls and pucks.

#### Description:

- From the A2 formation, players skate down the ice in 3 or 4 groups; practice big moves with the puck. One player leave and the next player go when he/she gets past the top of the circle. Finish with a shot from your lane no closer than the hash marks.
- Go one way then the other and do a different skill each time.
- Reach forward while down on 1 knee, reach back as far as you can.
- Give the puck forward and take it back with the toe of the stick.
- Place hands close together and reach sideways each way as far as possible.
- Practice head fakes and shoulder drops, and move the puck quickly to the other side of your body.
- Do high step-overs, when you step with your right foot to the left, reach as far as possible to the right with the puck, step with the left foot to the right and reach as far as possible to the left with the puck.
- Reach back as far as you can with the puck, turning the upper body so you are looking behind you as you skate in the opposite direction. Do the same the other way.
- Do 3 or 4 crossovers to the left and reach as far as possible to the right with the puck, then cross over to the right and reach as far as possible to the left with the puck. Reach back as far as you can with the puck, turning the upper body so you are looking behind you as you skate in the opposite direction.
- Single fake by practicing a small fake one way, then quickly pull the puck across your body to the other side.
- Double fake by giving a small fake one way, then quickly pull the puck across your body to the other side. Immediately bring it back.
- Put the puck behind you and pass it up into your skates from 1 side, then the other.
- Have the puck in front of you and pass it back to your skates and up to your stick, then off the outside of each skate and to your stick.
- Reach back on the forehand, then quickly pull the puck across your body.
- Skate backwards with the puck after pivoting to the right and do the same after pivoting left.
- Slide sideways, pushing about 4 or 5 times with the inside skate and gliding on the outside skate. Fake passes and shots while skating like this.
- Pivot a complete circle to the left and then to the right.
- Fake a slapshot and go around opponent on the backhand side.
- Fake a slapshot and go around opponent on the forehand side.
- Fake a slapshot and then do a backhand tight turn around opponent.
- Fake a slapshot and reach out like you are going around the opponent on your forehand and then pull the puck quickly to your backhand and go around opponent.

Any move can be practiced in this method.

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10'

**D4 Two Pass \*Player must make an escape move when they get the puck.**

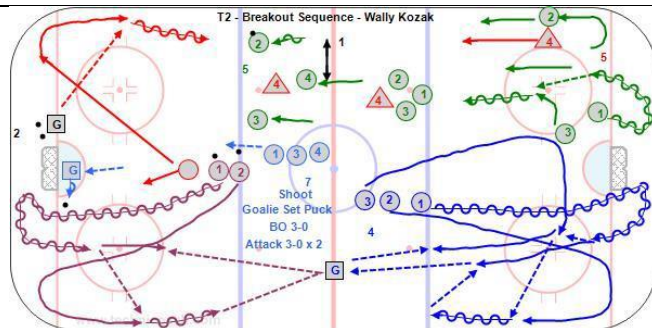
**Key Points:**

My favorite game to warm up the players at the start of practice. The quicker they make the passes after regaining the puck the more scoring chances they produce. The game is the template and then you can add skill or good habit rules to practice 'How to Play the Game.'

**Description:**

1. Players must stay inside the blueline and if they puck goes out the other team gets it. 2. Before scoring the offensive team must make at least two passes. 3. When the defenders regain the puck they must make at least two passes before a shot. 4. Make rules with skills for skating, shooting, passing or good habits.

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12'

**T2 - Breakout Sequence - Wally Kozak – College**

**Key Points:**

Practice the low breakout skills first with the goalies passing and they versus no pressure and regroup with the goalies in the neutral zone, then against pressure. Player one skate between the dots before passing.

**Description:**

Sequence One:

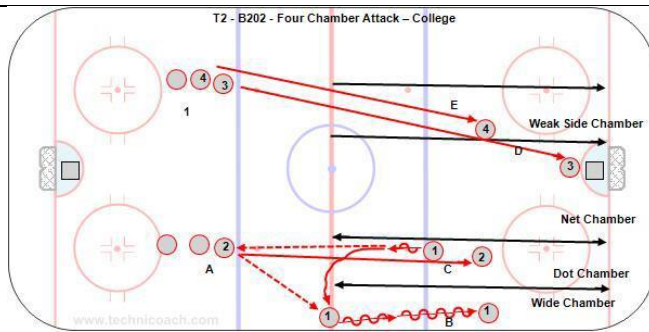
1. Set up with one player on each side of the net to make the breakout passes.
2. Player 1 pass to player 2 beside the net then skate for a breakout pass.
3. Players 1 pass then swing to the boards for a pass, then pass to player at the red line.
4. Player 1 pass to the player on the other side and skate low and slow for a pass to the middle.
5. Player 1 pass to the far low player and pick up a wide rim along the boards.

Sequence Two:

6. Player 1 pass and go to wall for rim and player 2 support low and slow for a touch back pass.
7. Add the coach or a player who just did a rep pinch on the boards.
8. Four players leave, 1 dump and retrieve, 2 on boards, 3 low and slow and 4 pressure one player.
9. Player 1 wheel behind the net and pass to either player 2 on wall or player 3 low and slow.
10. Players line up at the top of the circles and goalies at the red line ready to pass.
11. Player 1 shoot the puck in, retrieve and pass to player 2 who supports 'Low and Slow'.

14. Player 1 pass to player 2 who 'Jack Hammers' the puck back to 1 then to goalie.

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<https://youtu.be/zD3G8WVzFDo>

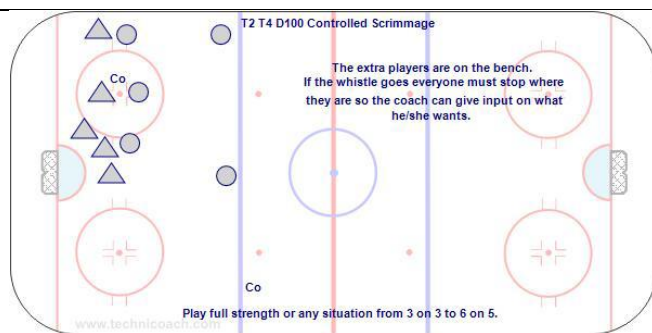


## T2 - B202 - Four Chamber Attack – College

Attack on the rush has moved from the Offensive Triangle to the Middle Drive and now at the higher levels the Four Chambers. Instead of having a 1-1 on the strong side the offense creates a 2-1 on the widest defender. The player in the middle lane goes hard to the net and the fourth attacker trails high on the weak side. This is one way to practice attacking with the 4 Chambers.

G. Repeat the other way.

<https://youtu.be/0gMgG3rkXzg>



15'

### 5-5 Focus on 4 chamber attack.

T2 T4 D100 Controlled Scrimmage

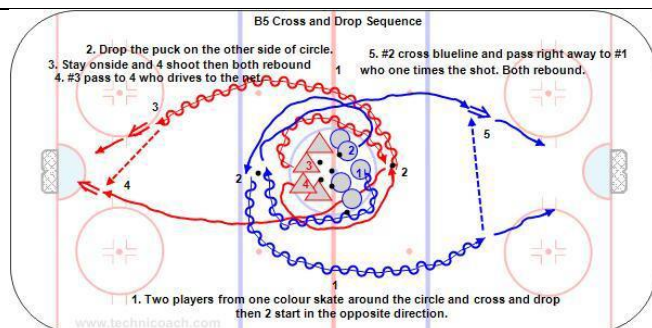
#### Key Points:

Work on team play concepts with the coaches on the ice.

#### Description:

Play full strength or any situation from 3 on 3 to 6 on 5. The extra players are on the bench. If the whistle goes everyone must stop where they are so the coach can give input on what he/she wants.

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10'

### B5 Cross and Drop Sequence

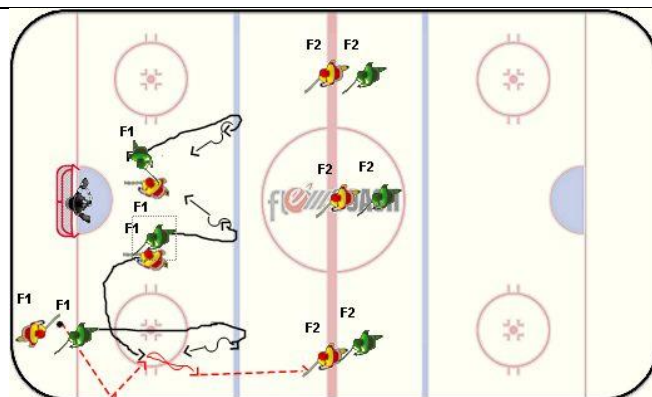
#### Key Points:

Players are inside the middle circle. Two players skate around and cross and drop then 2 from the other group leave. Leave the puck when dropping and the second player skate behind. Return to line from the wide lanes to avoid collisions.

#### Description:

1. Two players from one colour skate around the circle and cross and drop then 2 start in the opposite direction. 2. Drop the puck on the other side of circle. 3. Stay outside and 4 shoot then both rebound 4. #3 pass to 4 who drives to the net. 5. #2 cross blueline and pass right away to #1 who one times the shot. Both rebound. Options: a. One, two or three players leave at a time. b. After shooting one or two players defend the next rush, 1-1, 2-1, 2-2, 3-2, 3-3. c. Give + go with last shooters. Etc.

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### 13' Goals must be scored with one touch or one timer shots.

DT400 3-3 Perry Pearn Game Rotation x 2 3 vs 3 and 2 vs 2

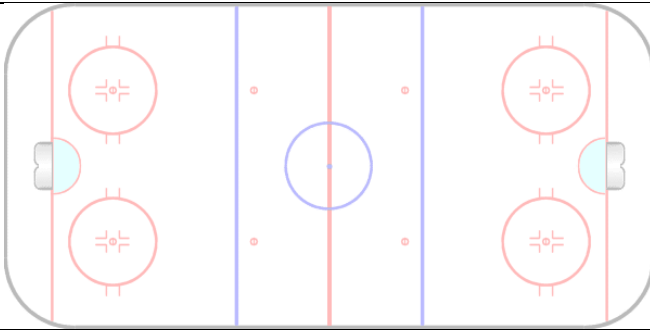
#### Key Points:

This game allows the coach to focus on the attack or defending deep in the zone. You can play this game in situations from 1-1 to 5-5. It is a great rotation to practice specialty teams if you have 3 lines because it gives the players some rest and they alternate between pp and pk (one F would leave the zone) The defenders have to clear the zone with control of the puck. With situations over a 3 on 3 I would move the resting players back to the far blue line.

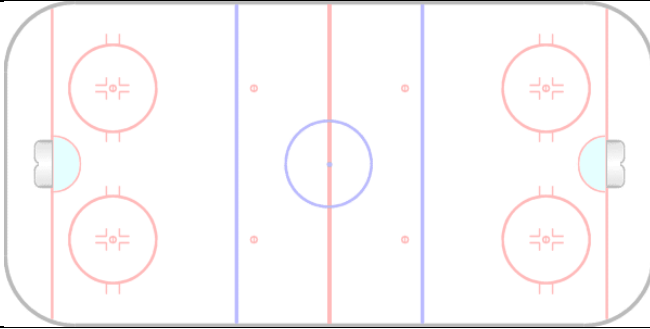
#### Description:

1. Players line up within a stick length of the red line if you have 2 groups or only ½ ice; otherwise behind the red or far blue line. 2. Three players attack three defenders. 3. Defenders must carry the puck out of the zone before passing to team waiting team mates. 4. Three new players attack vs the original offensive players. 5. Keep score, implement skill (only forehand passes) or team play rules (goals originate from below the goal line).

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20111004080131252>



**2'**  
**Pucks and meet in middle.**



**Explanation/Notes:**

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