



SAIT W

Practice Plan

Date: 09-05-19

Time: 20:15-21:45

Venue: SAIT

Lines:

20 players in 4 sets of 5

Team play practice

Notes:

Forecheck, Power Play, Penalty kill

Meet 5:15 in dressing room for a SKULL

Marc video the review for reference later.

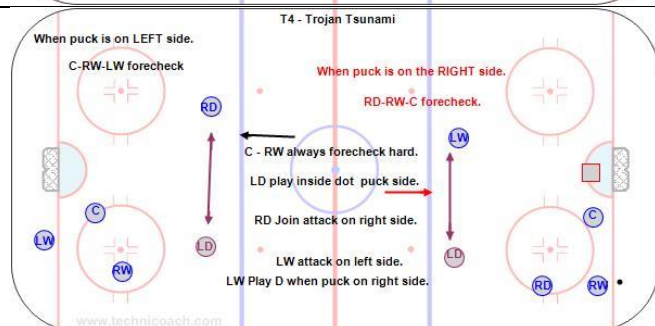
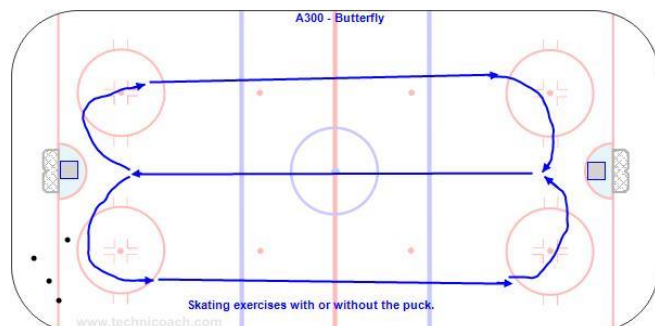
Session and go over team play on 3D board.

10' 3' individual warm up Kailey lead.

7'

A300 Butterfly

Start without the puck and then with the puck, shoot at each net from outside lanes.



20' Walk through – Mel goalies at other end.

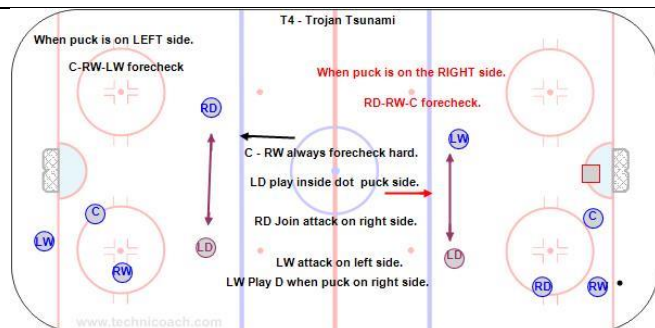
T4 - Trojan Tsunami 2-2-1

C-RW forecheck in a tandem and FIO.

LW-Play LW on left side and defense when the puck is on the right side.

LD – Always on the puck side moving between the dots.

RD – Join the attack on the right side and play RD when the puck is on the left side.



10' Coaches talk to players on the sides.

DT100 Continuous 3-2 to 5-5 with a Dump in and Trojan Tsunami FC.

Key Points:

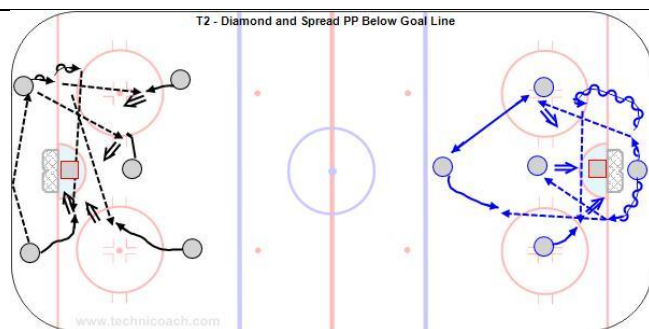
Defenders collapse low in the zone. Create 2 on 1's by attacking the widest defender on the 2-2 rush and use crosses, drops and picks. Add competition by keeping score and timing the game or play to a certain score like first team to 3 goals.

Description:

1. Extra forwards and defense line up on the sides in the neutral zone.

* 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'- 10 players at each end. Mike one end Jim Kailey other.

T2 - Diamond and Spread PP Below Goal Line - Russian U20

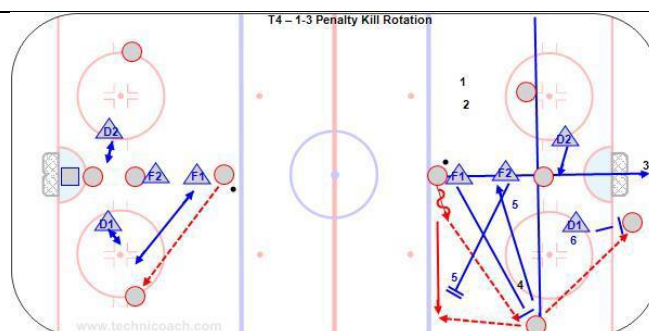
Key Points:

Start with the overload and rotate into the low spread and diamond.

Description:

1. Set up 5-4 at one end.
2. Start with an overload at the hash mark.
3. Pass to the low player who sets up the diamond from behind the net.
4. Set up one timer shots and back door plays from behind the net.
5. Practice the 2-1-2 spread with one player on each side below the goal line.
6. Keep the puck moving from low to high and use the player in the middle to pass or shoot.
7. Rotate between one and two players below the goal line.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150818224123859>



15'

T4 - 1-3 Penalty Kill Rotation

Key Points:

Forwards play in an I with one forcing the puck at the point and on the sides. The defense play low on each side. When the puck is low play and aggressive low press. Pressure any bobbled puck or poor possession. Good defensive skating in straight lines with stick on the puck and toe caps facing the puck.

Description:

Forwards Rotation:

1. All 4 defenders spin and then orient themselves into a 1-3.
2. Attackers set up in a high umbrella and move the puck starting at the mid point.
3. F1 at the top force the mid point and chase a pass to either side with stick denying return pass.
4. F2 move challenge a return pass to the mid point and F1 FALL UNDER and replace F2.
5. F1-F2 continue this tandem rotation with mid slot coverage when the puck high.
6. F1 or F2 pressure down if the attacker is at the half boards.
- 7.

Defense Rotation:

1. Attackers set up at mid point in a high umbrella and defense start together in the low slot.
2. Puck is moved to one side D1 moves toward that side

and D2 stays in the middle.

3. When puck is moved to the other side D2 move to that side and D1 to the middle.

4. D1 and D2 keep their sticks in the dangerous passing lanes and be ready to block shots.

5.

Walk Through 4 on 5:

1. Set up in a 1-3-1 power play and 1-3 penalty kill.

2. Start from the mid point and had a controlled scrimmage of 5-4.

3. Divide the defensive zone into four quadrants of responsibility; F1-F2 high, D1-D2 low.

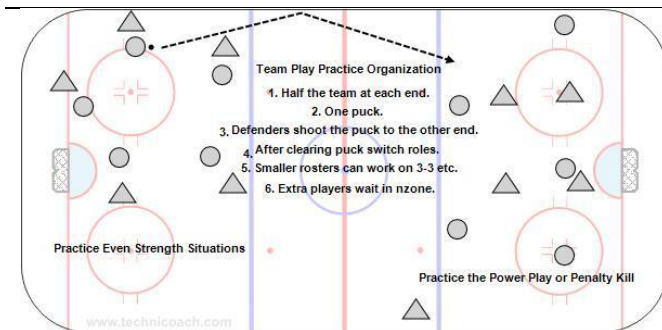
4. F1 pressure down the wall with the stick denying a pass to the point.

5. F2 pressure a return pass to the point and F1 fall under and cover the mid slot.

6. Play a low press if the puck moves from the half boards down.

7. Constantly decide whether to pressure or contain.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=2018121117285469>
<https://youtu.be/NkdQdJZH1-g>



15'

T2-4, D4 – Reilly Team Play Rotation

Key Points:

Practice team play situations at each end. Even or odd man. Leave players in the neutral zone for pp and pk. Situations.

Description:

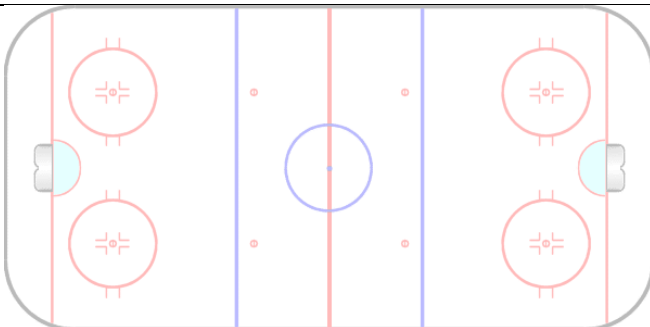
1. For specialty teams start with 5-5 at each end with one defensive player in the neutral zone making it a 5-4. You can use any number 3-3 to 6-5.

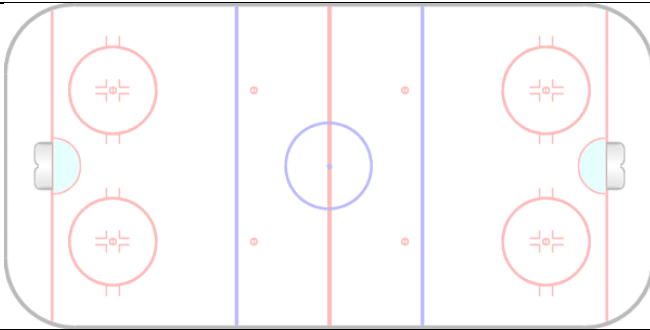
2. Start green on pp vs. white on pk at one end. On a goal, frozen puck or shot down the ice the green get ready to pk and the white the pp.

3. The other end starts with the white on the offense first.

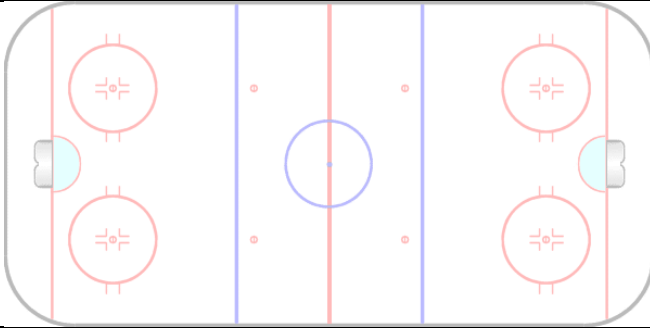
**The play rotates from end to end.*

Explanation/Notes:





Explanation/Notes:



Explanation/Notes:
