



## SAIT W

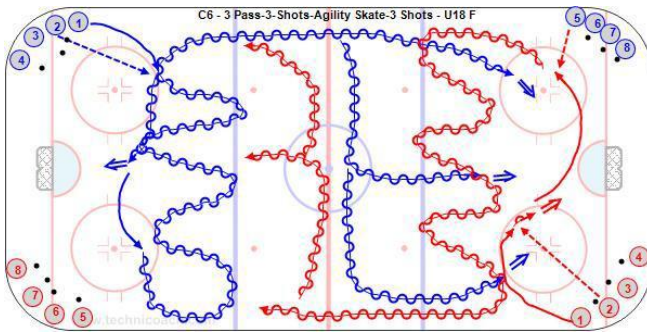
## Practice Plan

Date: 09-10-19

Time: 18:15-19:45

Venue: SAIT

Lines:	Notes:
Skating – puckhandling-passing skills	Angling along the boards.
Back checking and taking sticks in the slot.	Quick support and head up.
Play in the triple threat position.	Scoring under back pressure.



2' Individual Warm up

8'

### **B6 - 3 Pass-3-Shots-Agility Skate-3 Shots - U18 F**

#### **Key Points:**

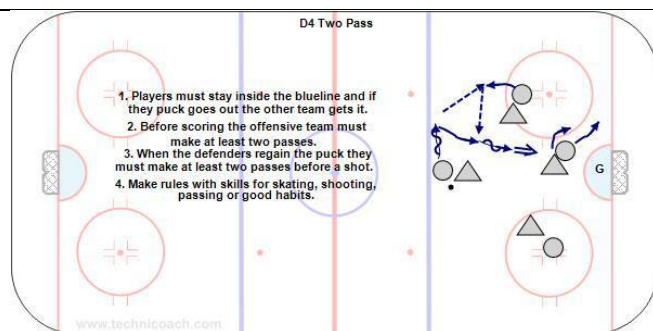
Warm-up drill with passing, shooting, agility skating, puck handling tasks and goalie shots. Shoot from the three lanes while skating. Push ups if you miss the net. Opposite corners leave when the last shot is taken; no need for whistles.

#### **Description:**

1. Three leave from diagonal corners.
2. 1 skate to the top of the circle and get a pass from 2 then skate into the slot and shoot.
3. 2 and 3 repeat getting passes from 3 and 4.
4. Give a target and get a pass from 5-6-7 in the other corner.
5. Skate up and back to the blue line and top of the circle three times.
6. Cross the red line and 1 skate straight and shoot, 2 skate to the middle lane then down and shoot and 3 to the wide lane and shoot.
7. 5-6-7 repeat from the other diagonal corners.
8. Add skating and puck handling tasks: i.e. puck only on the forehand or backhand of the blade, quick hands and quick feet, face the other end always, chocktaw front to back transition turn, Crosby turns, backward skating, etc. Also vary the kind of shots taken: wrist, backhand, snap, slap and you can even incorporate exchanging give and go with players in the corners.

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**10'** Only forehand passes are allowed. Two six minute games

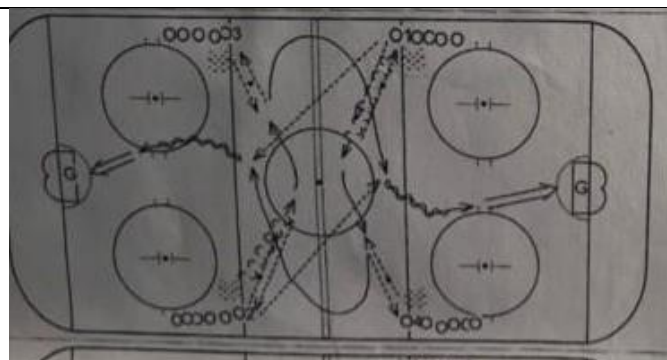
**D4 Two Pass x 2 Game at each end.**

**Key Points:**

Quick support, get open, give a target, checker on puck, cover away from the puck, box out, take sticks, fight for rebounds. 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.

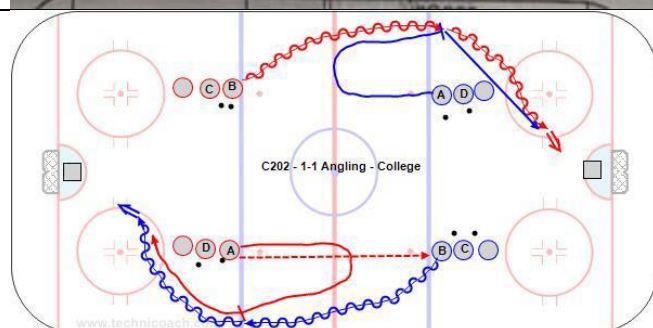
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**10'**

**Czech Quick Pass Drill**

Czech Quick Pass Drill - 1 on 0 - start backward, get pass, give back, pivot forward, get and give, curl and skate into middle, take long pass and go in and shoot. Opposite lines go next.



**10'**

**C202 - 1-1 Angling – College**

**Key Points:**

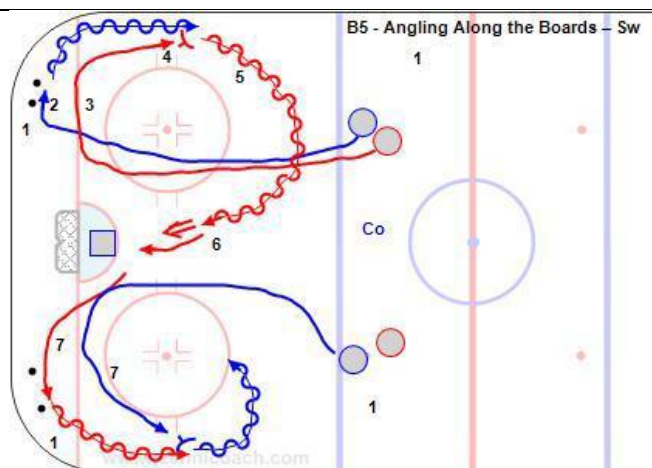
Angle at the back of the inside shoulder with stick on the puck and inside leg in front. Skate through the hands and pick up the puck.

**Description:**

1. Players face each other in two lines across the neutral zone.
2. A from each line pass across to B.
3. B skate down the boards with the puck and attack the net.
4. A skate forward then turn and angle check A.
5. Whoever wins the puck battle skate in to score and the other chase.
6. C pass to D and repeat.

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**10' Do at each end.**

**B5 - Angling Along the Boards – Sw**

**Key Points:**

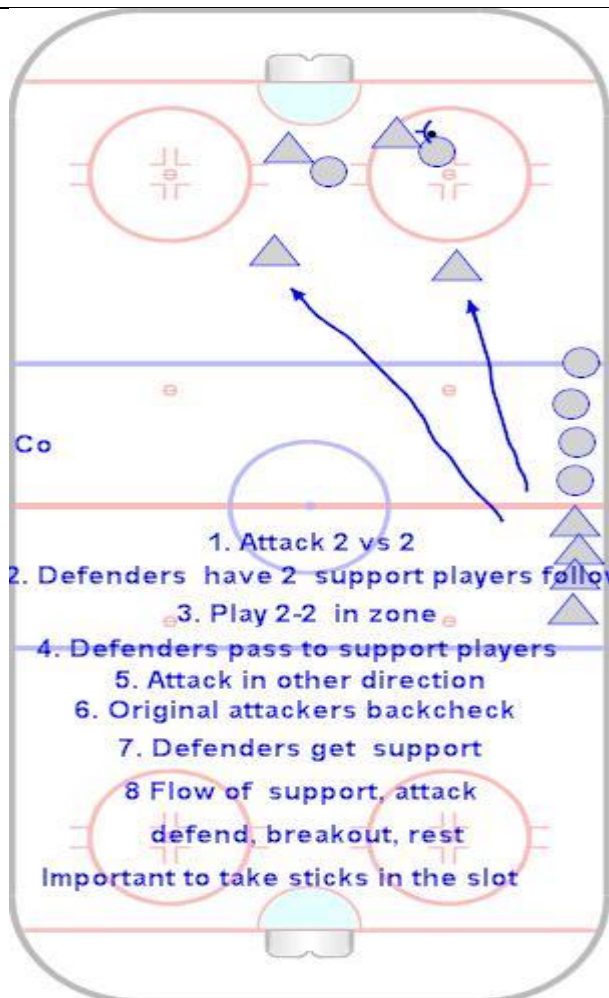
Approach the puck carrier from slightly behind angling toward the back of the inside shoulder with the stick on the puck and body on body. Skate through the hands with the inside leg in front and pick up the loose puck.

**Description:**

1 - Players line up just outside the blue line near the dots, puck are in each corner. 2 - F1 leaves and picks up a puck in the corner then skates up the wide lane. 3 - F2 follows from slightly behind and steers F1 along the boards. 4 - F2 approaches at the back shoulder with 'body on body and stick on the puck.' 5 - F2 angle checks F1 with the inside leg in front then picks up the loose puck. 6 - F2 skates into the slot and shoot - rebounds. 7 - F2 picks up a puck from the opposite corner and F3 becomes the checker.

\* Repeat alternating sides.

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**10'**

**DT100 Backchecking Transition Game**

**Key Points:**

Attack quickly and the defender tie up the stick on the rebound then look for the puck.

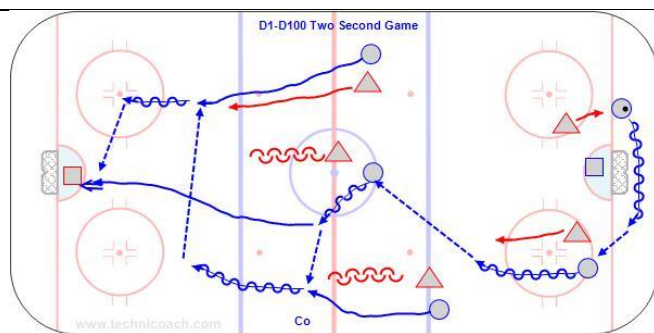
**Description:**

Full ice game with the defenders getting support. New attackers have to get the breakout pass inside their zone. This works on quick passes and attack or the backchecker catches up. The backchecker must tie up sticks on the rebound and don't allow a second shot. The attacker must be quick and follow the shot.

Defender make a breakout pass to the supporting player in the high slot.

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## 10' Kailey ref game and call over 2"

### 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.

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## 10'

### D200 Angling game

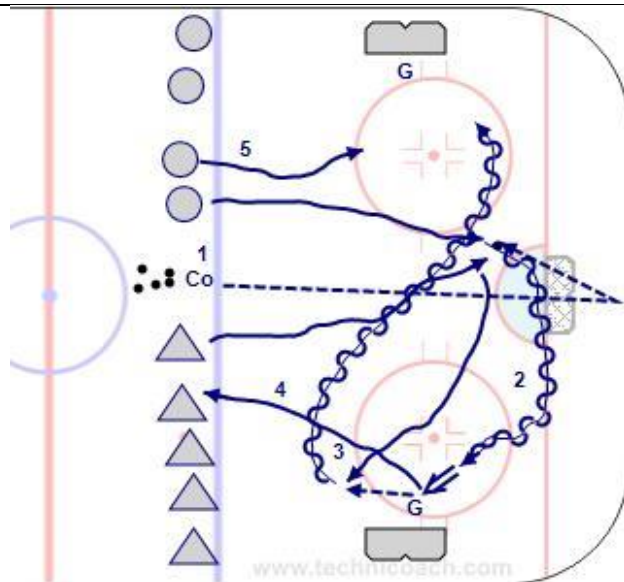
#### Key Points:

Checkers create an angle on puck carrier and take away their time and space with body on body and stick on the puck.

#### Description:

1. D200 lineup outside blue line.
2. On whistle carry the puck behind the net and checkers leave and create good angles.
3. Play 20-30 seconds.
4. Puck carrier can try to come out short side.
5. Keep score. Play to a certain score and losing team do something like push ups. Play a short series.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20111005185904685>



9'

### E1 D200 Shootout Game

#### Key Points:

As soon as there is a rebound or goal the defender pick up the puck and attack the other way.

#### Description:

1. Coach dumps the puck in and players race for it.
2. Puck carrier try to score defender defend.
3. On rebound or goal defender attack other way.
4. Shooter must get outside of the blue line.
5. When teammate outside then first player in the line backchecks.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20130109085731126>

1' pucks middle cheer