



SAIT W

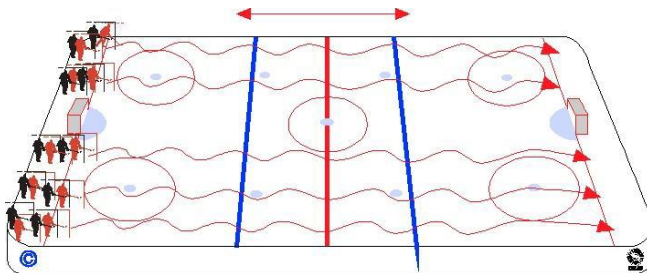
Practice Plan

Date: 09-11-19

Time: 16:30-18:00

Venue: SAIT

Lines:	Notes:
Puck handling, Low Spread Power Play	Nzone regroup
PP breakout	Shootout
Overspeed and catch and release shot	



2' individual warm up

13' Big Moves – Jim lead

A200 Big Moves \_ Russian Warm-up – Yashin

#### Key Points:

Increase the size of the moves by reaching as far as possible with the puck. Separate the movement of the upper and lower body by skating away from the puck. Players must be able to handle the puck under control around and through their body.

**Description:** - Skate away from the puck. Skate right reach left and skate left and reach right. - Reach as far forward and back as you can using the top hand.

-Put the puck from the stick to inside and outside edges back to the stick.

-Move puck from behind to front through skate forehand and backhand.

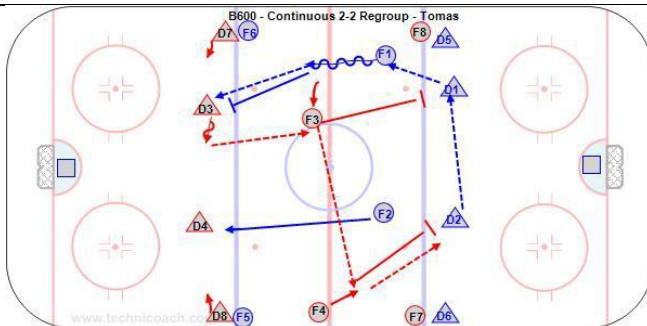
-Escape moves backward with the puck and tight turns each way.

-Fake a shot and go left then right. Spin on backhand.

-Touch each knee while skating. - Yo-yo the puck give it and take it away. - Toe drag fake inside and pull the puck back while sliding back. - Bring the puck from behind to in front through the skates on forehand. - Bring the puck from behind to in front through the skates on backhand. - Skate fake inside and go outside.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080722140651119>

<https://youtu.be/D3Z1ikKm17E>



10'

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:

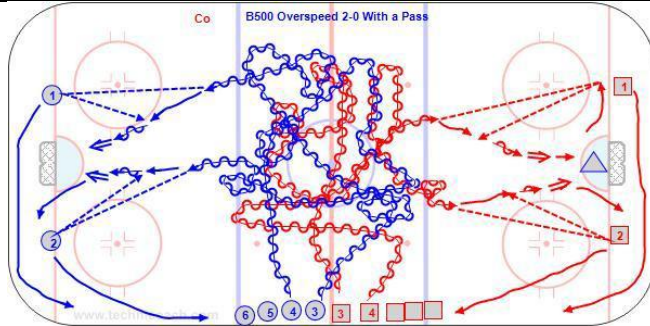
1. D1-D2 pass to F1-F2.
2. F1-F2 regroup with D3-D4.
3. F1-F2 forecheck vx. D3-D4.
4. F3-F4 support D3-D4.
5. D3-D4 make a regroup pass to F3-F4.
6. F3-F4 now regroup with D5-D6 and forecheck.
7. Continue the regroup and forecheck sequence.

\* Add dump in, breakout with a low 2-2 where the attackers forecheck to get the puck and score.

*\* Use one or two D and from one to three F. A great way to practice quick regroup and if you dump the puck in the breakout, forecheck and on the regroup the neutral zone forecheck.*

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

<https://youtu.be/dB6DPGuHn3s>



**10'**

### **B500 Overspeed 2-0 with a Pass**

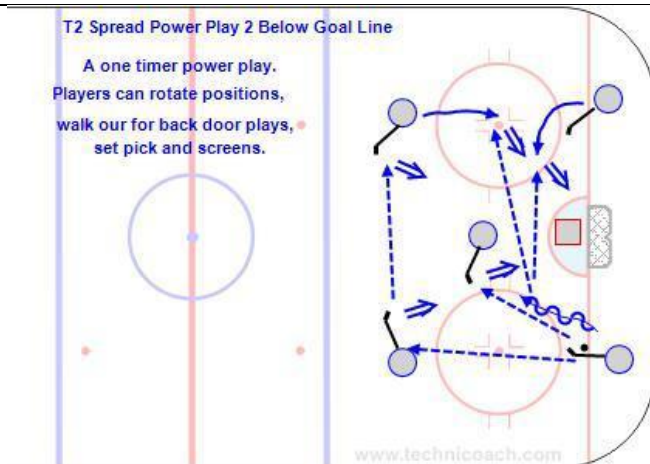
#### **Key Points:**

Players must challenge themselves out of their comfort zone. Make as many moves as possible and continue until they have shot and looked for a rebound. Take the pass and shoot right away without over handling.

#### **Description:**

1. Line up along boards on one side.
2. Players 1 and 2 start on the goal line.
3. Players 3 and 4 leave and make moves at top speed.
4. Coach whistle every 7" and they players attack the net.
5. Closest attacker give and go with 1 or 2.
6. Second closest do a tight turn then give and go with 1 or 2.
7. With only one goalie go one way only.
8. After passing return to the back of the line.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20111004075623113>



### **20' Two groups of 10**

### **T2 Spread Power Play 2 Below Goal Line**

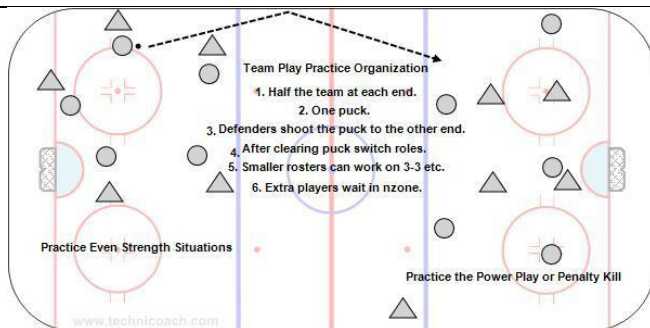
#### **Key Points:**

A one timer power play. Players can rotate positions, walk out for back door plays, set pick and screens.

#### **Description:**

1. Set up with two players below the goal line and the high attackers just above the top of the circles.
2. Quick passes to make the defenders move.
3. Read when the defender has the 'Stare' looking low and find shooting seams.
4. Walk-out for back door plays to the other low player or a point man coming down.

*\*Key concept is the give and go. D to low F and go for a return pass. Low F across to low F and step out and across of to middle or D coming in. Constant movement. Scoring attempts every two passes.*



**10'**

### **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:**

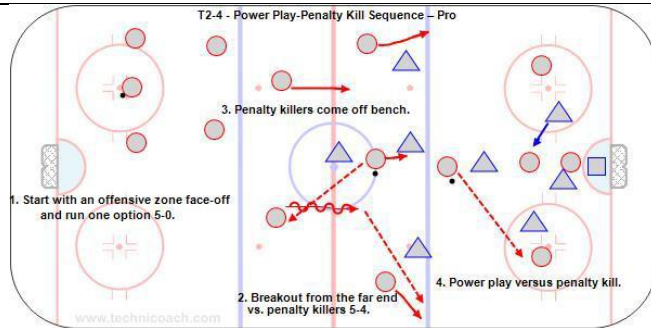
1. For specialty teams start with 5-5 at each end with one defensive player in the neutral zone making it a 5-4. You can use any number 3-3 to 6-5.
2. Start green on pp vs. white on pk at

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.

<https://1drv.ms/v/s!AukXg5gWoW-9hccFzAmkMGZauwPhFQ?e=kN0dGR>

2.

*\*The play rotates from end to end.*



**10'**

### **T2-4 - Power Play-Penalty Kill Sequence – Pro**

#### **Key Points:**

Develop a power play that fits the skill of each five player unit. Practice the Diamond 1-3-1 both from the blue line and below the goal line. Defend from the net out, stop and start, stick on puck and in the passing lanes. Swarm when the offense doesn't have control along the boards. Weak side forward fall under and cover the middle attacker. Power play create shooting lanes, screen, crash for rebounds.

#### **Description:**

1. Start with an offensive zone face-off and run one option 5-0.
2. Breakout from the far end vs. penalty killers 5-4.
3. Use controlled breakouts for each group.
4. Penalty killers come off the bench to defend against the breakout.
5. Power play versus penalty kill.

*\* Breakout with a double swing and five attack.*

*\* Breakout in the three lanes and two forwards swing behind for a trailer pass and attack late, these players attack the static defense and carry in, pass to each other or the wide players at the blue line.*

*\* Aggressive penalty kill when the puck is loose or the attackers back is turned.*

*\* Option one is to have the wide players on their forehand side for one timers.*

*\* Option two is to have a passing PP with right and left handed shots on the right and left sides.*

*\* Rotate positions and keep moving.*

*\* Defender stay with the puck carrier but do not chase passes.*

*\* Play a 4-4 on the strong side and deny the cross ice pass with sticks in the lane.*

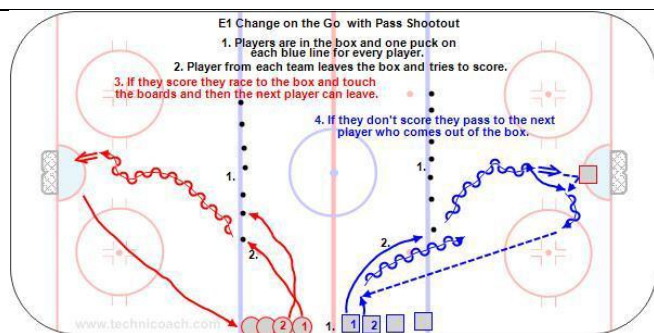
*\* Many teams give the goalie the walk out player jam and cover the other four.*

*\* Power play create confusion with quick puck movement, switches and back door options, outnumber the defenders on rebounds.*

*\* A coach can use this sequence to practice from 3-3 to 5-5.*

<http://www.hockeycoachingabc.com/media/gallery/media.php?f=0&sort=2&s=20170428111213953>

<https://youtu.be/VadXPVkB4I>



13'

## E1 Change on the Go with Pass Shootout – U18 F

**Key Points:**

Players should work on selling the fake, change of pace and making the goalie move first. The goalie must time his retreat into the net to keep good angles on shots and cover the goal line on dekes.

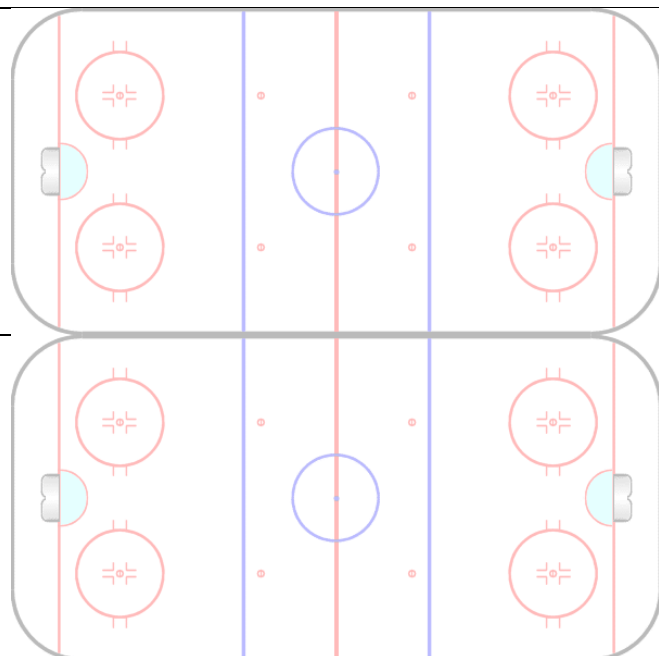
### Description:

1. Players are in the box and one puck on each blue line for every player.
2. Player from each team leaves the box and tries to score.
3. If they score they race to the box and touch the boards and then the next player can leave.
4. If they don't score they pass to the next player who comes out of the box.
5. Losing team do something for every goal they lose by.

*\*To make it realistic the goalie should practice starting from the goal line and coming out.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120415181657595>

<https://youtu.be/VRtwyRqRv2I>



## 2' pucks and meet in the middle

### Explanation/Notes: