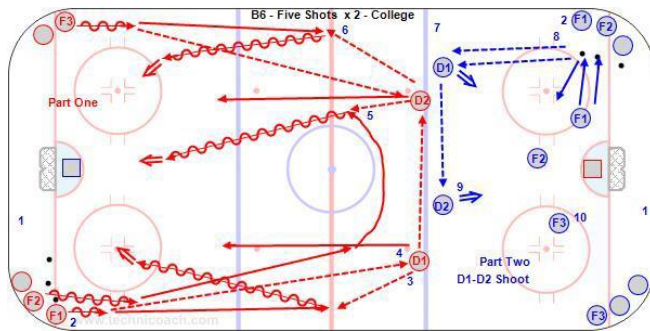




SAIT W

Practice Plan

Date: 9-17-19	Time: 18:15-19:45	Venue: SAIT Arena
Lines:	Notes:	
1-1, 2-1, regroup	Shots, passing, shots	
Defensive side and tie up attackers sticks	Screens and tips	
Boxing out.	Transition	
Straight on angling.		



2' Individual Warm up

10'

B6 - Five Shots x 2 – College

Key Points:

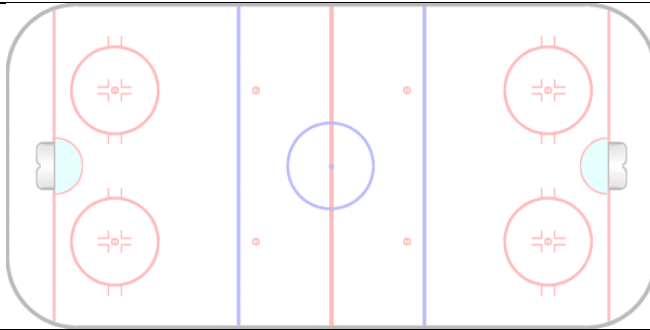
Pass hard while skating, face the puck and give a target, shoot while skating and follow the shot for a rebound. The same sequence is done from both ends starting from diagonal corners.

Description:

1. White forwards at one end and white D at the far blue line. Red F and D opposite.
2. F1 skate and pass to D1 then open up for a regroup pass at the red line.
3. D1 pass to F1 who skates in and shoot from the wide lane.
4. F2 leave from the same corner, skate and pass to D1 who passes to D2.
5. F2 cross the red line and mirror the puck for a pass from D2 then skate and shoot.
6. F3 leave from the opposite corner, regroup with D2 and shoot from the wide lane.
7. D1-D2 skate up to the blue line.
8. F1 get a puck from the corner and pass to D1 who shoots.
9. F1 pass another puck to D1 who passes across to D2 who shoots.
10. F1-F2-F3 have a net presence.

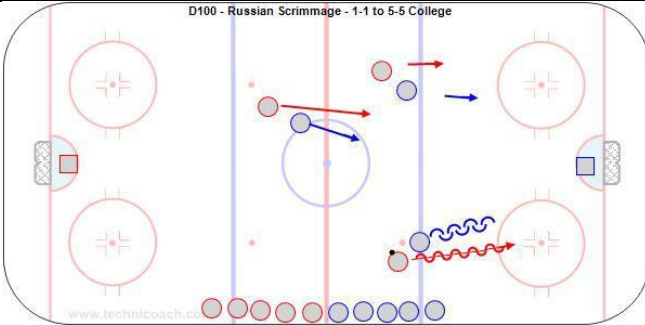
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<https://youtu.be/QC7hvuGCowI>



10'

Kailey lead the Czech Quick up Marc do video of the drill.



13' **Rule – at least one pass made in each zone.**

D100 - Russian Scrimmage - 1-1 to 5-5 College

Key Points:

Players must recognize the game situation they are in and play accordingly. Everyone plays both forward and defense and they must FIO – Figure It Out.

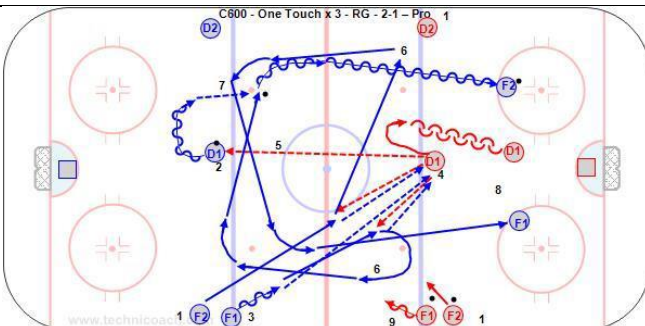
Description:

1. Players line up against the boards along the boards on either side of the red line, Blue and Red.
2. Coach either yells out a number or blows a number of whistles and that many players play.
3. Shifts 30-40".
4. Touch up at the red line if you score.
5. If scored on get the puck out of the net and attack.
6. Keep score.

*Play hard – 'Enjoy the Game', Let the 'Game be the Great Coach', Have Fun.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20181102200948256>

<https://youtu.be/z5vxH8Z-iV8>



10'

C600 - One Touch x 3 - RG - 2-1 – Pro

Key Points:

Forwards face the puck and give a target. D be in the triple threat position and don't 'dust the puck off'. F attack with speed, make first play early, one high one low-one fast one slow. D and goalie work together. D prevent the puck from crossing the mid line and take the dangerous stick after the shot.

Description:

1. Blue F and Red D across from each other, Blue F and Blue D at other blue line.
2. Red and Blue D1 start at each blue line in the middle.
3. Blue F1 and leave with a puck.
4. Blue F1 pass to Red D1 who exchanges 'one touch' passes to F1-F2.
5. Red D1 'one touch' up ice to Blue D1.
6. Blue F1-F2 skate to the wide lanes then cross in front of Blue D1.
7. Blue D1 skate to open ice and 'one touch' to F1 or F2.

8. Blue F1-F2 attack 2-1 vs. Red D1 and finish the attack.

9. Repeat the other way with Red F1-F2 regroup with Blue D1.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20180722102003802>

<https://youtu.be/FhoZ-kZpchw>

10' Kailey on end. Tom Other

C6 1-1 From the Corner

Key Points:

This is a drill the Russian Olympic coach Vladimir Jursinov used. You can do 2-1 and 2-2 as well. Stay D side stick on the puck, body on body and keep a tight gap within a stick length.

Description:

1-1's from the corner

1. Defender 1 skate to the opposite corner and defend vs attacking player 2.

2. On the whistle player 2 now skates to the opposite corner and defends vs player 3.

3. Player 3 will try to score and then defend vs player 4 and continue this flow.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2013052209072488>

<https://1drv.ms/v/s!AukXg5qWoW-9hcQghuT9tpYgGzjs4w?e=ADh9yj>

Russian U18F

15' Focus on boxing out and taking sticks. Point players MUST Shoot

DT400 - 3-3 Krusel Battling Game – U18 F

Key Points:

Battle for loose pucks, screen the goalie, shot passes, cycle, man on man, tie up sticks, tip, low zone play. Keep score and play from 1-1, 1-2, 2-2, 2-3, 3-3 low in the zone.

Description:

1. Line up with the face-off dots and 1 to 3 players race for a loose puck the coach shoots in.

2. Pass to the point to transition to offense.

3. Point player must shoot or pass within 2 seconds and plays low on the next coach shoot in.

4. Play 30' shifts and pass to the coach on the whistle.

5. If a point pass goes out the other point-man gets the puck.

**Players must race to get onside before the next puck is shot in.*

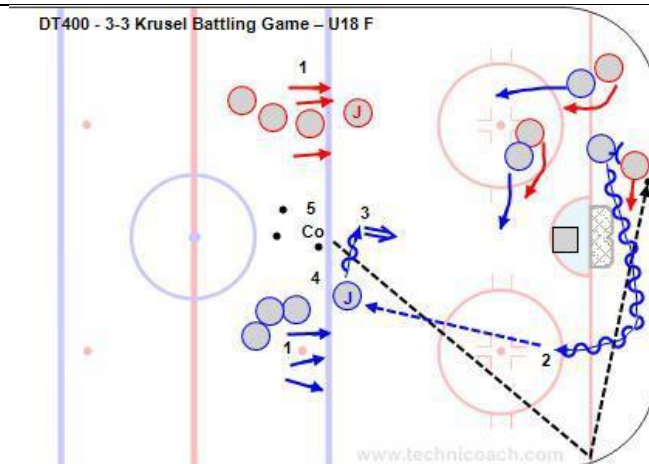
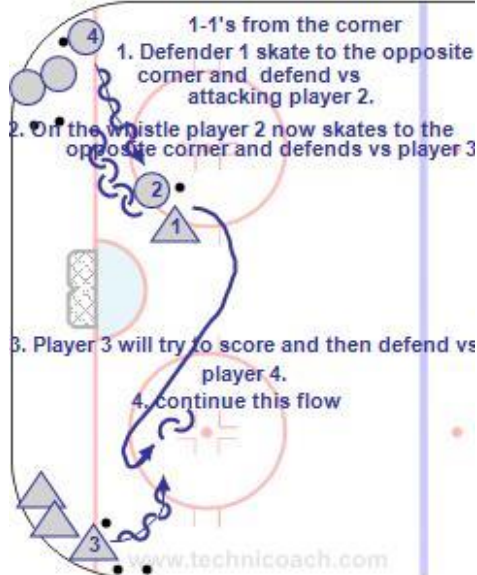
**Players at the point can pass or shoot but they can't go in.*

**Keep score and add rules like goals must be on one touch shots, or give and go plays, etc..*

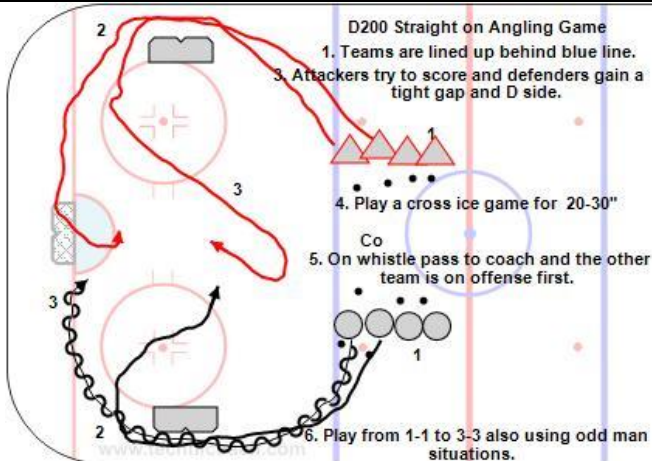
**This is the favorite game for some of the pro players I have coached over the years.*

**Coach can use this game to teach many things on both O and D. Here coach teaches attackers to support player at the point by being in a position to screen, one time or redirect a shot pass. Most offensive and defensive principles can be practiced with this game.*

<http://www.hockeycoachingabcs.com/mediagallery/media>



<http://www.hockeycoachingabcs.com/mediagallery/video.php?f=0&sort=2&s=20180121102049670>
https://youtu.be/wCXU_A25JZY



10' **Put extra pucks away.**

D200 Straight on Angling Game

Key Points:

Both teams go behind their net on the whistle.
Defenders close the gap and maintain the defensive side.

Description:

D200 Straight on Angling Game

1. Teams are lined up behind blue line.
2. On the whistle each team skates behind their net.
3. Attackers try to score and defenders gain a tight gap and D side.
4. Play a cross ice game for 20-30"
5. On whistle pass to coach and the other team is on offense first.
6. Play from 1-1 to 3-3 also using odd man situations.

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9'

E1 - DT200

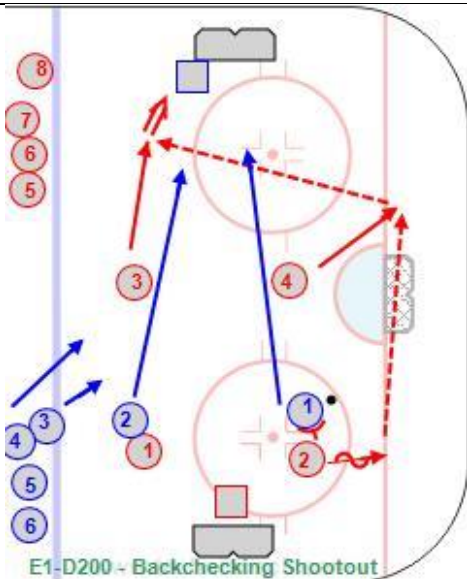
Cross ice backchecking game.

Sequence 2-2 with 2 defensive players supporting at centre.

Goal, frozen puck or turnover pass RED 1 or 2 pass to RED 3 or 4 who attack

BLUE 1 and 2 backcheck and two new blue 3 and 4 support from centre.

Keep score.



1' **Get pucks and meet in middle.**

