



SAIT W

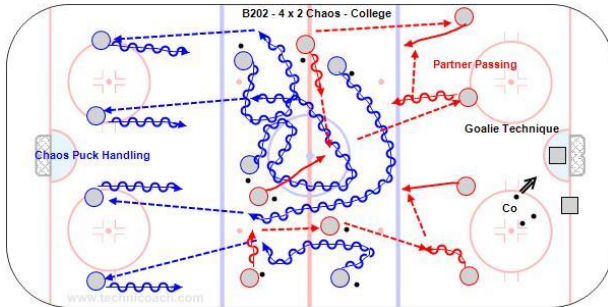
Practice Plan

Date: 09-18-19

Time: 16:30-18:00

Venue: SAIT Arena

Lines:	Notes:
Breakout options	6 on 5 attack and defend
Regroups	Game with good habits
Team meeting – transitions in hockey by Kai	
Team play video.	



3' Individual Warm up

8' Mel goalies

B202 - 4 x 2 Chaos Overspeed – College

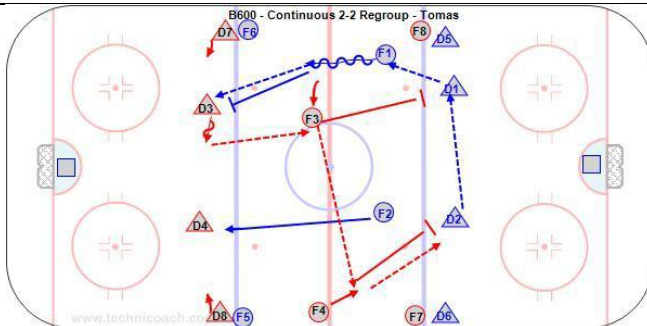
Key Points:

Overspeed with the puck. Go as fast as possible making moves and cutbacks. Pass quickly always facing the partner.

Description:

1. Four players from each end leave and puck handle in the neutral zone as fast as possible.
 2. On the whistle pass to the first player in the line you started in.
 3. Break into two groups of two.
 4. Pass quickly in the neutral zone.
 5. On the whistle pass to the line you came from.
 6. Goalie training with the coach at one end.
- <http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20180930143940302>

<https://youtu.be/fEGcEqZUQAE>



7' Mel with goalies.

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 regroups and if you dump the puck in the breakout, forecheck and on the regroup the neutral zone forecheck.*

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

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<https://youtu.be/dB6DPGuHn3s>

15' Breakout and regroup 3 x Pass to lw, rw, c then 3-2

C3 Breakout 5-0, Regroup, Attack 3-2- Pro

Key Points:

One stretch, one middle support and one wall support.

Description:

Breakout 5-0, regroup 5-0, attack 3-2.

One stretch, one middle support and one wall support.

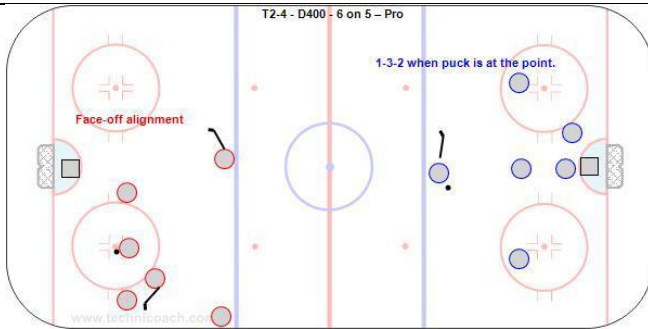
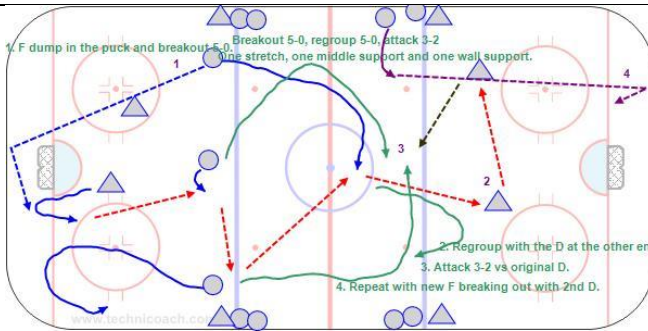
1. F dump in the puck and breakout 5-0.

2. Regroup with the D at the other end.

3. Attack 3-2 vs original D.

4. Repeat with new F breaking out with 2nd D.

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15'

T2-4 - D400 - 6 on 5 - Pro

Key Points:

Outnumber the defenders to win loose pucks. Take away rims with a high triangle at the top, one player on each side and one in the middle. Screen and take away goalies eyes whenever a shot is possible. Reset the attack by putting the puck behind the net and moving it low to high. Set up a 1-3-2 diamond when the puck gets to the middle point. When the puck is at the half wall one attacker support on the strong side goal line. The key is to produce rebounds and outnumber the defenders in the slot.

Description:

1. Start with a face-off and the extra forward higher along the boards on the strong side.

2. Defenders line up like 5-5 with D along the boards.

3. Allow the offense to win the draw.

4. Move into the diamond power play 1-3-2 when the puck gets to the midpoint.

5. Defend from the net out with a diamond and the closest player challenge the puck carrier.

6. Defenders do not get tied up with the player in front but defend in a diamond.

7. Defend with sticks in passing lanes and shin pads in front of the shot.

8. Puck on wall the strong side D be a stick length from low attacker on the goal line.

9. Quick play is pass to goal line to attacker in the mid slot for a shot.

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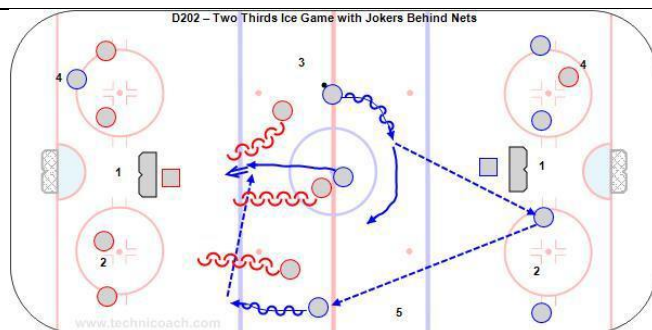
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Offense: Face-off and set up in 1-3-2

Two players fight for all loose pucks and setting up at the half wall.

Defense:

Use a diamond to defend when the puck is at the mid-



point.

Pressure the puck at the half wall and defend from the net out with sticks in passing lanes.

15'

D202 – Two Thirds Ice Game with Jokers Behind Nets

Key Points:

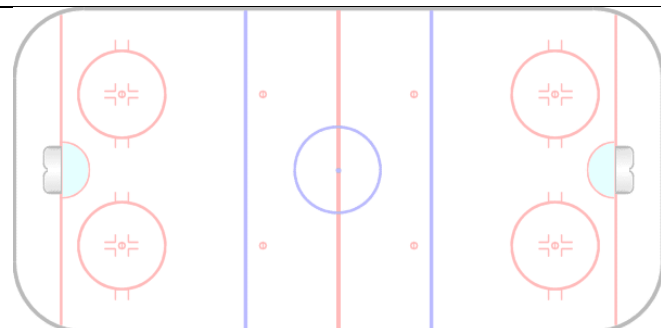
Modified Rules: only 2" with the puck, you must make 2 passes, 2 passes and one touch shots, all must touch the puck, everyone skate backward, only forehand passes, only backhand, must make and escape move when you get the puck, on touch game, skate a Crosby when you get the puck, regroup with joker, pass to jokers at each end and any other skill you want to focus on. Batchko is a great game for puck support. Rules for scoring such as goals must be on one timers, on give and goes, etc.

Description:

1. Nets are at the top of the circles in each end.
2. Extra players are jokers who can pass or shoot and are behind their own net.
3. Play 1-1 to 5-5 or 1-2, 2-2, 3-2, 3-3, 3-4, 4-4.
4. Have jokers from each team behind the nets.
5. Play games with modified rules to practice individual and team skills,

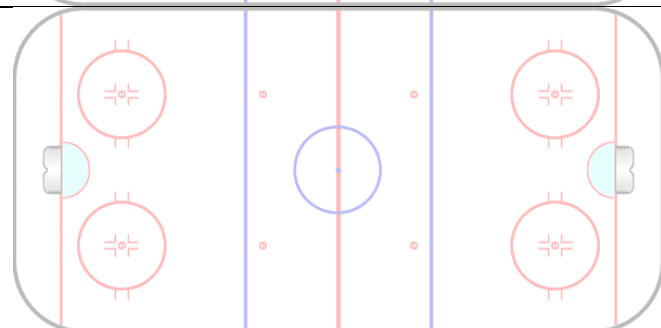
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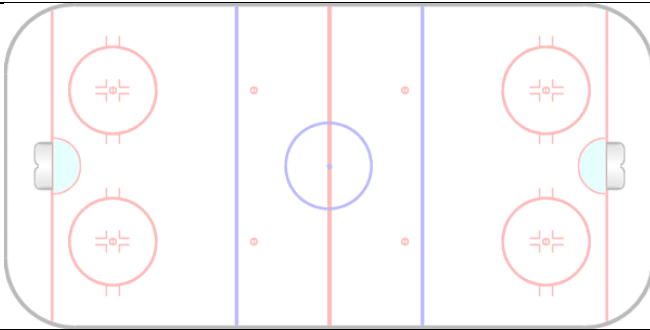


Pucks meet in middle.

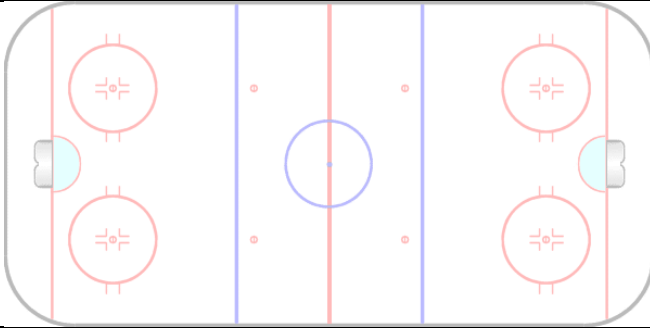
Team meeting in dressing room.



Explanation/Notes:



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