



SAIT W

Practice Plan

Date: 09-12-19

Time: 18:15-19:45

Venue: SAIT

Lines:	Notes:
Introduce penalty kill	Review power play
Timing, passing, good habits	Game situation
Specialty team practice.	

3' Individual Warm up – Skating and Skill rules

12' **Two 6' games.**

D4 One Zone Game - Slovakia U20

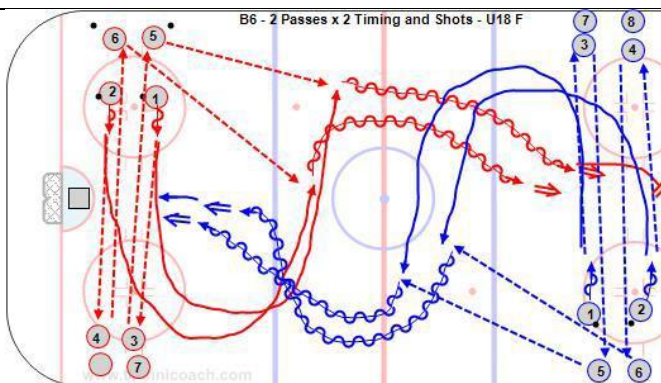
Key Points:

'The Game is the Greatest Coach.' Play in one zone and practice working together. Use various rules. In the video they are playing 'One Pass.'

Description:

1. Game is in one zone and if the puck goes over the blue line the other team gets it.
2. Puck changes possession on a goal or a frozen puck.
3. Transition to offense by making at least one pass before you can shoot.
4. Use modified rules such as: one pass, two passes, only forehand, only backhand, goals only on one touch shots, two touch or two seconds with the puck, puck carrier must make an escape move, goals must originate from the point, goals must originate from below the goal line, only one pass allowed, only certain kinds of shots like a backhand or slap shot, etc..
5. Add intensity by keeping score and having tournaments.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20141208094425400>



10' **Kailey run**

B6 - 2 Passes x 2 Timing and Shots - U18 F

Key Points:

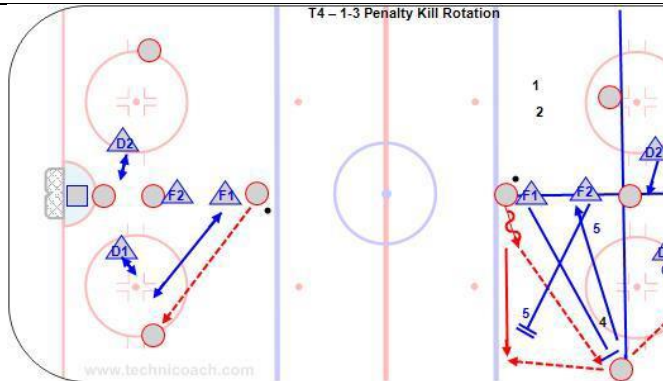
Pass and skate for a return pass. Keep skating while passing, receiving and shooting. Give a target. Handle the puck after receiving and use wrist passes.

Description:

- A. 1 and 2 leave from each end and pass across to 3 and 4.
- B. 3 and 4 pass across to 5 and 6.
- C. 5 and 6 pass up to 1 and 2 skating across the neutral zone.
- D. 1 shoot-rebound-screen.
- E. 2 shoot.
- F. 3 and 4 repeat in the other direction.

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<https://youtu.be/WmpASHh7uL4>



40'

20' each group

Mike PK

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>

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20' Jim pp

T2 Spread Power Play 2 Below Goal Line

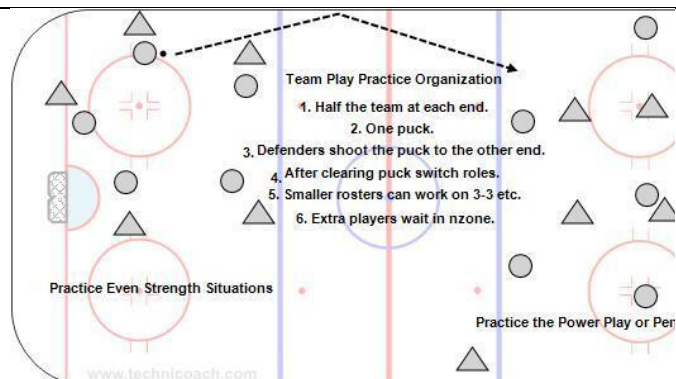
Key Points:

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'

D4 – Reilly Team Play Rotation

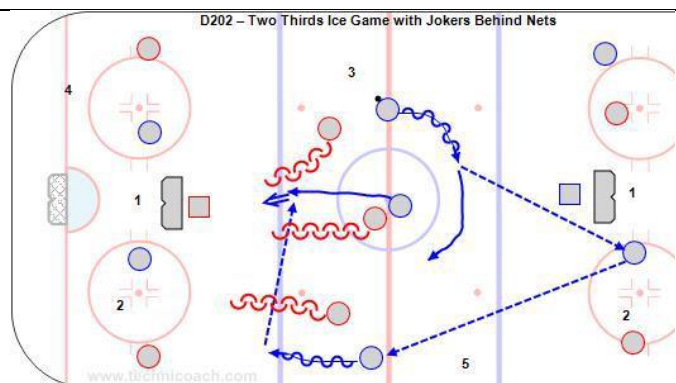
Key Points:

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.**



13'

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:

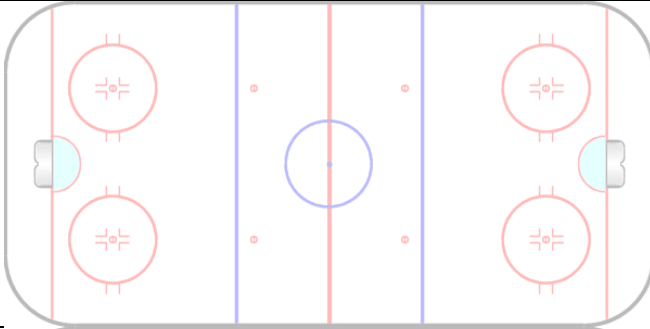
1. Nets are at the top of the circles in each end.
2. Extra players are jokers who can pass or shoot and are behind their own net.
3. Play 1-1 to 5-5 or 1-2, 2-2, 3-2, 3-3, 3-4, 4-4.
4. Have jokers from each team behind the nets.
5. Play games with modified rules to practice individual and team skills,

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20171231102109576>

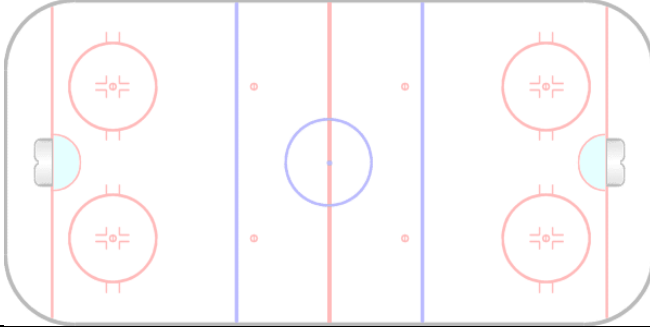
<https://youtu.be/vE83XiyCS48>



Explanation/Notes:



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