



SAIT W

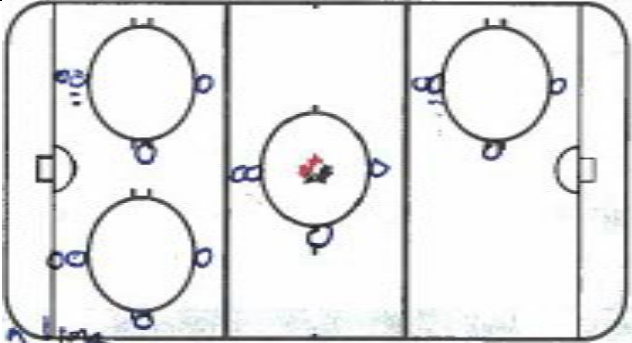
Practice Plan

Date: 09-23-19

Time: 16:30-17:30

Venue: SAIT Arena

Lines:	Notes:
Lots of passing.	Cross ice multi puck game.
Puck support, head up, head man puck.	
Ice time at 4 so you can go on for individual	Practice.



8'

B300 Tschumi Around the Clock One Touch

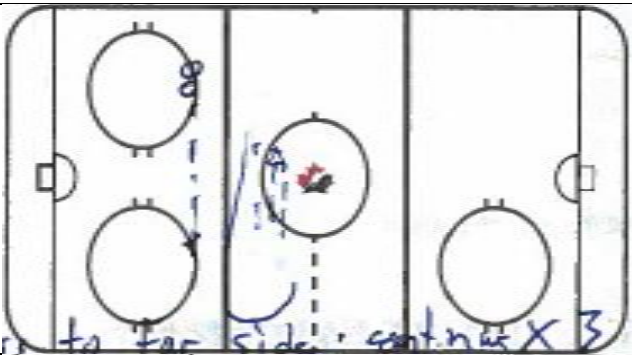
Key Points:

One touch the puck in the middle of the blade and follow through with the top hand away from the body. Start rotating clockwise and then switch to counter clockwise.

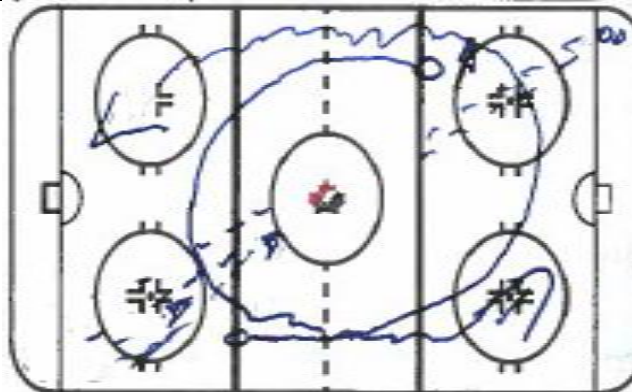
Description:

- A. 1 and 2 one touch five times 6-12 o'clock.
- B. 2 pass to 3 at 3 o'clock.
- C. 3 one touch across to 2 at 9 o'clock.
- D. 2 one touch to 4 at 12 o'clock.
- E. Repeat with 4 passing to 3 x 5.

<http://www.hockeycoachingabcs.com/filemgmt/index.php?id=90>

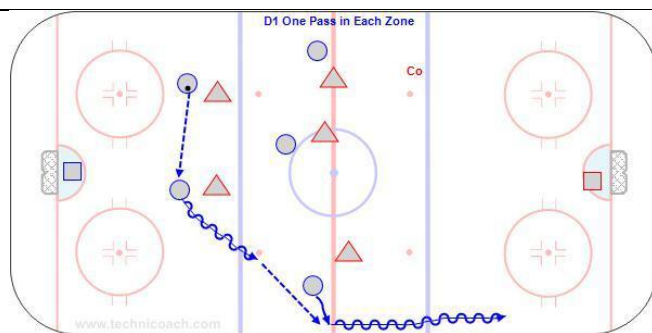


8' Cross ice



10'

One touch horseshoe.



15'

D1 One Pass in Each Zone

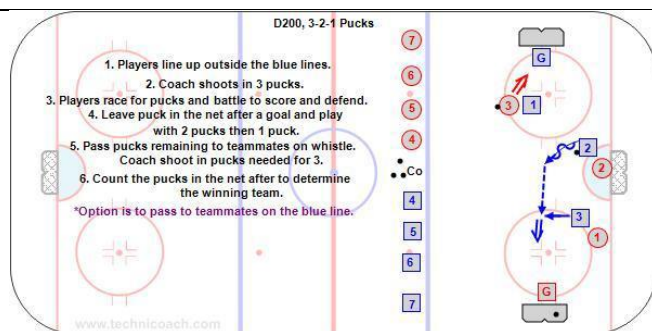
Key Points:

Close support, skate to open ice with the puck, give a target.

Description:

1. Play full ice either in shifts or all on the ice at once.
2. There must be at least one pass made in each zone. If not the other team gets the puck.
3. Controlled scrimmage so everyone stop on the whistle for coach input.
4. With shifts in a D100 game pass back to the goalie on the whistle.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2011032414361323>



14'

D200 3-3 with 3-2-1 Pucks

Key Points:

-Players can only shoot when the goalie is ready.

-No empty net goals.

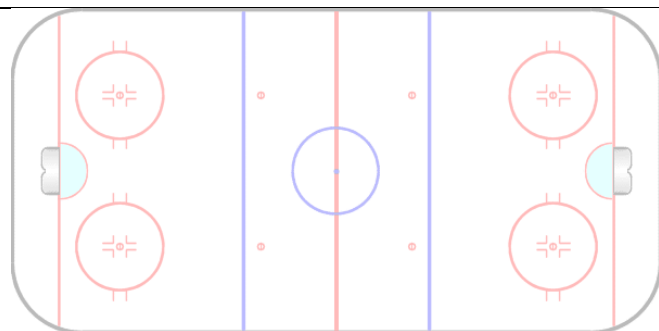
-Situation continually changes as goals are scored and players have to read odd and even man numbers.

Description:

1. Players line up outside the blue lines.
2. Coach shoots in 3 pucks.
3. Players race for pucks and battle to score and defend.
4. Leave puck in the net after a goal and play with 2 pucks then 1 puck.
5. Pass pucks remaining to teammates on whistle.
4. Hustle out of the zone on the whistle and play 20-30 seconds only.
6. Count the pucks in the net after to determine the winning team.

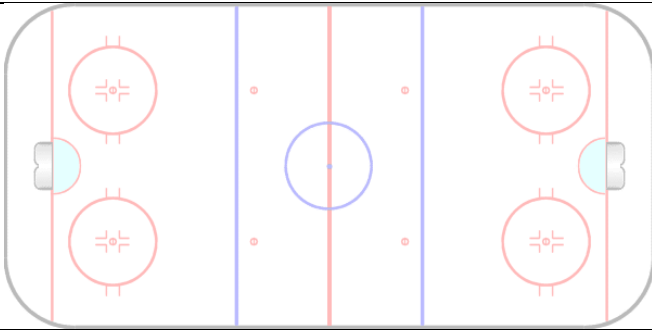
*Option is to pass to teammates on the blue line. Another option is to skate behind the nets to start.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20111005185636266>

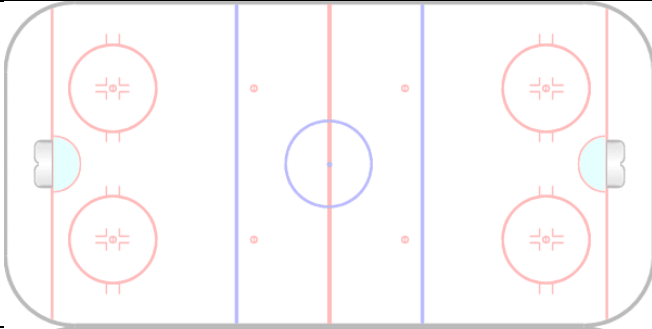


1' meet in middle

5:45-6:30 Spin



Explanation/Notes:



Explanation/Notes:



Explanation/Notes:
