



SAIT W

Practice Plan

Date: 09-24-19

Time: 18:15-19:45

Venue: SAIT Arena

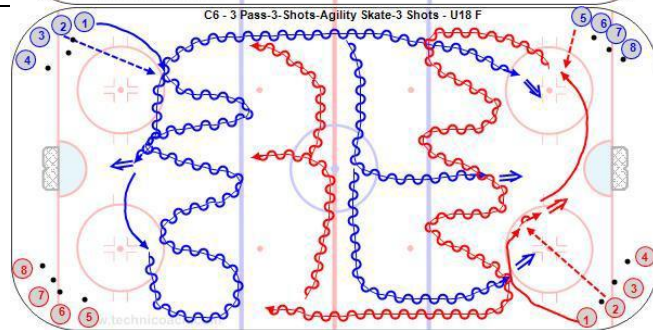
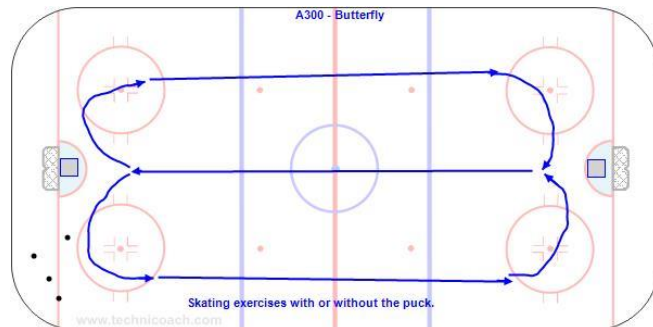
Lines:

9 F, 6 D, 1 G

Notes:

Passing, defenseman work.

Battle, plays from below goal line



3' individual

7' Mel Goalie

Butterfly warm up led by captains.

<https://1drv.ms/v/s!AukXq5qWoW-9hcQm8nTvuRjVusZaTw?e=aFslon>

10'

B6 - 3 Pass-3-Shots-Agility Skate-3 Shots - U18 F

Key Points:

Warm-up drill with passing, shooting, agility skating, puck handling tasks and goalie shots. Shoot from the three lanes while skating. Push ups if you miss the net. Opposite corners leave when the last shot is taken; no need for whistles.

Description:

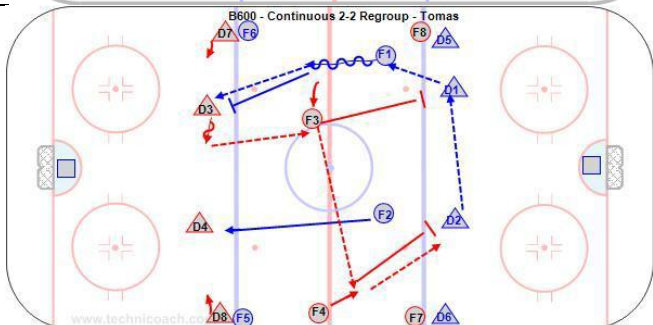
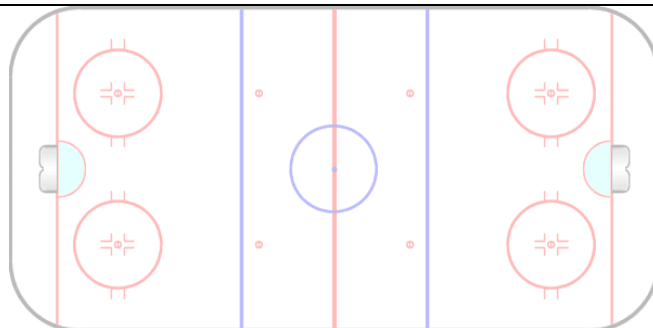
1. Three leave from diagonal corners.
2. 1 skate to the top of the circle and get a pass from 2 then skate into the slot and shoot.
3. 2 and 3 repeat getting passes from 3 and 4.
4. Give a target and get a pass from 5-6-7 in the other corner.
5. Skate up and back to the blue line and top of the circle three times.
6. Cross the red line and 1 skate straight and shoot, 2 skate to the middle lane then down and shoot and 3 to the wide lane and shoot.
7. 5-6-7 repeat from the other diagonal corners.
8. Add skating and puck handling tasks: i.e. puck only on the forehand or backhand of the blade, quick hands and quick feet, face the other end always, chocktaw front to back transition turn, Crosby turns, backward skating, etc. Also vary the kind of shots taken: wrist, backhand, snap, slap and you can even incorporate exchanging give and go with players in the corners.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20170925113514227>

<https://youtu.be/JqCQValiwwA>

15'

Kailey passing sequence.



10' Goalie with Mel

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 regroupings 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>

20' Mike D.

Forwards

D400 Offense from Behind the Net

Key Points:

Offensive player uses the net to protect the puck and faces the play. Move back and forth ready to pass or do a wrap around.

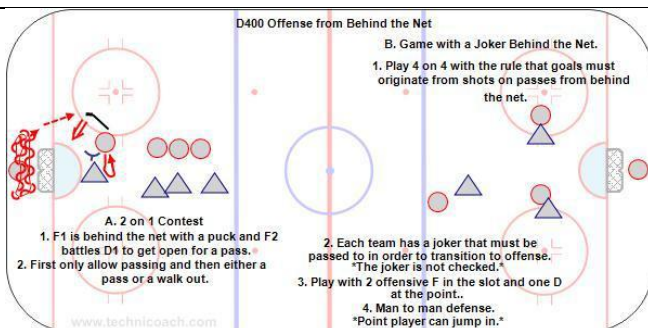
Description:

A. 2 on 1 Contest

1. F1 is behind the net with a puck and F2 battles D1 to get open for a pass.
2. First only allow passing and then either a pass or a walk out.

B. Game with a Joker Behind the Net.

1. Play 4 on 4 with the rule that goals must originate from shots on passes from behind the net.
2. Each team has a joker that must be passed to in order to transition to offense.



The joker is not checked.

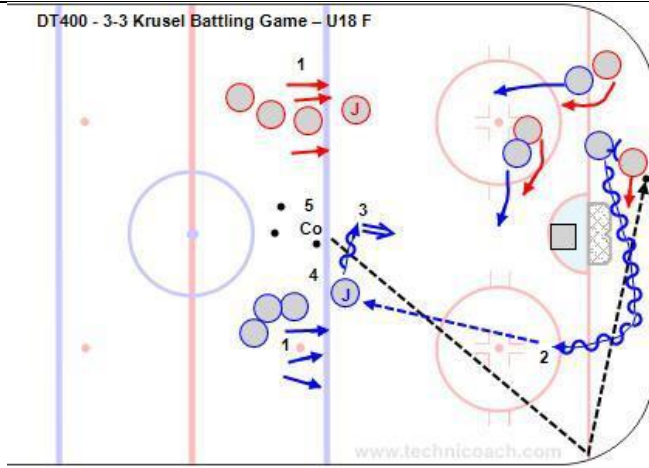
3. Play with 2 offensive F in the slot and one D at the point..

4. Man to man defense.

Point Player Can Jump In

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140901211138357>

DT400 - 3-3 Krusel Battling Game – U18 F



20'

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..*

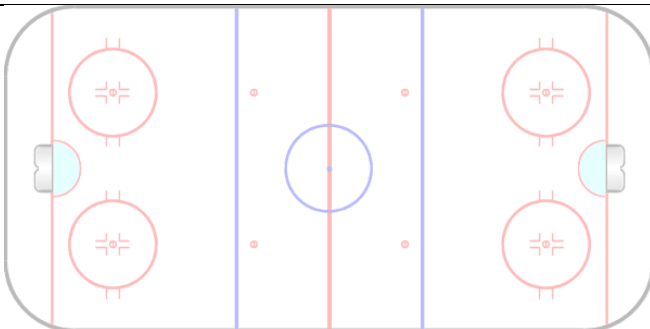
**This is the favorite game for some of the pro players I have coached over the years.*

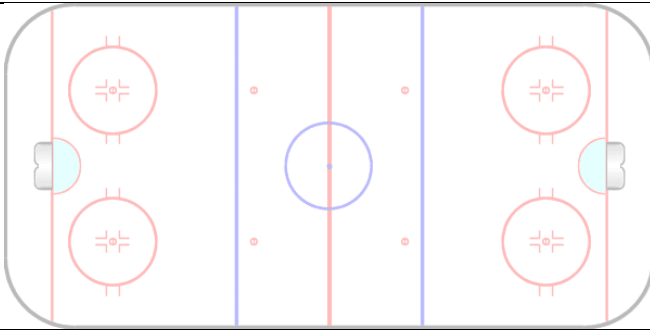
**Coach can use this game to teach many things on both O and D. Here coach teaches attackers to support player at the point by being in a position to screen, one time or redirect a shot pass. Most offensive and defensive principles can be practiced with this game.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20180121102049670>

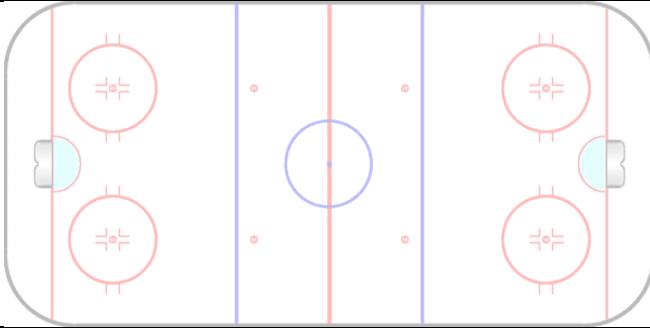
https://youtu.be/wCXU_A25JZY

5' pucks and meet in middle





Explanation/Notes:



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