



Trojan W

## Practice Plan

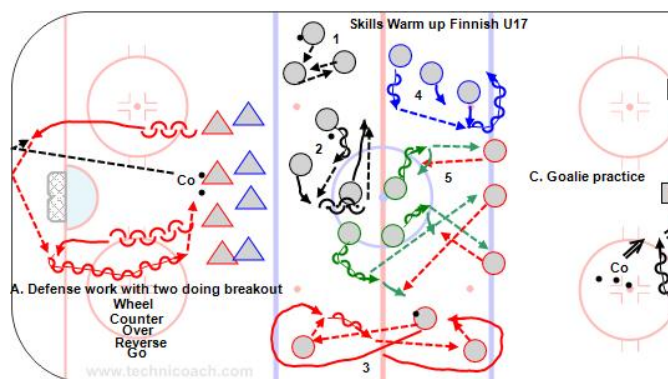
Date: 10-01-19

Time: 18:15-19:45

Venue: SAIT Arena

Lines:

Notes:



### 3' Individual Warm up

**Mel goalies, Mike D, Kailey F**

10'

B Skills Warm up Finnish U17

Key Points:

This is a great way to warm everyone up at the start of a practice. Defense do the various breakout options and read where the pressure is coming from. Pass the puck back to the coach and move thru everyone. Forwards pass with good technique and eye contact. Goalie coach work on technique and rebound control.

Description

A. Defense work with two doing breakout options vs one forechecker.

B. Forwards lines of 3 work in the neutral zone.

1 - Stationary pass with eye contact.

2 - Pass while moving always face puck.

3 - #8 around partners give and go.

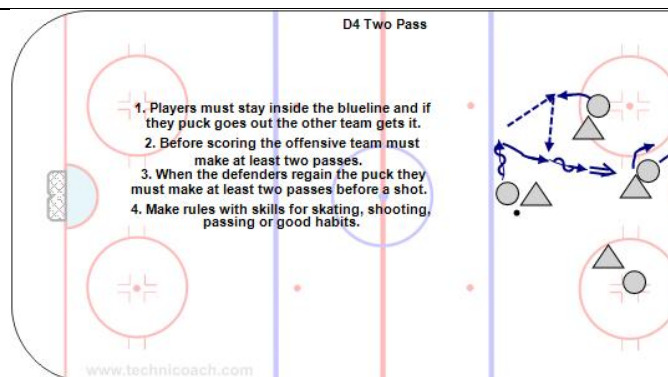
4 - Keepaway 2-1 in four areas.

5 - Two lines move and pass to other two lines on the blue line.

6 - Two lines of 3 pass while skating on one side of the neutral zone.

C. Goalies work with coach at one end.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140131221040649>



### 10'7' Skating and puck handling rules.

'D4 Two Pass

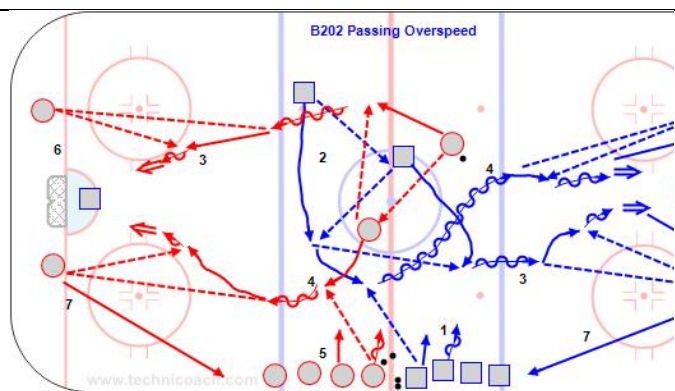
Key Points:.

The game is the template and then you can add skill or good habit rules to practice 'How to Play the Game.'

Description:

1. Players must stay inside the blueline and if they puck goes out the other team gets it. 2. Before scoring the offensive team must make at least two passes. 3. When the defenders regain the puck they must make at least two passes before a shot. 4. Make rules with skills for skating, shooting, passing or good habits.

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10'

### B202 Passing Overspeed

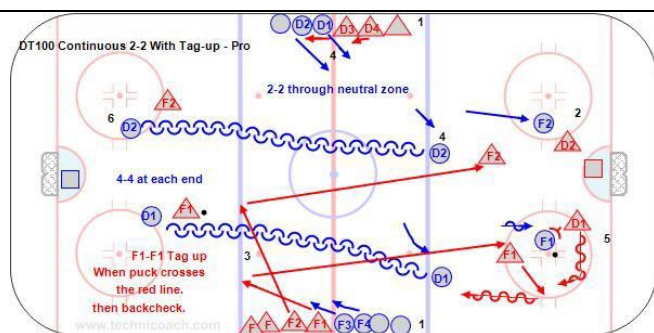
#### Key Points:

Always face the puck and make as many passes as possible. On the whistle pass early to the player below the goal line. Hit the net and look for the rebound from the second shooter. Give a target.

#### Description:

1. Two red and two blue leave from the line.
2. Make as many passes as possible in 7".
3. On the whistle player with the puck give and go with a player below the goal line and shoot.
4. Second player get a pass from the side then give and go low and shoot.
5. On the same whistle two new players from each colour leave from the line.
6. After the shot become a passer near the net.
7. Low passers return to the line up.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20121104080332117>



15'

### DT100 Continuous 2-1 to 3-3 and 2-2 to 4-4 With Tag-up – U18 F

#### Key Points:

Defenders collapse low in the zone. Create 2 on 1's by attacking the widest defender on the 2-2 rush and use crosses, drops and picks. Add competition by keeping score and timing the game or play to a certain score like first team to 3 goals.

#### Description:

1. Extra forwards and defense line up on the sides in the neutral zone.
2. Start with a 2 on 1 attack Blue F1 and F2 vs Red D1.
3. When the puck crosses red line red F1 and F2 tag up at far blue and backcheck.
4. Blue D1 support rush from the point.
5. Play 3-3 at each end. New players go the other way.

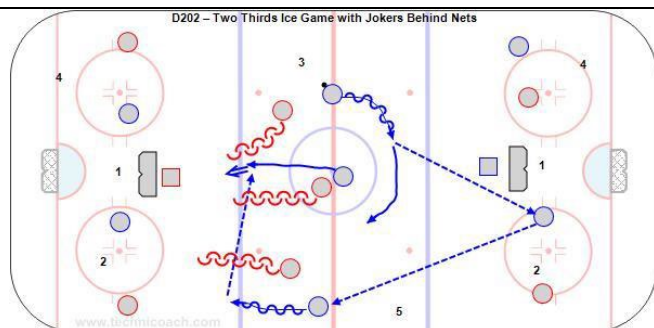
<https://youtu.be/MInmHmN4wvs>

*\* In the 2-2 to 4-4 game two defending forwards tag up and backtrack between the dots to the mid slot and then cover the points. D1 and D2 play low against F1 and F2.*

[https://youtu.be/Zc\\_IQE9dX8](https://youtu.be/Zc_IQE9dX8)

*\* You can play this transition game from 1-1 to 3-2, i.e. 1-1 gives a 2-2 at each end, 3-2 gives a 5-5*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20180112093049995>



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

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game for puck support. Rules for scoring such as goals must be on one timers, on give and goes, etc.

**Description:**

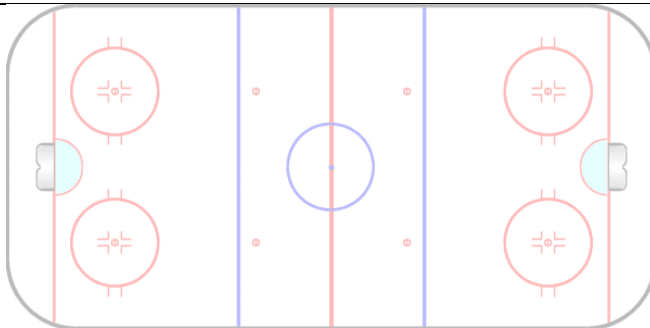
1. Nets are at the top of the circles in each end.
2. Extra players are jokers who can pass or shoot and are behind their own net.
3. Play 1-1 to 5-5 or 1-2, 2-2, 3-2, 3-3, 3-4, 4-4.
4. Have jokers from each team behind the nets.
5. Play games with modified rules to practice individual and team skills,

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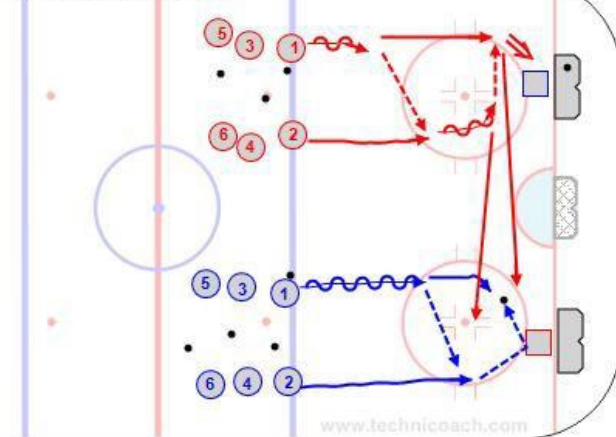
<https://youtu.be/vE83XiyCS48>

**15' Mike D, Kailey F, Mel G**

**Coaches choice**



E1 - 2-0 x 2 SO Game - MRU



**15'**

**E1 - 2-0 x 2 SO Game – MRU**

**Key Points:**

Use many variations on the 2-0. One timers, cross and drop, drop and screen, fake pass and shoot, etc..

**Description:**

There is one point for every goal and each contest gets 15".

A - 1 and 2 attack 2-0 from each line-up.

B - If both teams score each team gets a point and 3-4 go on the next whistle.

C - If only one team scores then they race across to defend and steal the puck from the other team and try to score.

D - Scoring team gets a point.

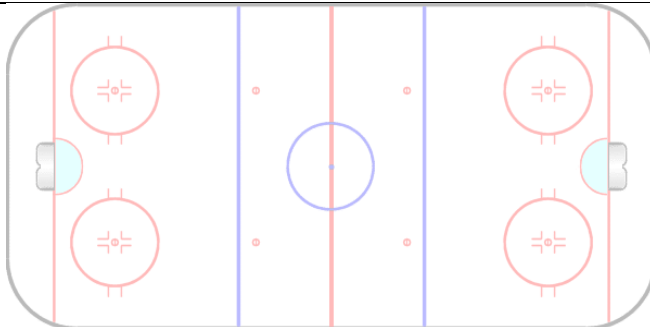
E - 15" next rep.

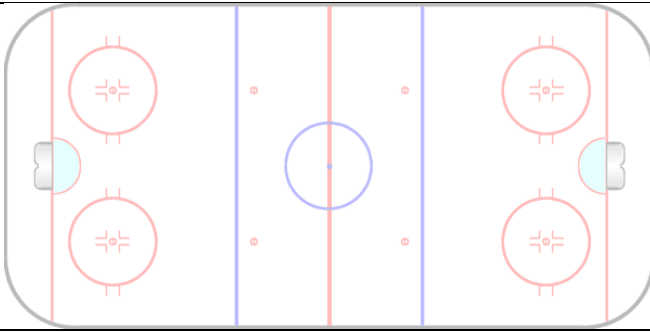
F - First team to 20 wins.

**Pucks**

**Meet in middle.**

**Team meeting. Get swag in dressing room.**





**Explanation/Notes:**

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