



SAIT W

Practice Plan

Date: 09-30-19

Time:

Venue: SAIT Arena

Lines:

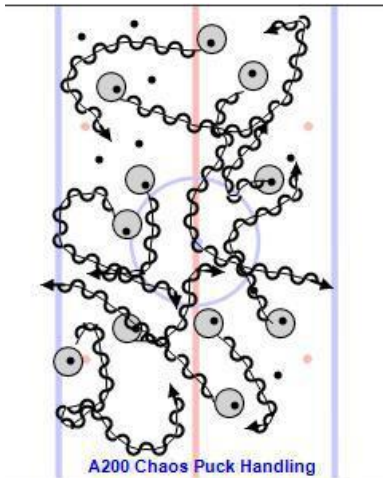
Notes:

Mental Health Resources for players meeting

30' on ice then 45' spin class

Puckhandle, pass, shots, full ice passing

Full ice scrimmage various situations



5'

A202 - Chaos Puck Protection - Pro

Key Points:

Protect the puck and keep the head up. Make moves and quick poke checks to knock other players pucks away. Great way to get the hands going at the start of practice.

Description:

1. Everyone start with a puck and you must stay between the blue lines.
2. Weave through in all directions protecting the puck.
3. Poke unprotected pucks off other players sticks.
4. Retrieve your puck if it is knocked away.
5. Go hard on the whistles.
6. Keep track of how many times you lose the puck.

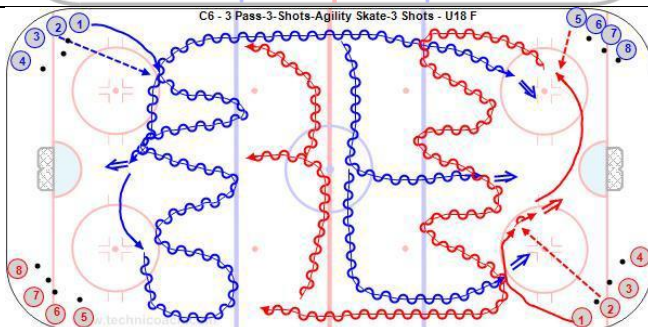
*This can be used as part of the warm-up while the goalies work at one end.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150517091300847>



5' Pass and shoot 3 Lanes - Pro

<https://1drv.ms/v/s!AukXg5gWoW-9hP5D2nkWn8DpkRQLBw?e=LCDo2j>



6'

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

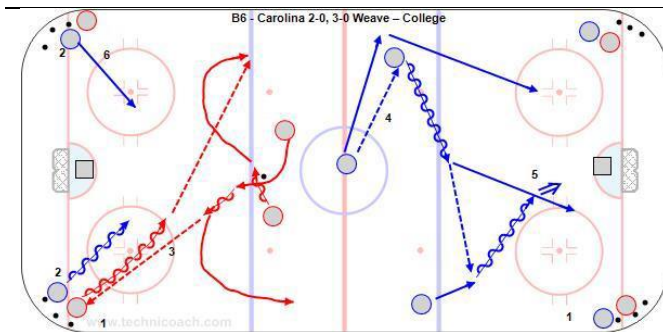
Description:

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 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>.



6'

B6 - Carolina 2-0, 3-0 Weave – College

Key Points:

In the middle the two players can simply pass, or cross and drop, or cross-drop-pass, one skate backward, etc..

Description:

1. Players start from the four corners.
2. One player leave from each corner at one end, skate down the middle lane exchanging passes.
3. Pass to a player at either corner who drive skates hard to the middle lane with the puck.
4. Three players fill the three lanes and weave by passing and following their pass.
5. Finish the rush will a shot on net and all three crash for a rebound.
6. The next two players follow the rush and regroup with a player at the far end.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=2018111215552731>

<https://youtu.be/rTaNDctDKtc>

8'

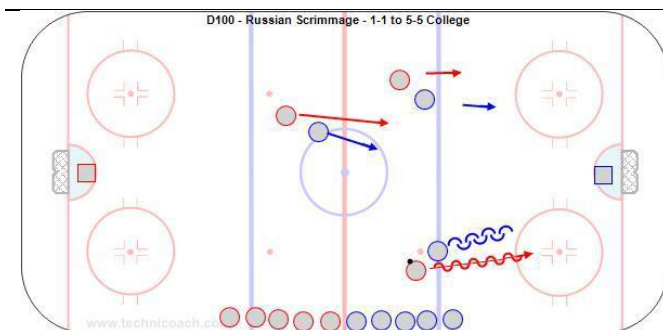
D100 - Russian Scrimmage - 1-1 to 5-5 College

Key Points:

Players must recognize the game situation they are in and play accordingly. Everyone plays both forward and defense and they must FIO – Figure It Out.

Description:

1. Players line up against the boards along the boards on either side of the red line, Blue and Red.
2. Coach either yells out a number or blows a number of whistles and that many players play.
3. Shifts 30-40".
4. Touch up at the red line if you score.



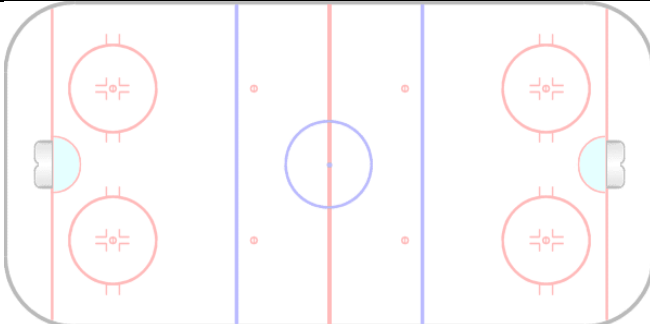
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5. If scored on get the puck out of the net and attack.
 6. Keep score.

*Play hard – ‘Enjoy the Game’, Let the ‘Game be the Great Coach’, Have Fun.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20181102200948256>

<https://youtu.be/z5vxH8Z-iV8>

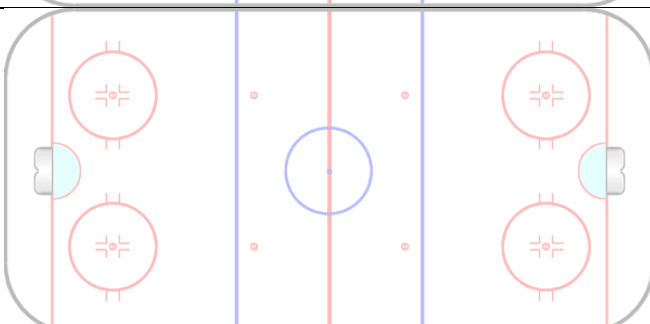
Get changed and go to spin class for 45'



Explanation/Notes:



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