



SAIT W

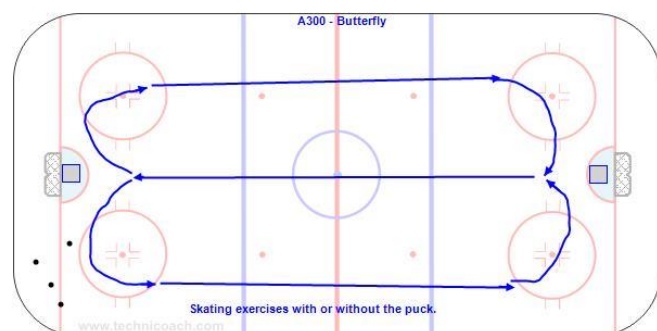
Practice Plan

Date: 10-07-19

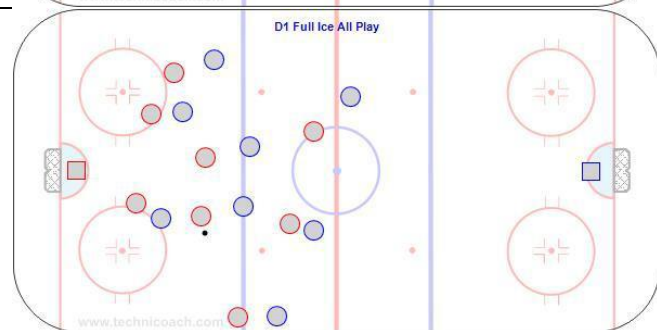
Time: 16:00-17:30

Venue: SAIT Arena

Lines:	Notes:
PP – Pk	Skill warm up
Game situations	Pass, shoot, 1-1



5'
Butterfly with shots. Captains lead.



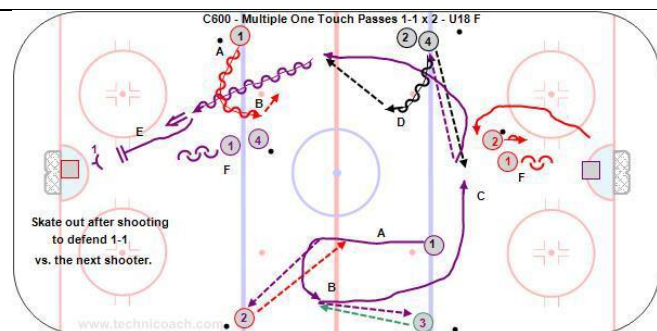
6'
D1 Full Ice All Play – Two Puck Game

Key Points:

Everyone plays shinny style.

Description:

1. All play at the same time. Coach has three pucks.
 2. Use two pucks and throw another on the ice when one is scored.
 3. Leave the pucks in the net. Count pucks when all three are scored.
 4. When the goalie freezes the puck the attackers back up behind the hash marks.
- * Only one shot at a time. If the goalie isn't watching then a goal doesn't count.



9' **add a give and go in the offensive zone: quick shot**

C600 - Multiple One Touch Passes 1-1 x 2 – U18 F

Key Points:

This drill is done from diagonal corners. Keep skating and make firm passes. Give a target and call for the pass. Face the puck. Shoot, follow the shot for a rebound and then go out to play a tight gap and defend 1-1 vs. the next shooter.

Description:

- A. 1 exchange passes with 2.
- B. 1 turn out and exchange passes with 3.
- C. 1 skate across and exchange passes with 4.
- D. 4 skate to the inside and pass to 1 skating wide up the ice.
- E. 1 shoot and follow the shot for a rebound and then skate out to play a tight gap.
- F. Defend a 1-1 vs. the next shooter.

**1-0, 2-0, etc. drills are not game like. Add a screen, give*

and go with the last shooter or defend after shooting to practice scoring in realistic situations.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20170128103207347>

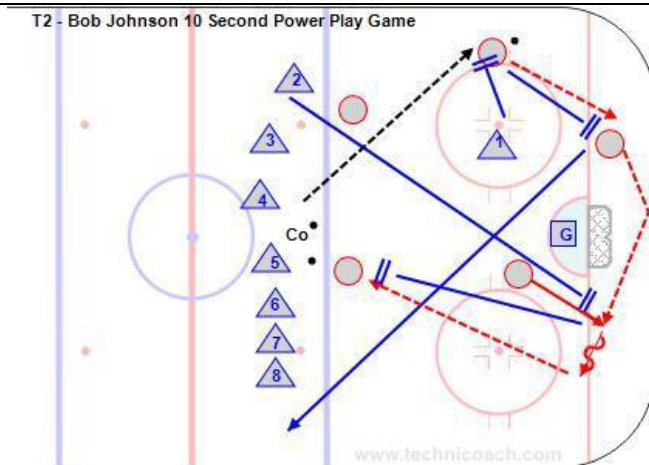
<https://youtu.be/7sdcZtyS6VY>

20' Jim 10 players for power play

Mike pk other end.



10'



10'

T2 - Johnston PP Game vs 1 or 2 PK – College

Key Points:

Power play must move the puck quickly and give support in the open lanes. Pass receiver needs to move and be a scoring threat to force the pk player to defend him. Killers go 7-10'' as hard as they can to disrupt the attack.

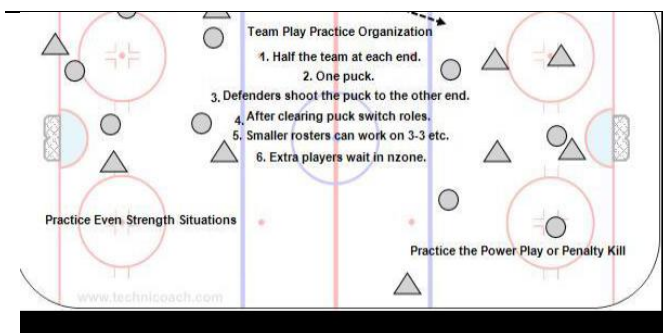
Description:

1. Whites set up the power play in the offensive zone.
2. Red team leaves from outside the blue line starting with one defender.
3. Defender skate hard for 7-10'' with stick in passing lanes and toe caps square.
4. Play a game taking turns having 5' power plays. Keep score.
5. Defenders rotate on the whistle.
6. Rotate so Reds are on the PP and Whites on the PK.
7. Whites now do the PP vs. two defenders.

*This game can be used for other offensive situations from 2 to 6 attackers to promote quick thinking and close puck support.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20190325165004559>

<https://youtu.be/k-QN7-OHhYY>



20'

T2-4, 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

<https://1drv.ms/v/s!AukXg5gWoW-9hccE8AU6ibliKHvj4g?e=recigF>

**The play rotates from end to end.*

Meet in middle

Change and go to spin.

Explanation/Notes:

