



SAIT W

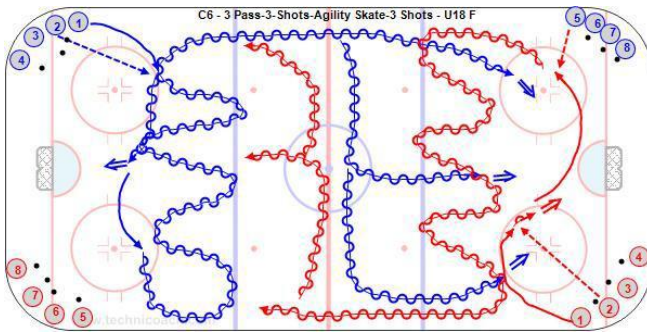
Practice Plan

Date: 10-09-19

Time: 16:30-18:00

Venue: SAIT Arena

| Lines: | Notes: |
|--------------------------|------------------------|
| 3-5 vs spread | 6-5 with goalie pulled |
| Situations 2-1, 2-2, 3-2 | Shots and passing |
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| | |



3' Individual Warm up

10'

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

Key Points:

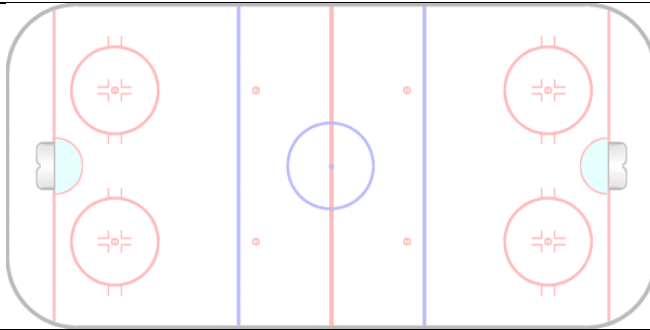
Warm-up drill with passing, shooting, agility skating, puck handling tasks and goalie shots. Shoot from the three lanes while skating. Push ups if you miss the net. Opposite corners leave when the last shot is taken; no need for whistles.

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>

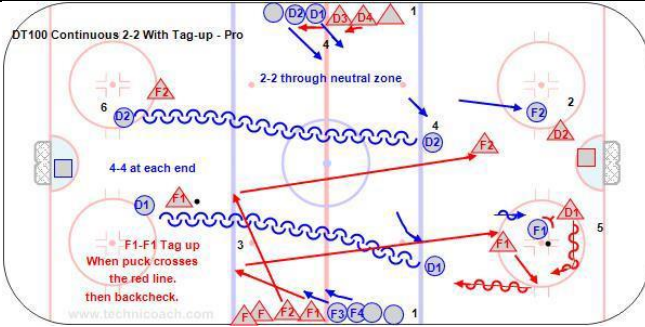
<https://youtu.be/JqCQVaiwwA>



12'

C1-C6 – Continuous 2-1 – Russian U18 F

<https://1drv.ms/v/s!AukXg5gWoW-9hcQ50AXL9WOIh1kbkq>



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.

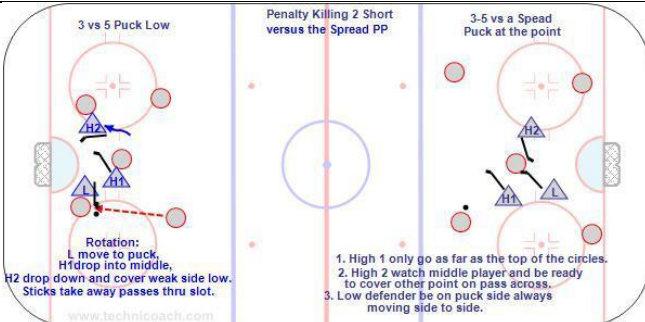
<https://youtu.be/MInmHmN4wvs>

** 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_IQEA9dX8

** 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>



20' Walk through everyone then each end

T4 D400 - PK 3-5 vs. a Spread PP

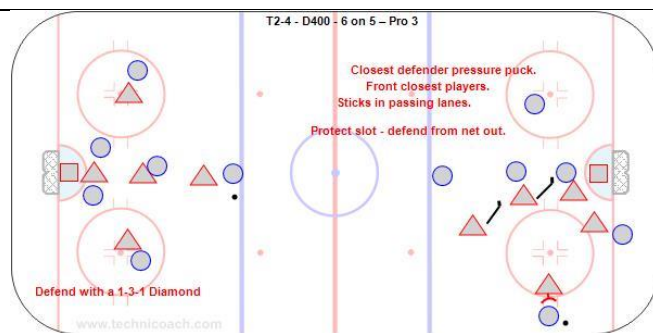
Key Points:

The key is to eliminate one timer shots from the point, from the player in the middle and the back door play.

Description:

1. When the puck is passed down the D in front moves to that side.
2. Weak side high player drop low to take away back door one timer.
3. Strong side high player drop down and front the middle attacker.
4. Strong side high player get in shooting lane when puck is at the point.
5. Weak side high player cover middle and take away cross ice pass with stick.
6. Low player eliminate tip ins in front but don't get tied up.
7. D to D pass everyone shift. (Right low player in last minute doesn't move out and back and many openings are created. Important to skate in straight lines from the net out to low, middle, high spots)

<https://youtu.be/RF11YZF7SnE>



15'

T2-4 - D400 - 6 on 5 - Pro

Key Points:

Outnumber the defenders to win loose pucks. Take away rims with a high triangle at the top, one player on each side and one in the middle. Screen and take away goalies eyes whenever a shot is possible. Reset the attack by putting the puck behind the net and moving it low to high. Set up a 1-3-2 diamond when the puck gets to the middle point. When the puck is at the half wall one attacker support on the strong side goal line. The key is to produce rebounds and outnumber the defenders in the slot.

Description:

1. Start with a face-off and the extra forward higher along the boards on the strong side.
2. Defenders line up like 5-5 with D along the boards.
3. Allow the offense to win the draw.
4. Move into the diamond power play 1-3-2 when the puck gets to the midpoint.
5. Defend from the net out with a diamond and the closest player challenge the puck carrier.
6. Defenders do not get tied up with the player in front but defend in a diamond.
7. Defend with sticks in passing lanes and shin pads in front of the shot.
8. Puck on wall the strong side D be a stick length from low attacker on the goal line.
9. Quick play is pass to goal line to attacker in the mid slot for a shot.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20171023180614757>

<https://youtu.be/tZsUTXPmiH8>

Offense: Face-off and set up in 1-3-2

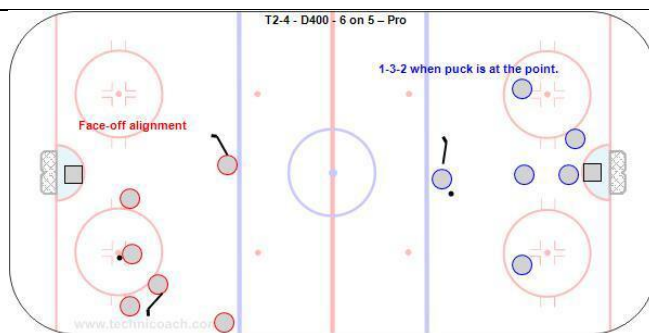
Two players fight for all loose pucks and setting up at the half wall.

Defense:

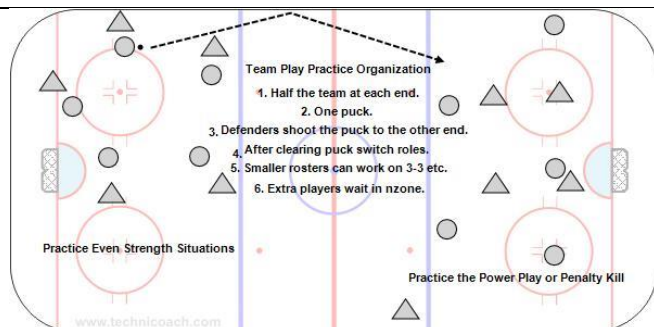
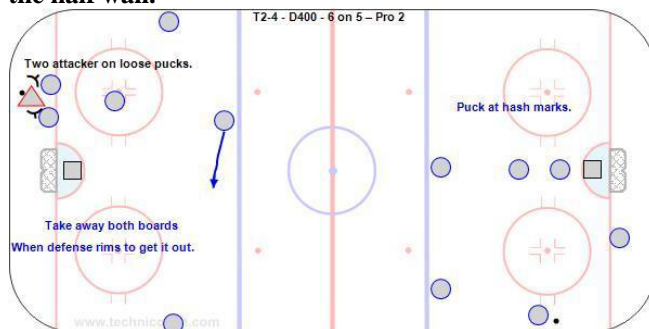
Use a diamond to defend when the puck is at the mid-point.

Pressure the puck at the half wall and defend from the net out with sticks in passing lanes.

Offense: Face-off and set up in 1-3-2



Two players fight for all loose pucks and setting up at the half wall.



14' 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 first.

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

**The play rotates from end to end.*

Pucks – meet in middle.

Eat and go to the team building.

Archery Games Calgary

Archery Games Calgary Suite #22, 2015 32 Ave NE, Calgary, Alberta T2E 6Z3 ([view map](#))

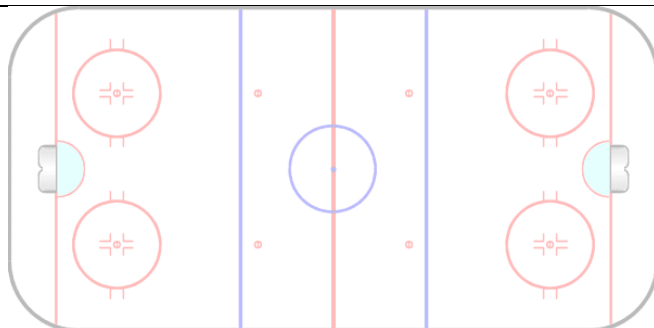
Phone : (587) 387-2799

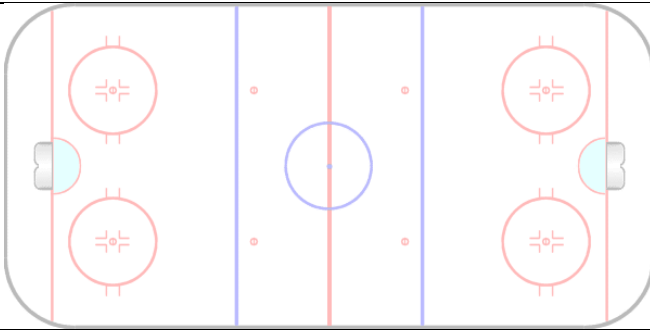
Your booking is confirmed!

Booking details

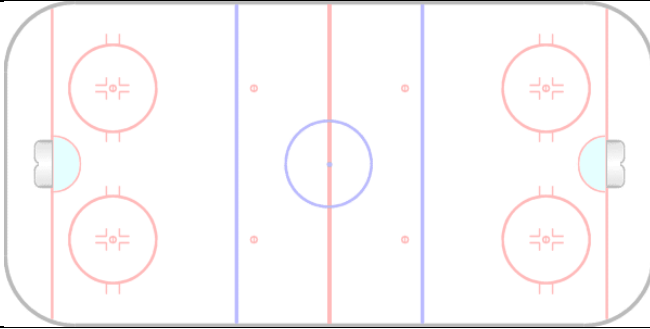
Date: Wednesday, October 9, 2019

Time: 7:00 PM





Explanation/Notes:



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