



# SAIT W

# Practice Plan

Date: 10-15-19

Time: 18:15-19:45

Venue: SAIT Arena

## Lines:

9 F, 4 D, 2 G others soccer, injured, golf.

## Notes:

Nzone regroup

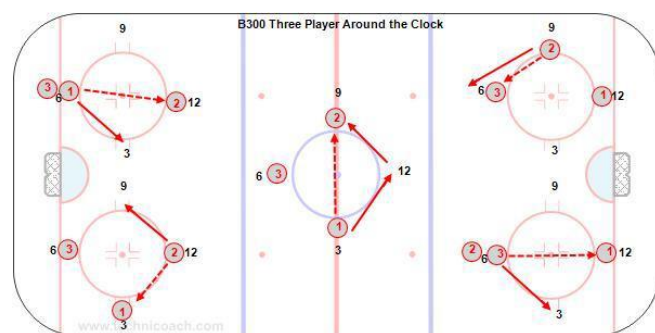
D join rush, F back track transition game

Shootout 1-1

Continuous 2-1 drill

Passing

Stretch pass game



3' individual – Mel with goalies

**7' Mike run this.**

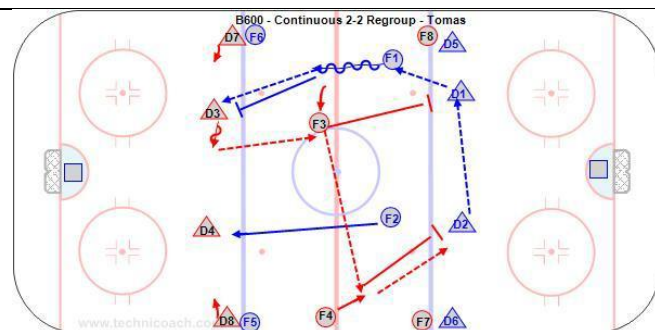
**B300 Tschumi Around the Clock One Touch**

### Key Points:

One touch the puck in the middle of the blade and follow through with the top hand away from the body. Start rotating clockwise and then switch to counter clockwise.

### Description:

- 1 and 2 one touch five times 6-12 o'clock.
- 2 pass to 3 at 3 o'clock.
- 3 one touch across to 2 at 9 o'clock.
- 2 one touch to 4 at 12 o'clock.
- Repeat with 4 passing to 3 x 5.



**10'**

**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:

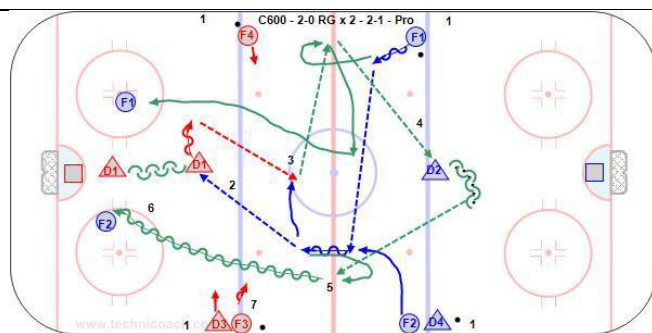
- D1-D2 pass to F1-F2.
- F1-F2 regroup with D3-D4.
- F1-F2 forecheck vx. D3-D4.
- F3-F4 support D3-D4.
- D3-D4 make a regroup pass to F3-F4.
- F3-F4 now regroup with D5-D6 and forecheck.
- Continue the regroup and forecheck sequence.

*\* 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 regroups 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>



## 10' Mike run this drill.

### C600 - 2-0 RG x 2 - 2-1 - Pro

#### Key Points:

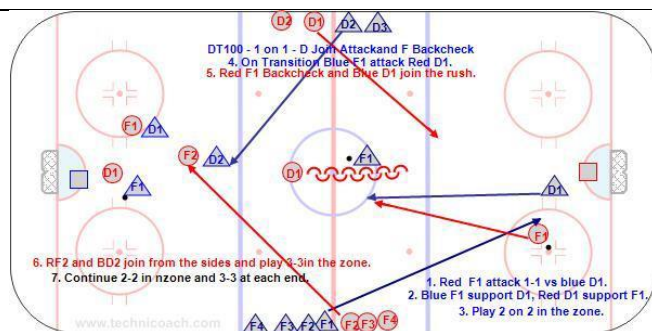
Defenseman keep skating when they get the puck. One forward support in the middle lane and the other in the wide lane without crossing.

#### Description:

1. Player leave from the four blue lines and start with one D at each blue line.
2. F1 pass across to F2 who regroups with D1.
3. D1 pass to either F1-F2.
4. F1-F2 make a pass and then regroup with D2.
5. D2 pass to either F1-F2.
6. F1-F2 attack 2-1 vs. D1 and finish the play.
7. Repeat with F3-F4 regrouping then attack the other way vs. D2.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20170204104554328>

<https://youtu.be/0DYdw3EpmVs>



## 12'

### DT100 - 1-1 D Join Rush-F Backtrack - U18 F

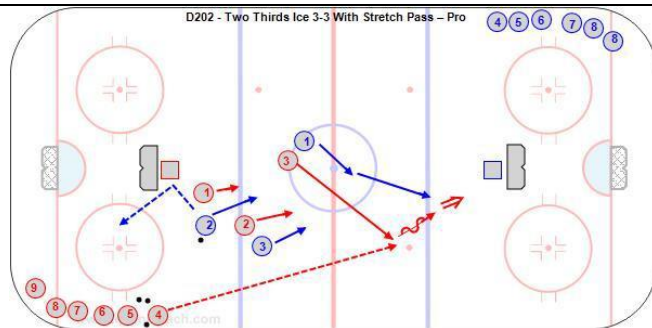
#### Key Points:

Defense line up in the Nzone on one side and forwards on the other side. Defense join the attack and the forward must backtrack and communicate with his defenseman who to cover in the defensive zone. One puck, zero whistles. Game not a drill so regroup on dump outs. Coaches talk to players when they come back to line up. Keep score. Progression from drill of 1-1 and support at other end on whistle. Options are to play 2-1 or send out 1 or 2 F or other combinations.

#### Description:

1. Red F1 attack 1-1 vs. the Black D1.
2. Red D1 follow the play when puck crosses red line and support from the point.
3. Black F2 tag up at the far blue line and backtrack through the middle lane.
4. On turnover, frozen puck or goal Black D1 pass to Black F2 and join the rush.
5. Black F2 attack Red D1 and Red F1 backtrack to cover Black D1.
6. Black D2 follow and support the attack from the point.
7. Red F3 tag up and backtrack between the dots and cover Black D2 at the point.
8. Play 3-3 in the zone.
9. Breakout with Red F3 attacking Black D2.
10. Red D1 join the rush and Black F2 backtrack.
11. Continue this sequence.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20180127143007466>



<https://youtu.be/NeyvfdRTWwY>

13'

### D202 - Two Thirds Ice 3-3 With Stretch Pass – Pro

#### Key Points:

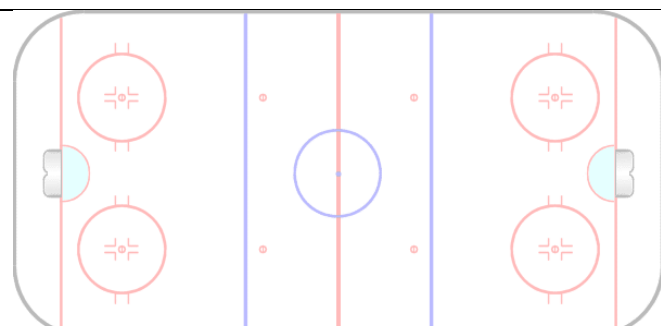
Break for a stretch pass after a goal or when the puck is out of play. Transition from offense to defense quickly.

#### Description:

1. Nets are moved up to the top of the circle.
2. Teams line up against the boards in diagonal sides on the new goal line.
3. Players leave on the whistle and play 3-3.
4. When the puck is out of play the non-offending team pass from the line.
5. Change on the whistle with a new puck or better the team in possession pass to the line.
6. Keep score.

**\*Use modified rules like only 2" with the puck or goals must be on one timer shots.**

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20180718101652977>



<https://youtu.be/iQ3WyFLKuDA>

10'

### E1 – 1-1 Puck Carrier Go Either Way

<https://1drv.ms/v/s!AukXq5gWoW-9hcFrptetdO-kY8qXrQ?e=3n9be1>

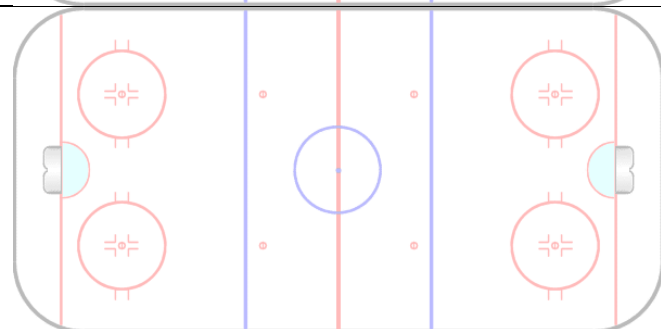


25'

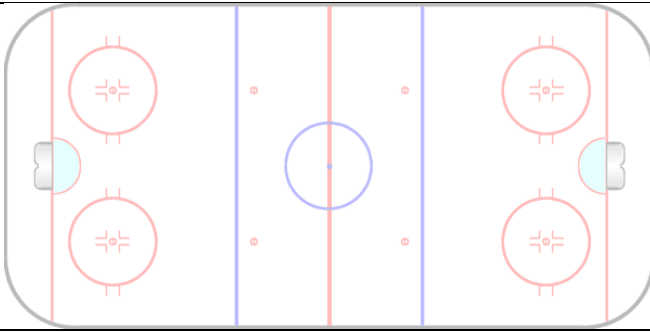
Individual skills.

Mel goalies.

**Meet in middle – cheer.**



Explanation/Notes:



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