



SAIT W

Practice Plan

Date: 10-17-19

Time: 18:15-19:45

Venue: SAIT Arena

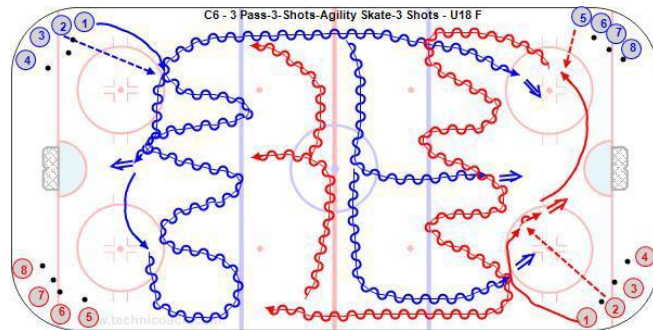
Lines:

Pp, pk, game situations

Pp breakout

Notes:

Skating, slap shot, passing, 1-1,



3' individual
10'

B6 - 3 Pass-3-Shots-Agility Skate-3 Shots - U18 F x 4

Key Points:

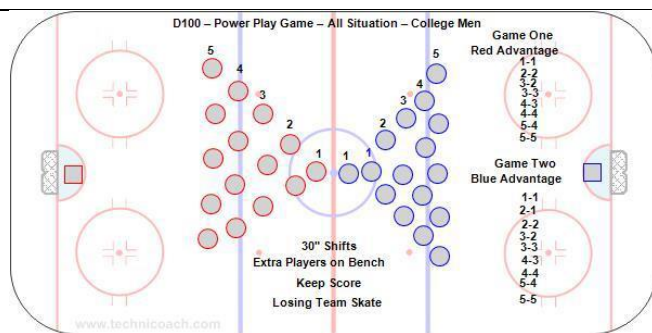
Warm-up drill with passing, shooting, agility skating, puck handling tasks and goalie shots. Shoot from the three lanes while skating. Push ups if you miss the net. Opposite corners leave when the last shot is taken; no need for whistles.

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/JqCQValiwwA>



12'

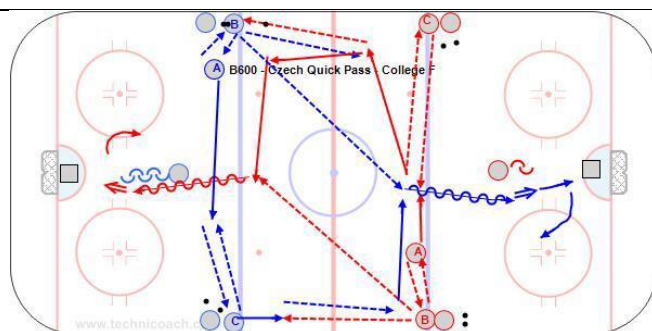
D100 - Power Play Game - All Situation - College Men

Key Points:

Teams take turns having the man advantage. Players must read the situation and adjust.

Description:

1. Start with 1-1 and the extra players are on the bench.
2. You can play situations up to $\frac{1}{4}$ of your total amount of players. i.e. to get to 5-5 you need a total of 20 players. 4-4 needs 16 players, 3-3 at least 12.
3. One team gets the advantage first. In the diagram the Red gets the advantage first.
4. Change on the go about 30" shifts and pass to teammate coming on or back to the goalie.
5. Part One: Red, 1-1, 2-1, 2-2, 3-2, 3-3, 4-3, 4-4, 5-4, 5-5.
6. Part Two: Blue, 1-1, 2-1, 2-2, 3-2, 3-3, 4-3, 4-4, 5-4, 5-5.
7. Keep Score and losing team skate or push ups



10' Kailey

B600 - Czech Quick Pass - College F

Key Points:

Give a target, one touch using a wrist pass, take the pass with the back third of the blade, especially on the backhand. Target with one had receive with two. No unopposed shots; either screen, circle back for the rebound, give and go with the next shooter or defend a 1-1.

Description:

1. Players on the four blue lines.
2. First player A leave from diagonal blue lines and exchange passes to the second player in line B.
3. A's skate across the blue line and exchange passes with C on the other side.
4. A's skate up the boards and exchange passes with the other B.
5. A's skate to the middle and receive a pass from B at the original starting place.
6. Skate in and shoot, get a pass or attack 1-1 vs. the last shooter.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20191012151541146>

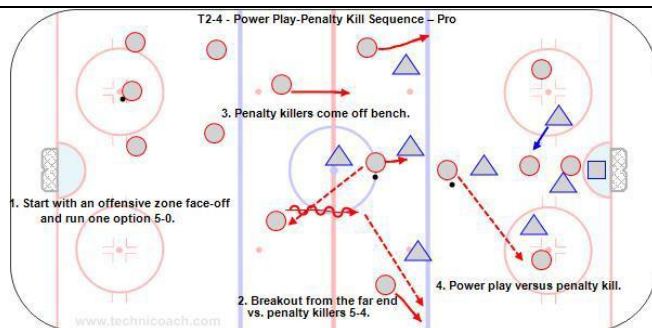
<https://youtu.be/hTfbfbmTPX8>

20' First every group do pp breakout.

T2-4 - Power Play-Penalty Kill Sequence - Pro

Key Points:

Develop a power play that fits the skill of each five player unit. Practice the Diamond 1-3-1 both from the blue line and below the goal line. Defend from the net out, stop and start, stick on puck and in the passing lanes. Swarm when the offense doesn't have control along the boards. Weak side forward fall under and cover the middle attacker. Power play create shooting lanes, screen, crash for



rebounds.

Description:

1. Start with an offensive zone face-off and run one option 5-0.
2. Breakout from the far end vs. penalty killers 5-4.
3. Use controlled breakouts for each group.
4. Penalty killers come off the bench to defend against the breakout.
5. Power play versus penalty kill.

** Breakout with a double swing and five attack.*

** Breakout in the three lanes and two forwards swing behind for a trailer pass and attack late, these players attack the static defense and carry in, pass to each other or the wide players at the blue line.*

** Aggressive penalty kill when the puck is loose or the attackers back is turned.*

** Option one is to have the wide players on their forehand side for one timers.*

** Option two is to have a passing PP with right and left handed shots on the right and left sides.*

** Rotate positions and keep moving.*

** Defender stay with the puck carrier but do not chase passes.*

** Play a 4-4 on the strong side and deny the cross ice pass with sticks in the lane.*

** Many teams give the goalie the walk out player jam and cover the other four.*

** Power play create confusion with quick puck movement, switches and back door options, outnumber the defenders on rebounds.*

** A coach can use this sequence to practice from 3-3 to 5-5.*

<http://www.hockeycoachingabc.com/mediaqallery/media.php?f=0&sort=2&s=20170428111213953>

<https://youtu.be/VadXPVkB4I>

13'

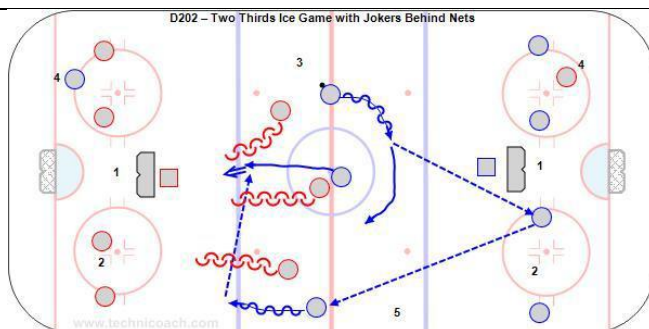
D202 – Two Thirds Ice Game with Jokers Behind Nets

Key Points:

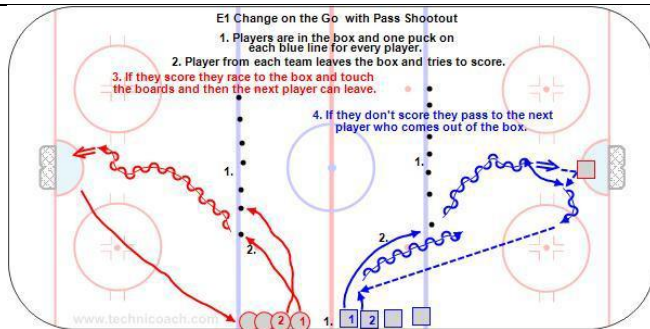
Modified Rules: only 2" with the puck, you must make 2 passes, 2 passes and one touch shots, all must touch the puck, everyone skate backward, only forehand passes, only backhand, must make and escape move when you get the puck, on touch game, skate a Crosby when you get the puck, regroup with joker, pass to jokers at each end and any other skill you want to focus on.

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 4-4 or 1-2, 2-2, 3-2, 3-3, 3-4, 4-4.
 4. An option is to have jokers from each team behind the nets.
-



5. Play games with modified rules to practice individual and team skills,



10'

E1 Change on the Go with Pass Shootout – U18 F

Key Points: Players should work on selling the fake, change of pace and making the goalie move first. The goalie must time his retreat into the net to keep good angles on shots and cover the goal line on dekes.

Description: 1. Players are in the box and one puck on each blue line for every player.

2. Player from each team leaves the box and tries to score.

3. If they score they race to the box and touch the boards and then the next player can leave.

4. If they don't score they pass to the next player who comes out of the box.

5. Losing team do something for every goal they lose by.

*To make it realistic the goalie should practice starting from the goal line and coming out.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120415181657595>

<https://youtu.be/VRtwyRqRv2I>

Cheer in centre

Players individual skills or leave.

10' Goalies with Mel and Kailey

7:45 meet in dressing room to go over trip.

Pp Breakout

D stop behind with puck

C swing behind get puck on forehand

W strong side swing low and stretch.

W weak side swing low and across middle

W side d swing opposite way of C

D behind follow C out for back pass if pressured.

Explanation/Notes:
