



SAIT W

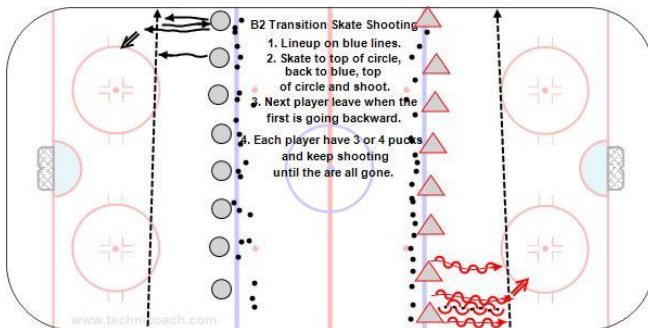
Practice Plan

Date: 10-21-19

Time:

Venue: SAIT Arena

| Lines: | Notes: |
|--|---|
| Shots, pass while skating, weave, Eyes up, move puck quickly, close support | Breakout options, forwards and D specialty Goalie passing, slap shot |
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| | |
| | |



2' individual

5'

B2 Transition Skate Shooting – U15 Boy's

Key Points:

Keep 2 hands on the stick and keep the feet moving.
Hit the net.

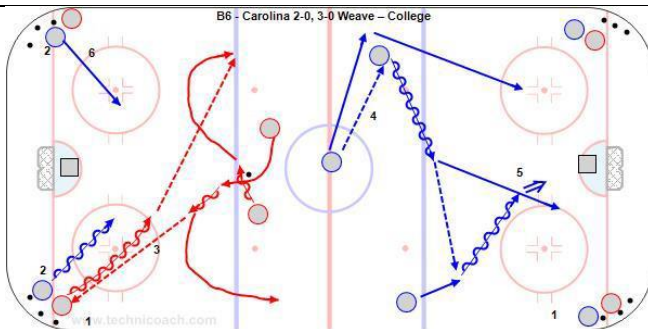
Description:

B2 Transition Skate Shooting

1. Lineup on blue lines.
2. Skate to top of circle, back to blue, top of circle and shoot.
3. Next player leave when the first is going backward.
4. Each player have 3 or 4 pucks and keep shooting until they are all gone.

(got this drill coaching with Tim Bothwell at the U of Calgary)

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20080722235628950>



10'

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

Key Points:

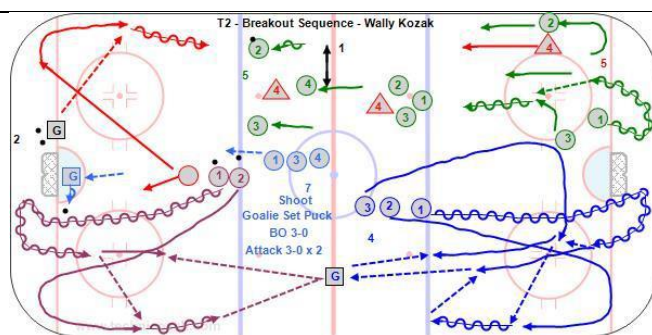
In the middle the two players can simply pass, or cross and drop, or cross-drop-pass, one skate backward, etc..

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>



15' Finish with slapshot at far end.

T2 - Breakout Sequence - Wally Kozak – College

Key Points:

Practice the low breakout skills first with the goalies passing and they versus no pressure and regroup with the goalies in the neutral zone, then against pressure. Player one skate between the dots before passing.

Description:

Sequence One:

1. Set up with one player on each side of the net to make the breakout passes.
2. Player 1 pass to player 2 beside the net then skate for a breakout pass.
3. Players 1 pass then swing to the boards for a pass, then pass to player at the red line.
4. Player 1 pass to the player on the other side and skate low and slow for a pass to the middle.
5. Player 1 pass to the far low player and pick up a wide rim along the boards.

Sequence Two:

6. Player 1 pass and go to wall for rim and player 2 support low and slow for a touch back pass.
7. Add the coach or a player who just did a rep pinch on the boards.
8. Four players leave, 1 dump and retrieve, 2 on boards, 3 low and slow and 4 pressure one player.
9. Player 1 wheel behind the net and pass to either player 2 on wall or player 3 low and slow.
10. Players line up at the top of the circles and goalies at the red line ready to pass.
11. Player 1 shoot the puck in, retrieve and pass to player 2 who supports 'Low and Slow'.
12. Regroup with the goalie who passes back to the other player.
13. Player 1 now pass to player 2 who supports from the boards - pass to goalie.
14. Player 1 pass to player 2 who 'Jack Hammers' the puck back to 1 then to goalie.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=2019020604161323>

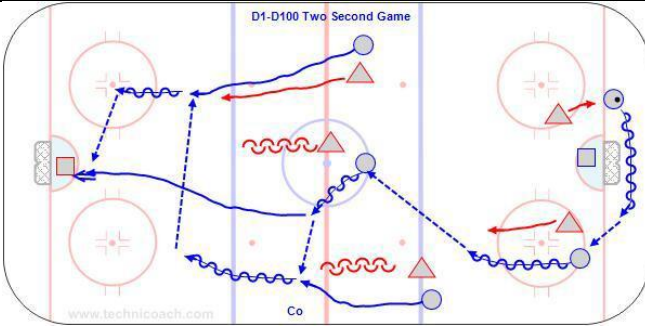
<https://youtu.be/zD3G8WVzFDo>



15'

Forwards Jim

Defense Mike



13' All play at once

D1-D100 Two Second Game

Key Points:

Supporting players must give close support plus depth and width. Puck carrier must skate hard to open ice and use escape moves, drive skating and cut backs to create passing lanes.

*This game can be played full, cross, half ice.

Great game for on ice awareness, passing skills and offensive support and defensive coverage.

Description:

1. Play full ice with either all the players on the ice at once or in shifts.

2. Players can be in possession of the puck for a maximum of 2 seconds.

3. Stress that when you get the puck the order of priorities should be:

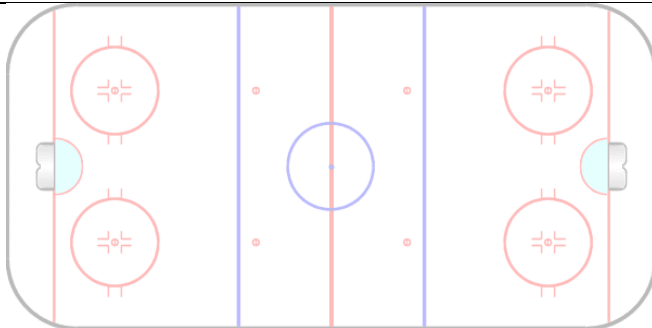
A-Make a play.

B-Regroup.

C-Gain a zone.

3. When over 2 seconds the other team gets the puck (coach monitor).

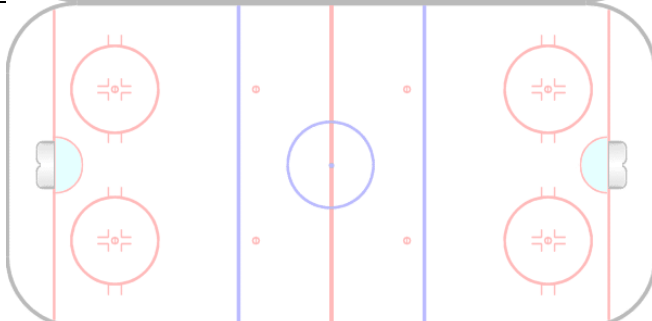
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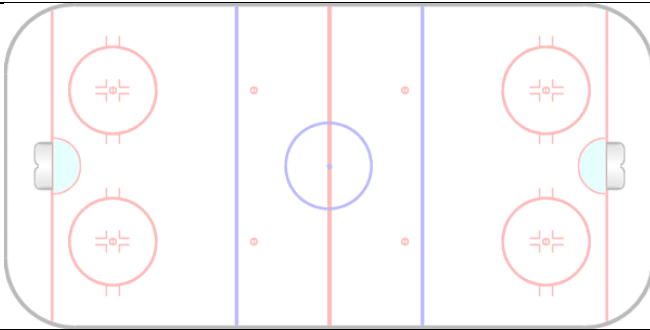
Meet in middle

Go to spin

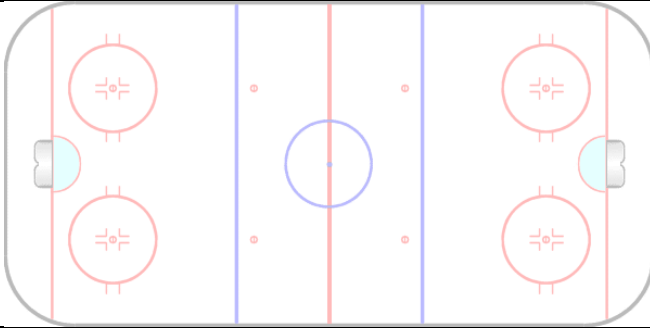
Goalies 30' with Jim and Mike



Explanation/Notes:



Explanation/Notes:



Explanation/Notes:
