



SAIT W

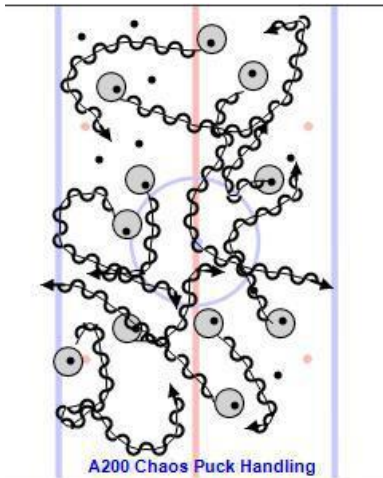
Practice Plan

Date: 10-22-19

Time: 18:15-19:15

Venue: SAIT Arena

Lines:	Notes:
Exams, injuries and 3 at soccer so 12 skaters	
1-1, 2-1	
Overspeed	
Game situation	shootout



2' individual

5'

A200 Chaos Puck Handling

Key Points:

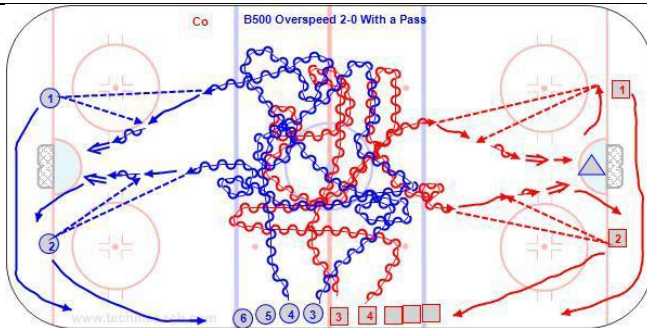
Make moves, protect the puck, go hard on the whistle. Designate moves, add pucks, play keepaway, use ball, multiple pucks, etc.

Description:

1. Carry a puck and protect it while skating in random directions. Stay in the zone.
2. Go hard for about 5" on the whistle and slow down on the next whistle.
3. Coach designate the move to be practiced, i.e, tight turn when you approach someone.
4. Exchange pucks-pass with eye contact.
5. Spread pucks around which also must be avoided.
6. Keepaway-coach take a puck away every 10".

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080722090625893>

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8'

B500 Overspeed 2-0 with a Pass

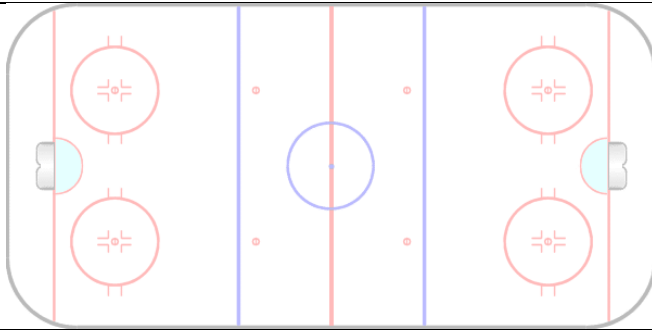
Key Points:

Players must challenge themselves out of their comfort zone. Make as many moves as possible and continue until they have shot and looked for a rebound. Take the pass and shoot right away without over handling.

Description:

1. Line up along boards on one side.
2. Players 1 and 2 start on the goal line.
3. Players 3 and 4 leave and make moves at top speed.
4. Coach whistle every 7" and they players attack the net.
5. Closest attacker give and go with 1 or 2.
6. Second closest do a tight turn then give and go with 1 or 2.
7. With only one goalie go one way only.
8. After passing return to the back of the line.

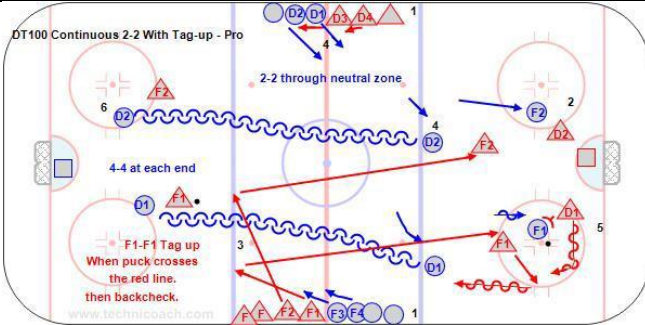
<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20111004075623113>



10' Mike passing

B6-600 - Tschumi Quick Up - 1-1 - College W

<https://1drv.ms/v/s!AukXg5gWoW-9hclYx6yQjdxwwd4OEq?e=4hbx7L>



15'

DT100 Continuous 2-1 to 3-3 and 2-2 to 4-4 With Tag-up – U18 F

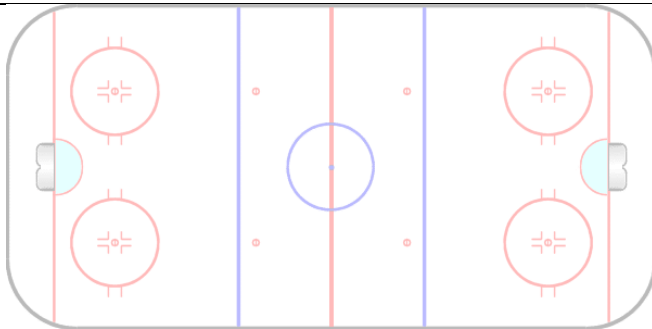
Key Points:

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://1drv.ms/v/s!AukXg5gWoW-9hclXxJmve4bJ9-zw1A?e=Z8G8eq>



10'

Mike shootout

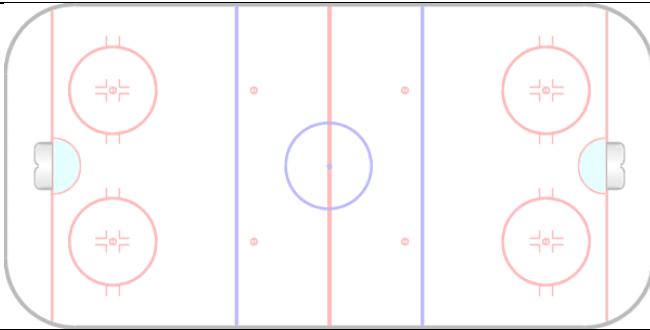
D200 – 2-2 regroup with Joker on the wall.



10'

Two shot shootout

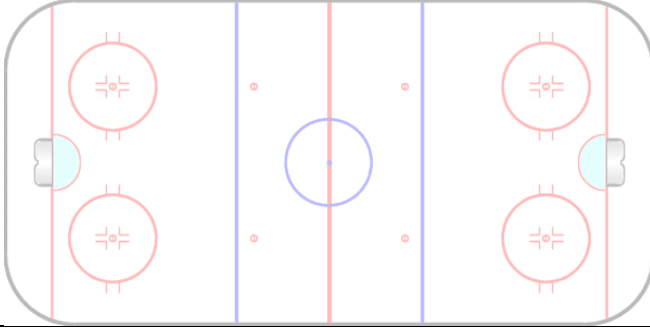
1 then 2 then 3 players.



Meet in middle - cheer



Explanation/Notes:



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