



## SAIT W

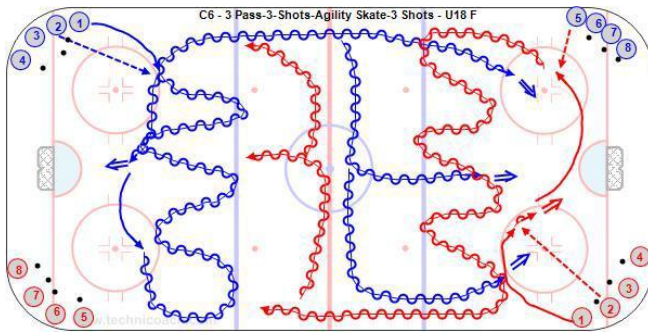
## Practice Plan

Date: 10-23-19

Time: 16:30-18:00

Venue: SAIT Arena

Lines:	Notes:
Skate, pass, timing, agility, 1-1, 2-1, 2-2	Forecheck walk though
3 team game with dump in	Face off review
Angling	



10' 2' individual

### 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.

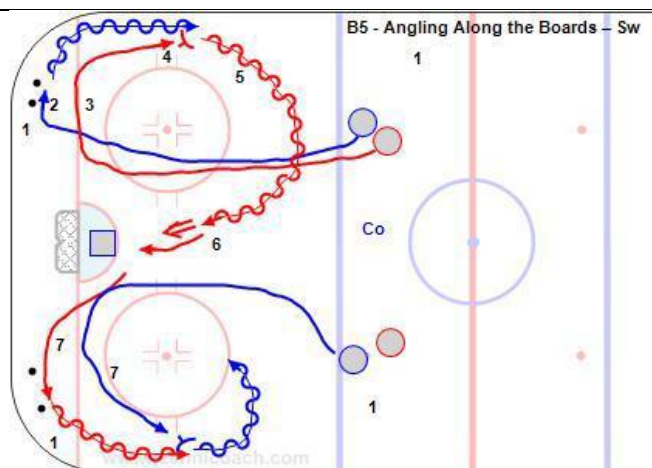
#### Description:

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/JqCQVa1iwwA>





## 10' one group each end

### B5 - Angling Along the Boards – Sw

#### Key Points:

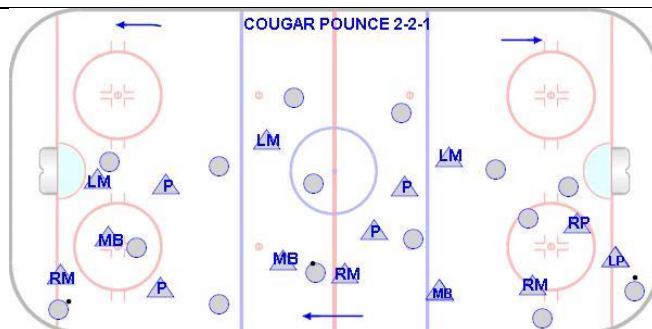
Approach the puck carrier from slightly behind angling toward the back of the inside shoulder with the stick on the puck and body on body. Skate through the hands with the inside leg in front and pick up the loose puck.

#### Description:

1 - Players line up just outside the blue line near the dots, puck are in each corner. 2 - F1 leaves and picks up a puck in the corner then skates up the wide lane. 3 - F2 follows from slightly behind and steers F1 along the boards. 4 - F2 approaches at the back shoulder with 'body on body and stick on the puck.' 5 - F2 angle checks F1 with the inside leg in front then picks up the loose puck. 6 - F2 skates into the slot and shoot - rebounds. 7 - F2 picks up a puck from the opposite corner and F3 becomes the checker.

\* Repeat alternating sides.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140625103708719>



## 10' Pounce explanation - Tom

### Pounce 1-3-1 Hard Trap Forecheck

I want the LW and RD to be part of the forecheck on the attack. The LD is always on the strong side. Usually the C plays low in the dzone with the two D using man on and a box behind. If the LW ends up back there they switch after the initial rush. I also want back pressure all of the time. My truth of hockey is.

Forecheck - 2 in deep - only pinch on the strong side when positive you will get the puck.

- lock the strong side boards on breakouts with the LW on one side and the RD on the other.

- 3 forecheck on the strong side. Left side the lw, c, rw and Right side the C-RW and RD.

- Backpressure all the way to the net.

- always tight gaps. - angle off the back shoulder with the stick on the puck.

- check from the defensive side always.

- always 4 on the attack.

- tight 3 man triangle and a D high on the rush to the net.

- shoot when inside top of circles unless someone is wide open.

- always give the puck to someone in better position than you and keep it if you are in the best position.

### Example of my college women's team vs. U of Calgary at the Olympic Oval

Cougar Pounce 2-2-1 forecheck Video – my college women playing the U of Calgary. 5 is LW and 10 LD.

#5 set a new goal scoring record with 12 in the play-offs playing LW.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20080727110408764>

A video of an explanation of the system I gave to my team at the Olympic Oval 2 hours before the game.

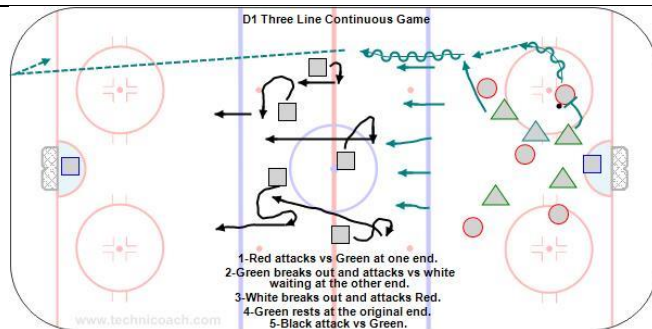
We used white tape to make a rink on the floor and we went over the system.

<http://www.hockeycoachingabcs.com/mediagallery/>

[media.php?f=0&sort=0&s=20080727110405661](http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080727110405661)

T4 1-3-1 Pounce Forecheck – We entered the zone in a 1-3-1 so they couldn't make a quick pass up the middle. It was vs. the top midget girls team in the Province and 4<sup>th</sup> in Canada.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20121229225643619>



**10' With dump in to practice the Pounce.**

**D1 Three Line Continuous Game – U15 Boy's**  
**Key Points:**

Give close support to the puck. Defending team create speed through the neutral zone after the breakout. New defending team identify coverage when the attackers enter the zone.

**Description:**

*Three teams play full ice.*

1-Red attacks vs Green at one end.

2-Green breaks out and attacks vs. Black waiting at the other end.

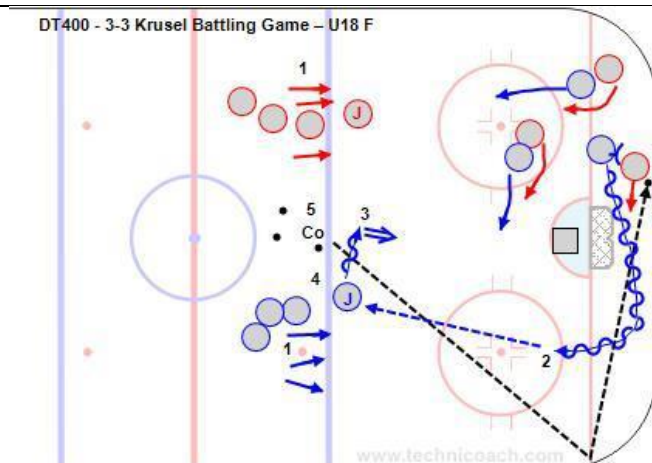
3-Black breaks out and attacks Red.

4-Green rests at the original end.

5-Black attack vs. Green.

*They keep this rotation and play a game up to 5. Start another game at 0-0 but switch who they attack first i.e. now Green attacks Red and Red attack vs. Black and Black vs. Green. This rotation can be used to practice team play at full strength and power play and penalty kill.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150309090327205>



**10'**

**DT400 - 3-3 Krusel Battling Game – U18 F**

**Key Points:**

Battle for loose pucks, screen the goalie, shot passes, cycle, man on man, tie up sticks, tip, low zone play. Keep score and play from 1-1, 1-2, 2-2, 2-3, 3-3 low in the zone.

**Description:**

1. Line up with the face-off dots and 1 to 3 players race for a loose puck the coach shoots in.

2. Pass to the point to transition to offense.

3. Point player must shoot or pass within 2 seconds and plays low on the next coach shoot in.

4. Play 30' shifts and pass to the coach on the whistle.

5. If a point pass goes out the other point-man gets the puck.

*\*Players must race to get onside before the next puck is shot in.*

*\*Players at the point can pass or shoot but they can't go in.*

*\*Keep score and add rules like goals must be on one touch shots, or give and go plays, etc..*

*\*This is the favorite game for some of the pro players I have coached over the years.*

*\*Coach can use this game to teach many things on both O and D. Here coach teaches attackers to support player at the point by being in a position to screen, one time or redirect a shot pass. Most offensive and defensive principles*

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can be practiced with this game.

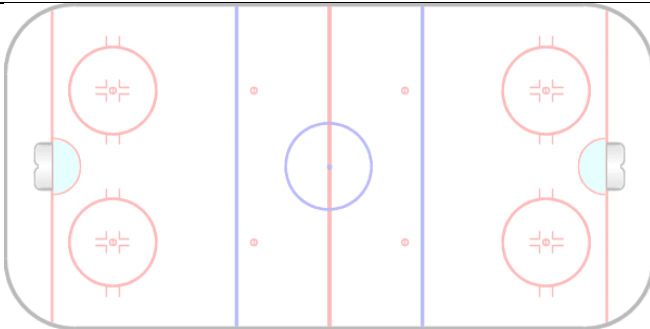
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[https://youtu.be/wCXU\\_A25JZY](https://youtu.be/wCXU_A25JZY)

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**15'**

**Mike review faceoff plays.**



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**Meet in middle.**

