



## SAIT W

## Practice Plan

Date: 10-24-19

Time: 18:15-19:15

Venue: SAIT Arena

### Lines:

65' and then video in room.

### Notes:

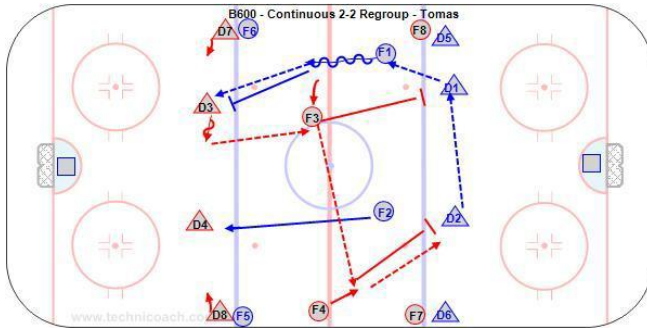
Pass and timing

Regroup, nzone, defensive zone skating

Shots from 3 lanes

Defensive zone review

Shootout



2' individual

6' Mel goalies – coaches help

**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:

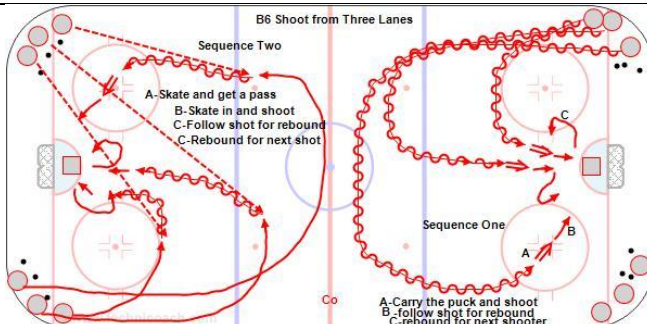
1. D1-D2 pass to F1-F2.
2. F1-F2 regroup with D3-D4.
3. F1-F2 forecheck vx. D3-D4.
4. F3-F4 support D3-D4.
5. D3-D4 make a regroup pass to F3-F4.
6. F3-F4 now regroup with D5-D6 and forecheck.
7. Continue the regroup and forecheck sequence.

*\* 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>



7'

**B6 Shoot from Three Lanes**

#### Key Points:

Shoot with the feet moving, don't overhandle the puck and carry it in the triple threat position, follow the shot, rebound for the next shooter. On sequence two accelerate after taking the pass. Insist that they get the habit of following the shot for a rebound. Many players peel off toward the corner after shooting.

#### Description:

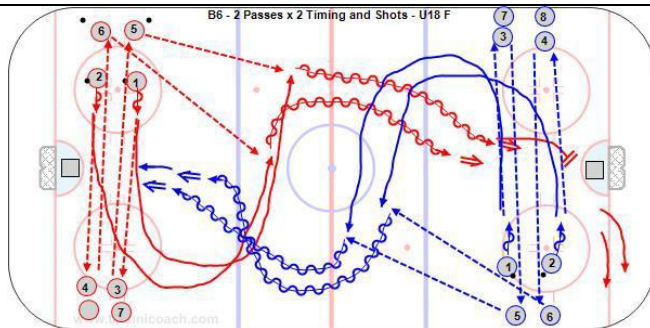
Players can all be in one corner or in both. After shooting switch corners.

#### Sequence One

- A - Carry the puck and shoot.
- B - Follow the shot for a rebound.
- C - Circle back and rebound for the next shooter.

Sequence Two

- A - Skate and get a pass from the opposite corner.
- B - Accelerate and shoot while moving.
- C - Follow the shot for a rebound.
- D - Rebound for the next shooter.



### 7' Kailey

#### B6 - 2 Passes x 2 Timing and Shots - U18 F

##### Key Points:

Pass and skate for a return pass. Keep skating while passing, receiving and shooting. Give a target. Handle the puck after receiving and use wrist passes.

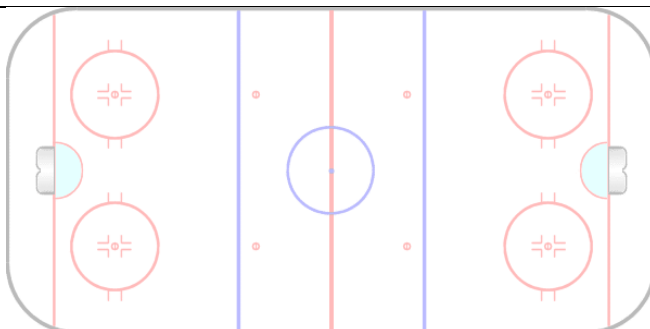
##### Description:

- A. 1 and 2 leave from each end and pass across to 3 and 4.
- B. 3 and 4 pass across to 5 and 6.
- C. 5 and 6 pass up to 1 and 2 skating across the neutral zone.
- D. 1 shoot-rebound-screen.
- E. 2 shoot.
- F. 3 and 4 repeat in the other direction.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20170107125422201>

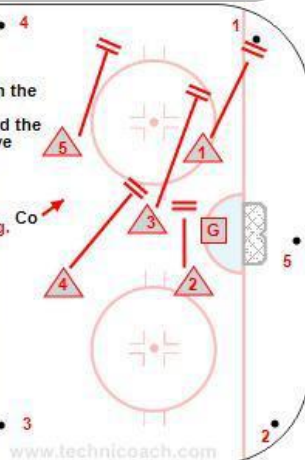
<https://youtu.be/WmpASHh7uL4>

### 13' Jim review PP.



#### B500 Defensive Zone Skating

1. Players start off with a box and one in the middle.
2. Coach points to where the puck is and the players hustle to the proper defensive
3. Sticks in the passing lanes and a man-you-puck triangle for role 4.
4. Skate to 5 spots.
5. Straight line stop and start skating.



### 7' Tom-Skate to house first

#### B500 Defensive Zone Skating

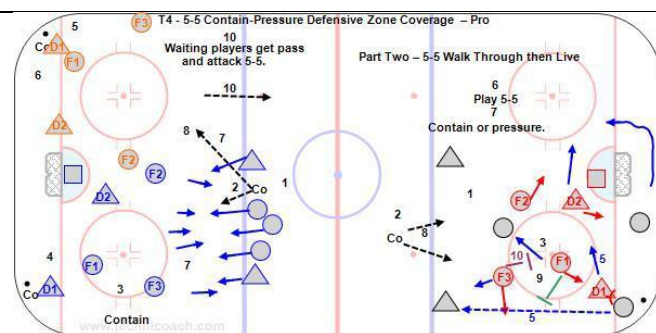
##### Key Points:

Players skate according to their position in the defensive zone. You should skate as if there is an attacker in front of the net and three attackers cycling on the strong side with the middle forward covering the front of the net.

##### Description:

1. Players start off with a box and one in the middle.
2. Coach points to where the puck is and the players hustle to the proper defensive position.
3. Sticks in the passing lanes and a man-you-puck triangle for role 4.
4. Skate to 5 spots.
5. Straight line stop and start skating.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090817105908648>



## 13' All coaches

### T4 - 5-5 Contain-Pressure Defensive Zone Coverage – Pro

#### Key Points:

Everyone must see the puck and see their man. Stay on the net side (defensive) of the player they are covering. Sticks on the ice and in the passing lanes. It is a combined 'man to man-zone defense'. All defenders must cover one player. Closest defender to the puck on tight, 'Body on body and stick on the puck.' next closest a stick length away, third closest half way, fourth and fifth closest maintain a 'man-you-puck triangle', see the puck and your man with the stick in the passing lane. Weak side defending forward pick up F3 if he is high in the slot.

#### Description:

##### Part One – Defensive Zone Rotation Contain then Pressure (Swarm)

1. 5 defenders start from the blue line with a coach in each corner.
2. Coach pass the puck to the corner and defenders skate into the zone. 'Man on Box Behind.'
3. Read offensive control and play 'man to man-zone defense.'
4. D1 on puck, D2 net front, F1 support D1 low, F2 mid slot, F3 puck side point.
5. Read no offensive control so pressure and outnumber the offense – 'Swarm.'
6. D1 on hard, D2 move to goal line, F1 close support for D1, F2 net front coverage, F3 move to boards above the hash marks. D2 and F3 intercept any low or high rim.
7. Pass to coach, players skate out - pass to the coach in the other corner - the 5 defenders rotate.
8. D2 to corner, F1 skate in front and to corner, F2 cover puck side point, F3 mid slot.
9. Repeat the contain and pressure, 'Swarm' walk through.
10. After each group has practiced a few times go live.
11. Repeat the walk through in both corners then skate out and pass to 5 attackers and defend 5-5.

##### Part Two – 5-5 Walk Through then Live

1. Set up in one zone with 5 attackers and 5 defenders.
2. Coach pass the puck to the corner and all 5 defenders rotate.
3. D1 on puck, D2 net front, F1 support D1, F2 mid slot - cover high offensive OF3, F3 puck side point.
4. Pass puck to strong side point and all rotate.
5. F3 up to point, F2 slide to mid slot, F1 cover high offensive OF3, D1 and D2 be half way or box OF1-OF2.
6. After the low and high walk through play 5-5 live.
7. Communicate to switch between 'contain and pressure' defending.
8. Coach spot a new puck if the play ends right away.

9. F1 pressure the puck at the hash marks or half wall and D1 support.

10. F3 drop down to prevent a high walk-in if F1 is beaten on the wall.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20171006111046820>

<https://youtu.be/gREv1mFhTqU>

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>

### **Pucks – middle cheer – meet in room**

### **Goalies with Mel and Kailey**

### **Explanation/Notes:**

