



SAIT W

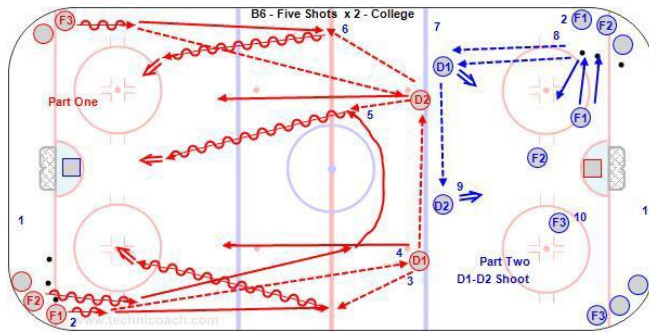
Practice Plan

Date: 10-30-19

Time: 16:30-17:45

Venue: SAIT Arena

Lines:	Notes:
Passing, high rotation and D exchange	Timing, point shots,
Power play	Penalty kill
Dzone	Game
Shootout	



10'

B6 - Five Shots x 2 – College

Key Points:

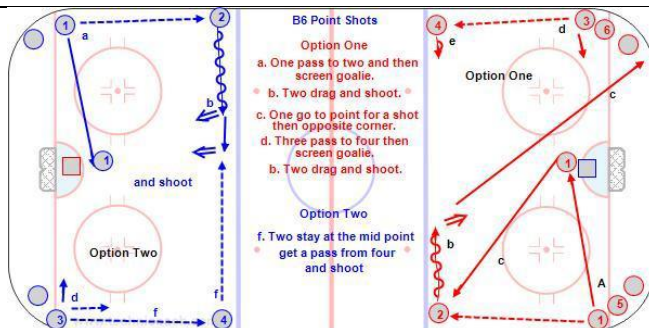
Pass hard while skating, face the puck and give a target, shoot while skating and follow the shot for a rebound. The same sequence is done from both ends starting from diagonal corners.

Description:

1. White forwards at one end and white D at the far blue line. Red F and D opposite.
2. F1 skate and pass to D1 then open up for a regroup pass at the red line.
3. D1 pass to F1 who skates in and shoot from the wide lane.
4. F2 leave from the same corner, skate and pass to D1 who passes to D2.
5. F2 cross the red line and mirror the puck for a pass from D2 then skate and shoot.
6. F3 leave from the opposite corner, regroup with D2 and shoot from the wide lane.
7. D1-D2 skate up to the blue line.
8. F1 get a puck from the corner and pass to D1 who shoots.
9. F1 pass another puck to D1 who passes across to D2 who shoots.
10. F1-F2-F3 have a net presence.

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10' each shot 3'

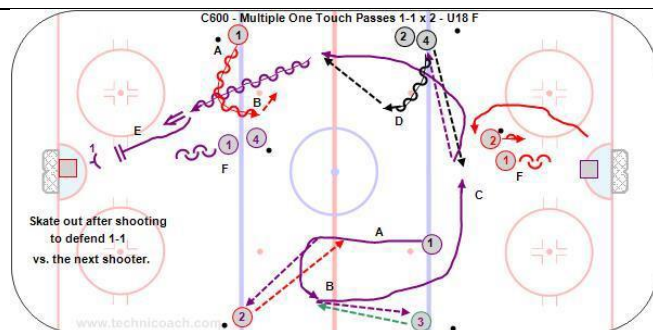
B6 Point Shots

Key Points:

Skate forward inside the dot before pivoting to. Shoot low for a tip in or rebound. One time the second shot in option two. Hit the net. Everyone practice this skill.

Description:

- 1 pass to point and skate to top of the circle for a



return pass.

2. Pass to point, D to D, pass to F skating top of circle.

3. Skate to top of circle. D come down boards for puck – pass back to F.

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10'

C600 - Multiple One Touch Passes x 2 - 1-1 x 2 – U18 F

Key Points:

This drill is done from diagonal corners. Keep skating and make firm passes. Give a target and call for the pass. Face the puck. Shoot, follow the shot for a rebound and then go out to play a tight gap and defend 1-1 vs. the next shooter.

Description:

A. 1 exchange passes twice with 2.

B. 1 turn out and exchange passes twice with 3.

C. 1 skate across and exchange passes two with 4.

D. 4 skate to the inside and pass to 1 skating wide up the ice.

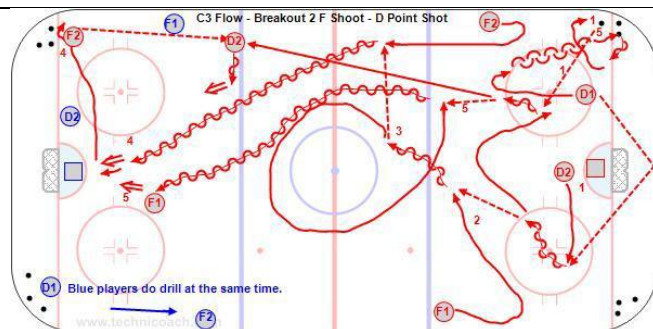
E. 1 shoot and follow the shot for a rebound and then skate out to play a tight gap.

F. Defend a 1-1 vs. the next shooter.

**1-0, 2-0, etc. drills are not game like. Add a screen, give and go with the last shooter or defend after shooting to practice scoring in realistic situations.*

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<https://youtu.be/upx3jea6-kg>



10'

B6-600 Flow - Breakout 2 F Shoot - D Point Shot – Finland U20

Key Points:

Make hard passes, give a target, keep skating while making plays, follow shots for rebounds, stop at the net, screen.

Description:

Start at both ends with players on each side of the net and pucks in all four corners.

1 – D1 start by skating up an back get a puck and bank pass behind the net to D2. D1 goes to the corner.

2 – D2 pass to F1 breaking along the boards.

3 – F2 skates to the big ice between the dots and pass to F2. D2 follow then circle back to the corner.

4 – F2 skate down and shoot then skate to corner. F1 skate around the middle circle for a pass from D2.

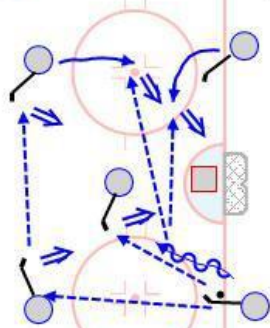
5 – D1 bump a puck to D2 who skates between the dots and pass to F1 who skates down ice and shoots.

6 – D2 then follow the play up the ice and get a pass from F2 in the corner then drag and shoot – F1-F2 screen.

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T2 Spread Power Play 2 Below Goal Line

A one timer power play.
Players can rotate positions,
walk out for back door plays,
set pick and screens.



20' Jim and Mike with PP Tom far end

T2 Spread Power Play 2 Below Goal Line

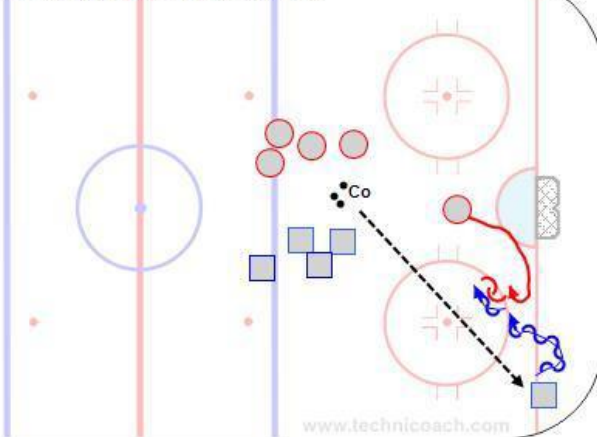
Key Points:

A one timer power play. Players can rotate positions, walk out for back door plays, set pick and screens.

Description:

1. Set up with two players below the goal line and the high attackers just above the top of the circles.
2. Quick passes to make the defenders move.
3. Read when the defender has the 'Stare' looking low and find shooting seams.
4. Walk-out for back door plays to the other low player or a point man coming down.

Diagram T3-4 King-Kozak Defensive Zone



20' Tom other end with non pp players.

T3-4 King-Kozak Defensive Zone

Key Points:

Defensive player must quickly close the gap and maintain defensive side and with stick on the puck, body on body.

Description:

1. Defender or defenders start on two knees in front of the net.
2. Attacker stands waiting for a pass from the coach. If multiple attackers then spread out.
3. Coach passes to the attacker and defender stands and defends.
4. Add another attacker and defender.
6. Add a third attacker.
7. If the puck is cleared, frozen or a goal the coach quickly passes another puck to an attacker and the play re-starts.

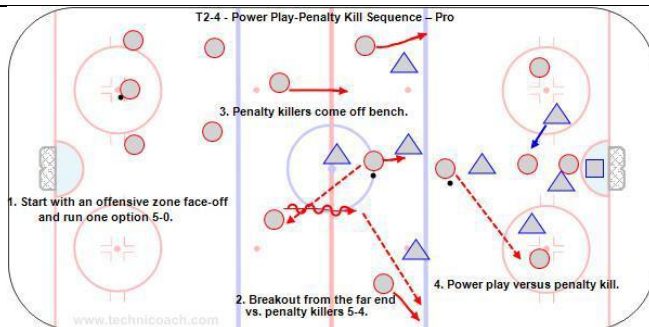
**Option is to have uneven situations and add attackers and defenders as you go.*

**To create more space the coach and waiting players move back to the blue line. You can go up to 5-5 with this drill.*

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



10'

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.*

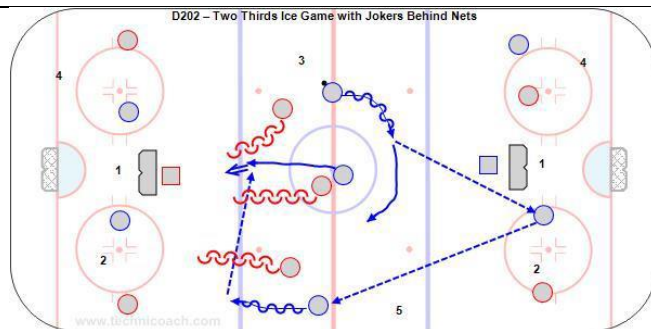
** Many teams give the goalie the walk out player jam and cover the other four.*

** 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.*

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<https://youtu.be/VadXPVkB4I>



12'

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. Batchko is a great game for puck support. Rules for scoring such as goals must be on one timers, on give and goes, etc.

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.

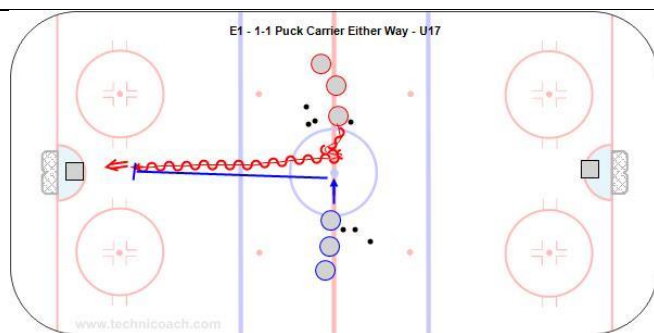
3. Play 1-1 to 5-5 or 1-2, 2-2, 3-2, 3-3, 3-4, 4-4.

4. Have jokers from each team behind the nets.

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

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20171231102109576>

<https://youtu.be/vE83XiyCS48>



8'

E1 - 1-1 Puck Carrier Either Way - U17

Key Points:

Puck carrier make deceptive moves and break to either net. Defender use controlled defensive skating and approach with toe caps facing the puck carrier, then chase without taking a penalty. Goals on a rebound in the slot count.

Description:

1. Red face the blue on the red line just outside of the circle.
2. Blue attacker skate into the circle with the puck and attack either net.
3. Red player defend and chase the attacker without taking a penalty.
4. Blue can score on direct rebounds.
5. Red defender box out attacker and tie up the stick on any rebound.
6. The next blue now is the attacker vs. the next red.
7. Continue alternating sides.
8. Keep score.

*Do this 1-1, 1-2, 2-2 as well.

<http://www.hockeycoachingabcs.com/media-gallery/media.php?f=0&sort=0&s=20191022154812841>

<https://youtu.be/YuEckedLbtU>

Pucks - cheer