



SAIT W

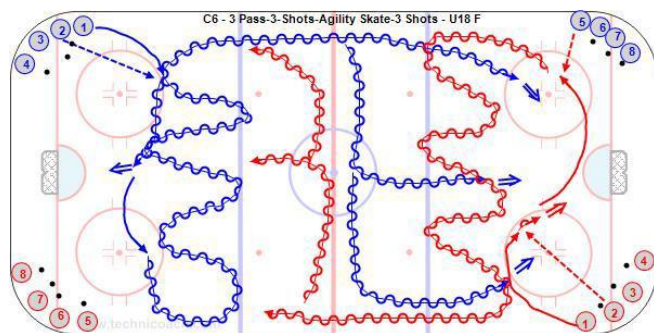
Practice Plan

Date: 11-04-19

Time: 16:30-18:45

Venue: SAIT Arena

Lines:	Notes:
Agility, shots, puck handle	Four chamber attack
Power play review	Defensive zone coverage review
Puck support game	



8' – 4 Exercises Tom

B6 - 3 Pass-3-Shots-Agility Skate-3 Shots - U18 F

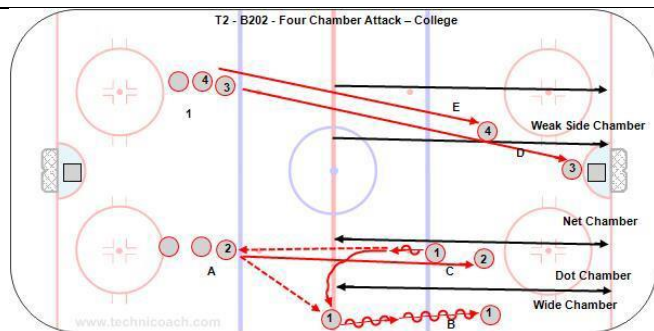
Key Points:

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.

<https://youtu.be/JqCQVAlIwwA>



10' Tom

T2 - B202 - Four Chamber Attack – College

Key Points:

Attack on the rush has moved from the Offensive Triangle to the Middle Drive and now at the higher levels the Four Chambers. Instead of having a 1-1 on the strong side the offense creates a 2-1 on the widest defender. The player in the middle lane goes hard to the net and the fourth attacker trails high on the weak side. This is one way to practice attacking with the 4 Chambers.

Description:

- A. Players are in two lines facing each other across the

neutral zone.

B. Stage one: 1 pass across to 2 and pivot in outside chamber for a return pass, skate in and shoot.

C. Stage two: 1 pass to 2 outside and join attack in the faceoff dot chamber.

D. Stage three: 1 pass to 2 and join while 3 from the other line goes hard to the net in the middle chamber.

E. Stage four: 1-2-3 repeat while 4 joins as a trailer down the weak side chamber.

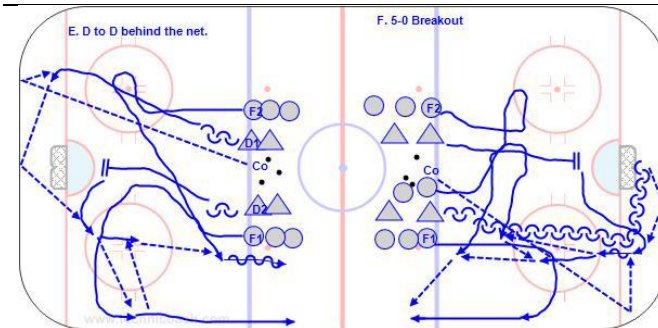
F. Fifth attacker support from the point.

G. Repeat the other way.

** Players 1-2 attack the widest defender and can cross and drop, 1 skate to the inside and pass to the outside to 2 who crosses and takes the ice behind, 1 chip and 2 chase, etc. Important that 2 skates hard and takes a defender with him.*

**In the drill this happens at both ends as shown in the video.*

<https://youtu.be/0gMgG3rkXzg>



12' Mike and Jim run one end each. 5-0 x 3 BO to each wing and C and back 3-2 after the third one. 2 groups of 5 at each end. Mooney will play D in one group.

B5 Murdoch Breakout Routine E and F

Key Points:

On all of these both wingers can go and time their skating to be available for the pass. Add the centreman to do 5-0 full ice reps. **Wide wing cut across in front of their F3.**

Description:

E. Coach dumps the puck in D1 gets it, D2 skates to the front of the net and calls for the pass D to D. Both wings watch the puck from the middle zone and time their skating to be available for the pass. D1 behind to D2 to F1 to D2 to F2 and out. try to pass to all three forwards and back to D twice. i.e. D to C to D to F2 to F1.

F. Coach calls the breakout (i.e. reverse) and all 5 breakout and try to score at the other end.

Practice all of the options doing about 2 reps each line of 5.

20' Two lines with Jim at one end to review PP and two with Mike at other end for Dzone coverage review. 10' each.

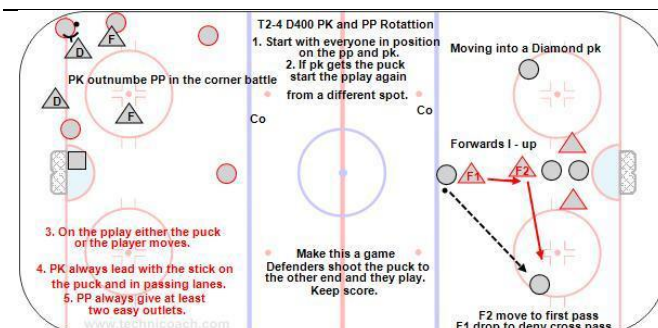
T2-4 D400 PK and PP Rotation-Detroit

Key Points:

PK outnumber the PP on loose pucks in the corner. PK skate in straight lines. Always one pk denying the mid point and one in front. PP change the point of attack when outnumbered. Rotate the mid point player to the middle or the back door.

Description:

1. Start with everyone in position on the pp and pk.
2. If pk gets the puck start the pplay again from a different spot.
3. On the pplay either the puck or the player moves.
4. PK always lead with the stick on the puck and in passing



lanes.

5. PP always give at least two easy outlets.

6. PP give low support when puck on half wall.

7. PK cut the ice in half and force passes that must beat two defenders.

8. Work at each end 30-60" rotate on whistle.

*Game situation: defenders shoot puck to other end.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20101206083505234>



20'

T4 – Defensive Zone Walk Through - RG 5-5 – Pro

Key Points:

Review defensive zone rotation. Lots of communication helps everyone to make good decisions. Use controlled skating towards the puck carrier. Always defend from the net side. Stick on the ice in the passing lane and closest checker play with 'body on body and stick on the puck.' Goalie can see everyone so it is important he communicates loudly.

Description:

1. Players start from the neutral zone with a coach in each corner.
2. Coach one pass to coach two in corner and 5 players defend.
3. Coach two pass to coach three in other corner and 5 defenders rotate.
4. Defending 5 skate out and pass to 5 players waiting in the neutral zone.
5. Play 5 on 5.
6. Coach one spot a new puck if the play ends quickly and continue playing 5-5.
7. Rotate so the other 5 players walk through the defensive zone coverage.
8. Walk through the contain 'box plus one' and the pressure 'swarm.'
9. Do this at both ends if you have 20 skaters for 5-5 or 16 for 4-4.
10. If you have less skaters you can do it at one end with a defend-attack-rest rotation.

<https://youtu.be/ZTFMo9YjWd4>

If you have less than 4 lines you can have the walk through then the original attackers walk through then pass to the players waiting behind the red line. After all players have done the walk through make it a continuous transition game of Attack-Defend-Breakout-Rest.



10' Jim ref the game.

D100 Two Second Game - College

Key Points:

Great game for quick and close puck support and facing the play with the puck. Players must switch right away from offense to defense to loose puck and constantly change roles from, 1-puck carrier, 2-puck support, 3-check puck carrier, 4-cover away from the puck. 2" rule can be used in SAG, cross or half ice.

Description:

1. Play a full ice game of 3-3, 4-3, 4-4, 5-4, 5-5, 6-5 with the extra players on the bench.
2. Play 40-45" shifts and pass back to your goalie when the coach whistles for a change or players change on their own.
3. Players can only have the puck for 2" and must make a play, gain a zone or shoot.
4. Coach blow whistle if the puck is carried over 2" and the other team gets it.
5. Encourage talking, facing the puck, always give a target, skate into passes and get open.
6. Scoring team must skate back to the red line before forechecking.

* Don't blow the whistle if they have started shooting. Start time when the goalie gets puck. Keep score and losing or winning have a consequence.

* Option is to give another 2" with the puck if the player makes an escape move.

<https://youtu.be/PVy5NjFsV9w>

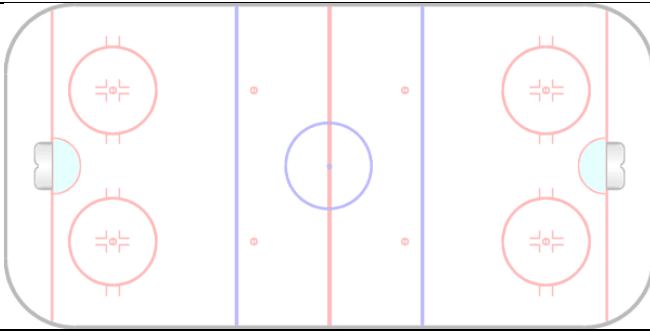
Team meet in middle.

30' Mel – Jim – Mike work with goalies

Skaters change and go to spin by 5:45



Explanation/Notes:



Explanation/Notes: