



## SAIT W

## Practice Plan

Date: 11-05-19

Time: 18:15-19:45

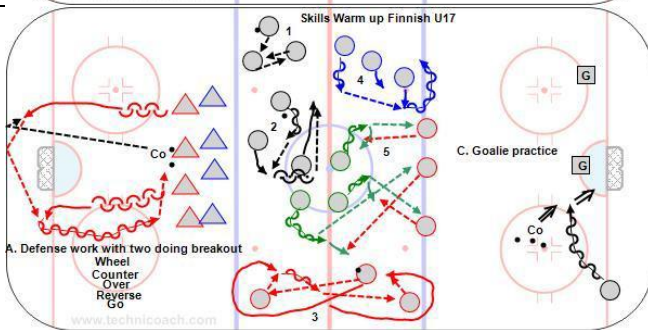
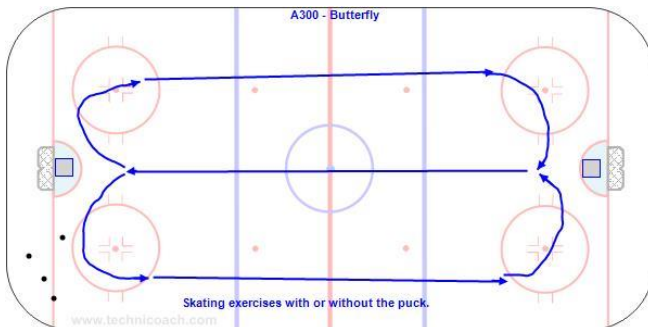
Venue: SAIT Arena

Lines:	Notes:
Transition 1-1, 2-1 and 3-2 to 5-5	1-1, 2-1, 2-2, 3-2, 5-5
Breakouts with D – F passing in lines	Goalie practice
Passing quick up	Angling – adjusting gaps
Back checking transition	

2' individual  
8'

**Captains lead warm up. Skating edges 4' then with the puck 4'**

**Goalies with Mel**



**15' Mike D, Tom-Kailey F, Mel G**

**B Skills Warm up Finnish U17**

### Key Points:

This is a great way to warm everyone up at the start of a practice. Defense do the various breakout options and read where the pressure is coming from. Pass the puck back to the coach and move thru everyone. Forwards pass with good technique and eye contact. Goalie coach work on technique and rebound control.

### Description

A. Defense work with two doing breakout options vs one forechecker.

B. Forwards lines of 3 work in the neutral zone.

1 - Stationary pass with eye contact.

2 - Pass while moving always face puck.

3 - #8 around partners give and go.

4 - Keepaway 2-1 in four areas.

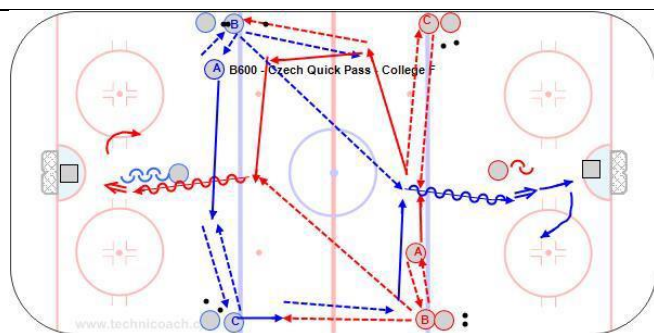
5 - Two lines move and pass to other two lines on the blue line.

6 - Two lines of 3 pass while skating on one side of the neutral zone.

C. Goalies work with coach at one end.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140131221040649>

<https://youtu.be/P0nslv0zT6w>



## 10' Kailey – Add a 1-1 after shooting.

### B600 - Czech Quick Pass - College F

#### Key Points:

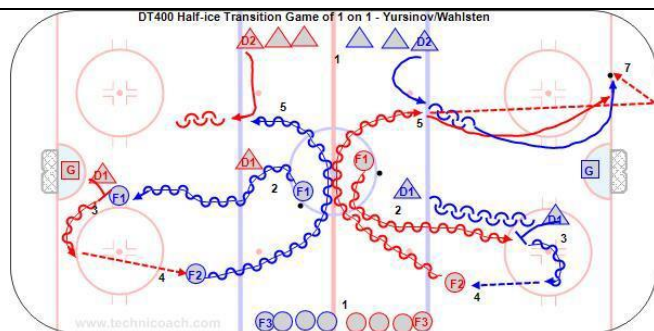
Give a target, one touch using a wrist pass, take the pass with the back third of the blade, especially on the backhand. Target with one had receive with two. No unopposed shots; either screen, circle back for the rebound, give and go with the next shooter or defend a 1-1.

#### Description:

1. Players on the four blue lines.
2. First player A leave from diagonal blue lines and exchange passes to the second player in line B.
3. A's skate across the blue line and exchange passes with C on the other side.
4. A's skate up the boards and exchange passes with the other B.
5. A's skate to the middle and receive a pass from B at the original starting place.
6. Skate in and shoot, get a pass or attack 1-1 vs. the last shooter.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20191012151541146>

<https://youtu.be/hTfbfmTPX8>



## 10' Add dump in – Forecheck – D Escape Moves.

### DT400 Transition Game of 1 on 1 - Yursi-Juuso IIHF Symposium

#### Key Points:

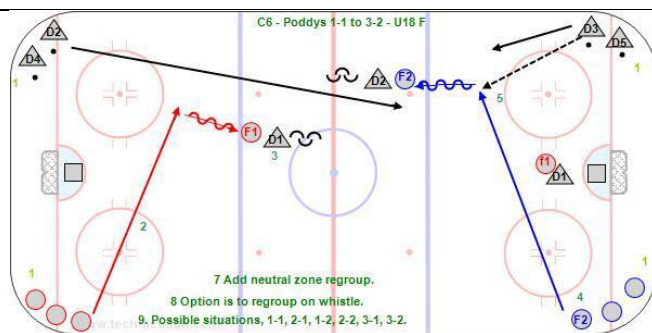
Defender must maintain a tight gap and stay of the defensive side. Attacker use moves to beat the defender, fight for rebounds and loose pucks. On the dump-ins the defender must read where the checker is coming from and the attacker create good checking angles.

#### Description:

1. Divide the team into two colours and opposite forwards and defense play against each other at both ends.
2. F1 attack vs. D1 after skating through the middle circle.
3. Fight for rebounds and loose pucks.
4. On transition pass to F2 at the top of the circle.
5. F2 skate through the middle circle and attack vs. D2.
6. Add a regroup with the forward circling back.
7. Add a neutral zone dump-in and the D and F fight for the loose puck.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20131203153607732>

<https://youtu.be/l-Uko5pKHkY> 1-1 and 2-1.



## 10' Mike run – Kailey talk with F's.

### C6 – Pardy's 1-1 to 3-2 – Wally - U18 F

#### Key Points:

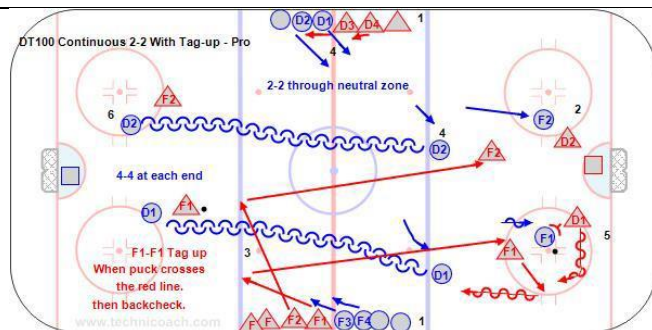
Attack with speed and defend with tight gaps. Add regroup. Vary the number of attackers and defenders.

#### Description:

1. Attackers and defenders are in corners at each end.
2. F1 skate across the top of the circle and get a pass from D2 who follows.
3. D1 defend the 1-1 attack.
4. F2 leave from the other end when the original attack passes the top of the circle.
5. F2 get a pass from D3 and attack vs. D1 and D3 follow the attack.
6. Two or three forwards can attack vs. one or two defenders.
7. Add F2 regroup with D3 in the neutral zone.
8. Another variation is regroup only if the coach blows a whistle.
9. Possible situations, 1-1, 2-1, 1-2, 2-2, 3-1, 3-2.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20180119120144934>

<https://youtu.be/NYAhiCwcA-4>



## 10' Tom run – Mike with D – Kailey with F

### DT100 Continuous 3-2 to 5-5 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://youtu.be/MInmHmN4wvs>

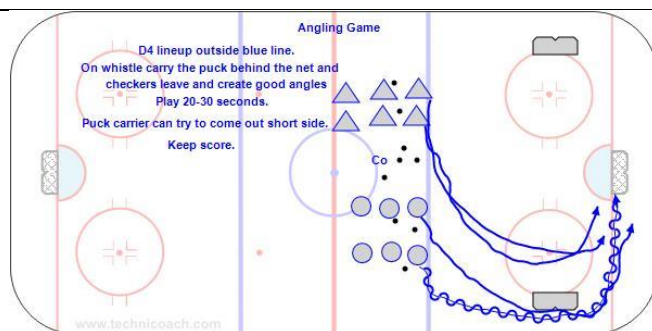
*\* In the 2-2 to 4-4 game two defending forwards tag up and backtrack between the dots to the mid slot and then cover the points. D1 and D2 play low against F1 and F2.*

[https://youtu.be/Zc\\_IQE9dX8](https://youtu.be/Zc_IQE9dX8)

*\* You can play this transition game from 1-1 to 3-2, i.e. 1-1 gives a 2-2 at each end, 3-2 gives a 5-5*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20180112093049995>

<https://youtu.be/pBE2B41Zklc>



8'

## D200 Angling game

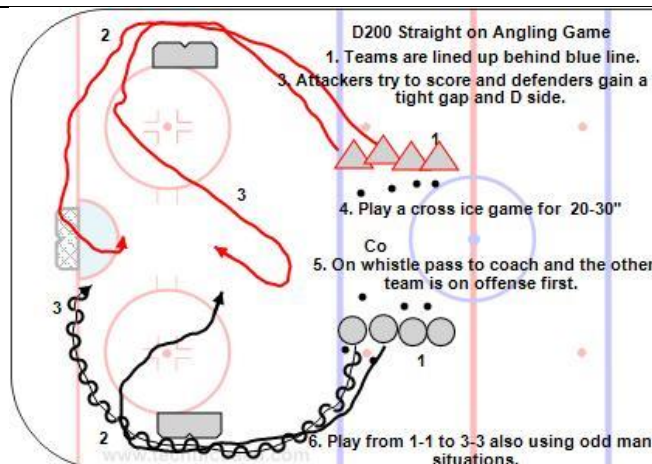
### Key Points:

Checkers create an angle on puck carrier and take away their time and space with body on body and stick on the puck.

### Description:

1. D200 lineup outside blue line.
2. On whistle carry the puck behind the net and checkers leave and create good angles.
3. Play 20-30 seconds.
4. Puck carrier can try to come out short side.
5. Keep score. Play to a certain score and losing team do something like push ups. Play a short series.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20111005185904685>



7'

## D200 Straight on Angling Game

### Key Points:

Both teams go behind their net on the whistle. Defenders close the gap and maintain the defensive side.

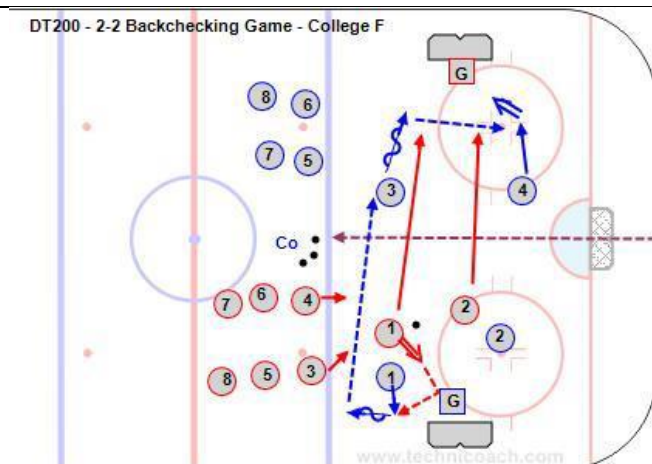
### Description:

D200 Straight on Angling Game

1. Teams are lined up behind blue line.
2. On the whistle each team skates behind their net.
3. Attackers try to score and defenders gain a tight gap and D side.
4. Play a cross ice game for 20-30"
5. On whistle pass to coach and the other team is on offense first.

6. Play from 1-1 to 3-3 also using odd man situations.

<http://www.hockeycoachingabcs.com/mediagallery/video.php?n=20111005190114923>



9'

## DT200 - 2-2 Backchecking Game - College F

### Key Points:

Attack and defend quickly. Attackers should get a shot before the backtrackers catch them. Defenders must identify who to cover and box them out tying up their sticks so they don't score on a rebound. Attackers must crash the net for a rebound and use crosses and picks to create space if they gain the loose puck. Stress that the defenders cannot allow them to score on a second shot.

### Description:

1. R1-R2 attack vs. B1-B2 while R3-R4 wait to attack from their offensive side.
2. On a goal, frozen puck or turnover pass the puck to R3-R4 who attack the Red goal.
3. B1-B2 backtrack hard and defend vs. R3-R4.
4. R3-R4 support from across the mid-line.

*\*Add rules like; goals must be on one touch shots or on give and goes. You can vary the numbers. It is also a great full ice game to work on quick attack and defenders denying the second shot.*

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*\* This is also a great full ice game where you can vary the number of new supporting players from 1 to 3.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20191015142131167>

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<https://youtu.be/UfZxUQxIXhk>

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Meet in middle circle.

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