



# SAIT W

# Practice Plan

Date: 11-06-19

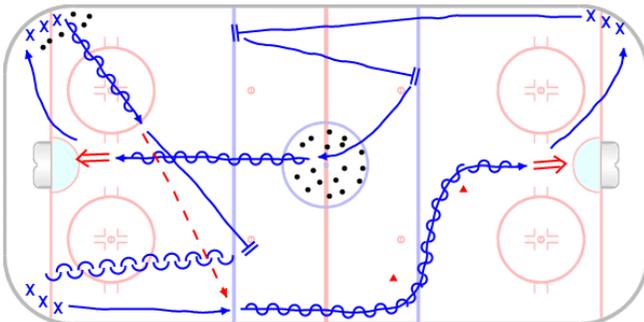
Time: 16:30-18:00

Venue: SAIT Arena

Lines:	Notes:
High press pk rotation	Skate pass shoot
Torpedo review	2/3 ice game
Shootout	

15' Torpedo and High Press PK review in dressing room one.  
2' individual

10'  
Mike drill for warm up



**25' Everyone 5' review high press rotation. Half team at each end Tom Torpedo and Mike High press 10' then switch.**

T4 1-3-1 Torpedo

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Key Points:

- T1 create inside to outside pressure.
- Always have 4 on the attack.
- Strong side Torpedo stretch.
- Right and left backs forecheck 1-2-3 with torpedoes on the stron side.
- Middle Back play on the puck side point with weak side back middle point.

Description:

Diagram 1 Forecheck

1. Torpedoes forecheck in a tandem I. Pressure inside to out and return to the middle lane.
2. Right and left backs play their half of the ice. Join the rush deep on the strong side and mid slot when on the weak side. Play the weak side point and always look for the back door play when it is there.
3. Backs play the low 3-3 and Torpedoes cover the points and stretch on possession.
4. Backs fill the low 3 lanes on breakout. strong side torpedo stretch and weak side give middle support.
- 5 In the neutral zone the backs play their lanes and torpedoes back pressure.

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T4 1-3-1 Torpedo

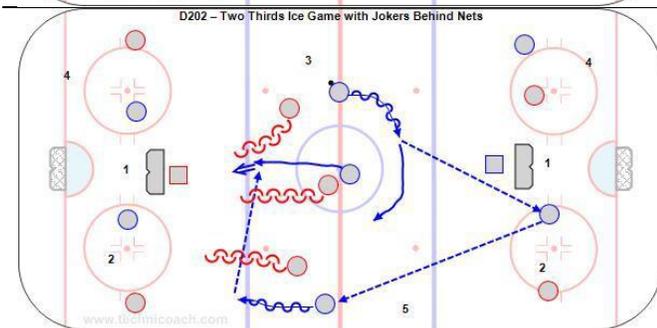
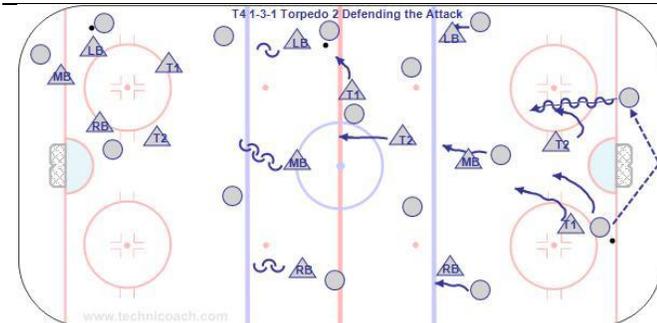
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Diagram 2 Defending the Attack With a 1-3-1 Torpedo

**Key Points:**  
Defensive Play. Fill the three lanes, Keep tight gaps.  
Torpedoes back pressure.

**Description:**

1. On forecheck Torpedoes check the 2 lowest players and backs fill the 3 lanes.
2. In Nzone Backs fill the 3 lanes and Torpedo 1 back pressure while T2 come back through the middle.
3. In defensive zone the backs play the low 3 on 3 with MB supporting on both sides.



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15'

**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.

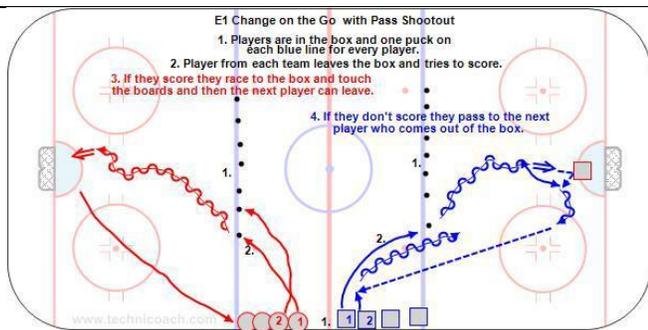
**Description:**

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>

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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.

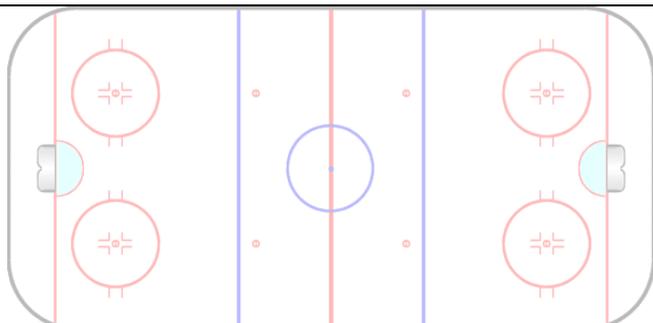
5. Losing team do something for every goal they lose by.

\*To make it realistic the goalie should practice starting from the goal line and coming out.

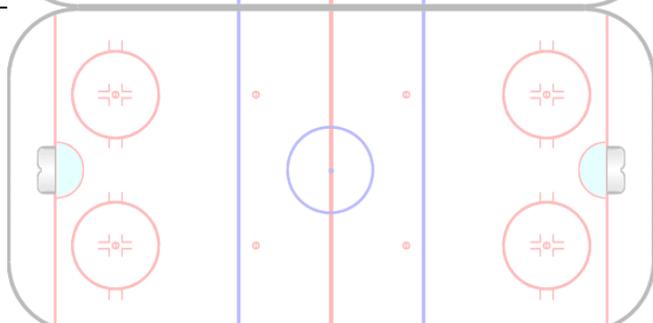
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**Meet in middle**

**Explanation/Notes:**



**Explanation/Notes:**



**Explanation/Notes:**




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