



Trojan W

Practice Plan

Date: 11-15-19

Time: 18:15-19:45

Venue: SAIT Arena

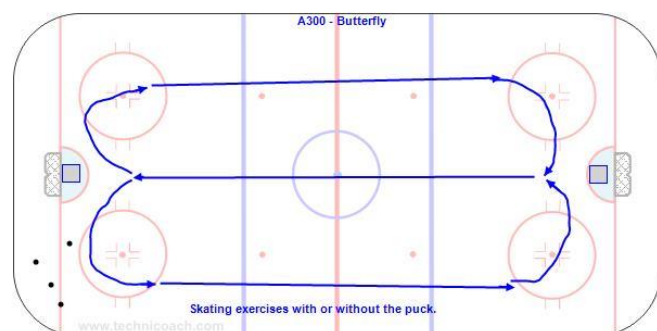
Lines:

Power play, passing, puck support

Face offs Edges

Notes:

Eyes up, Botcko,



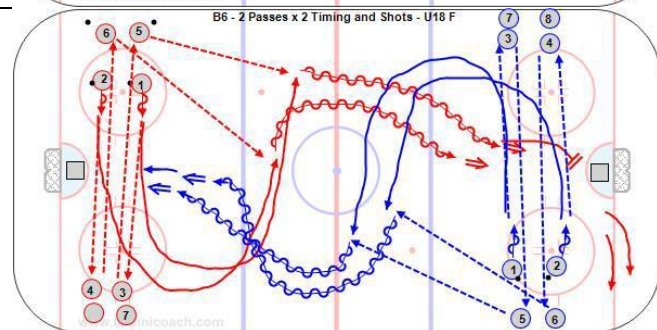
12'

4' each exercise

Edges and agility skating led by captains.

Deans three circle keepaway

4 games of 2-2 keepaway while goalie got shots from coaches.



8' 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:

- 1 and 2 leave from each end and pass across to 3 and 4.
- 3 and 4 pass across to 5 and 6.
- 5 and 6 pass up to 1 and 2 skating across the neutral zone.
- 1 shoot-rebound-screen.
- 2 shoot.
- 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>



12'

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.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20181002161932826>

<https://youtu.be/PVy5NjFsV9w>

30' Jim Kailey one end Mike Tom other1-3-1 Power Play

1-3-1 Diamond Power Play

This is the power play used by most NHL and pro teams now.

Key Points:

You have 4 triangles to work with all with one timers. Middle player give a short pass to a player under pressure.

Description:

The players set up with one in front, one in the mid slot, two at each dot on their off wings for one timers and a good playmaker-shooter at the point.

Usually start with the slot set pplay and move into the 1-3 -1 when the puck gets to the mid point. You can also start with an overload and a player moves to the middle.

Basketball uses this setup all the time and incorporates switching, picks and screens.

Hockey could take a lesson from them to create more movement options.

15' 8' play Botcko rules then 7' of two second game

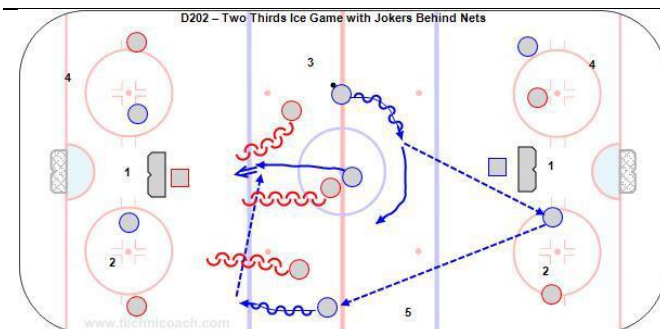
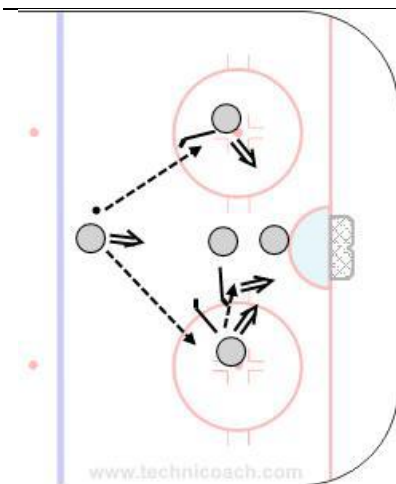
D202 – Two Thirds Ice Game with Jokers Behind Nets

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>

10'

T2 - Face-off Win Plays – Pro

Key Points:

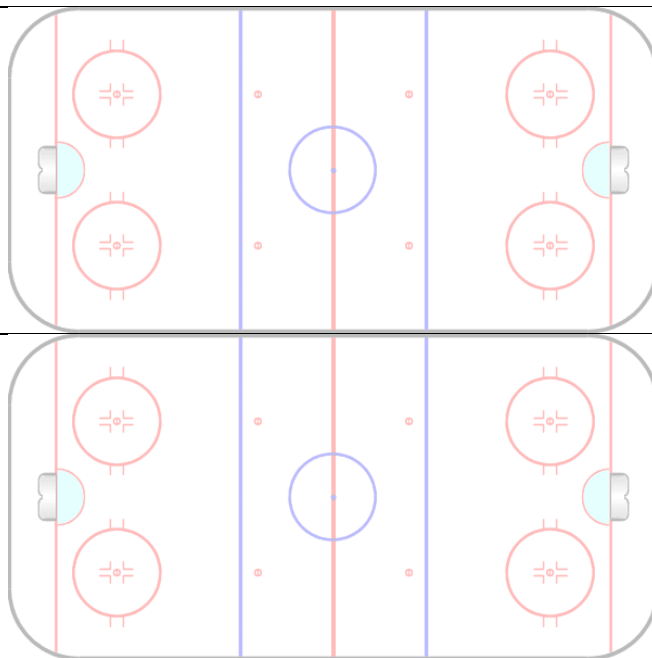
Face the puck at all times. Be ready to shoot quickly. Always screen the goalie.

Description:

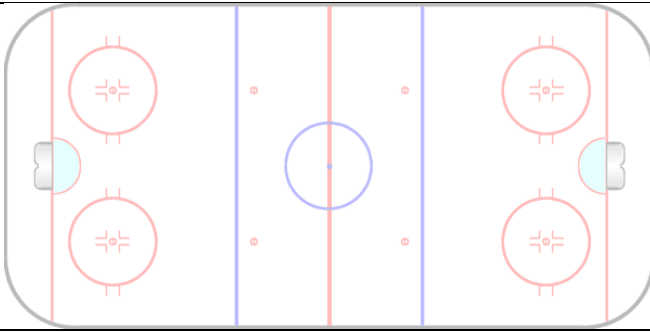
1. Defensive zone face-off win. Inside D1 get puck and reverse to wide D2 who skates behind the net and pass to W or C. Weak side W stretch through the middle. Walk through with each unit.
2. Offensive zone face-off win one. Wings switch sides. Win back to the point, D skate down boards and pass back to inside wing who skates back to the point – shoot.
3. Offensive zone face-off win two. Wings play strong sides. Win back to point. Inside wing F1 rotate up the boards, C F3 to front, and F2 to high slot. D to F1 to F2 who shoots.
4. Repeat win one to D who skates down boards and pass back to F1 who covers the point. F2-F3 screen and tip in front.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20160413140832317>

<https://youtu.be/aaK6Sm2yfGg>



Meet in middle for cheer.



Explanation/Notes:
