



SAIT W

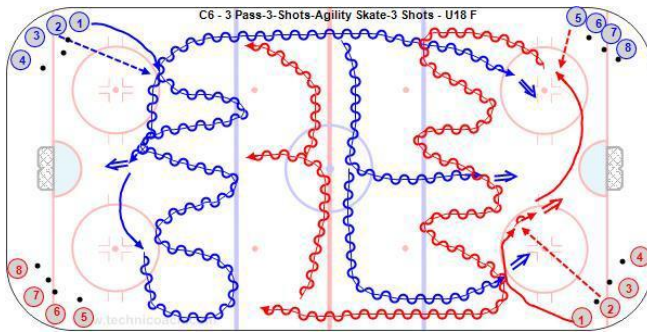
Practice Plan

Date: 11-18-19

Time: 16:30-18:30

Venue: SAIT Arena

Lines:	Notes:
4 groups of 5	Fast breakout with W wing stretching
Agility, shooting, passing, timing.	1-1, 2-1, 2-2, 3-2
Shootout	



2' individual

8'

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

Key Points:

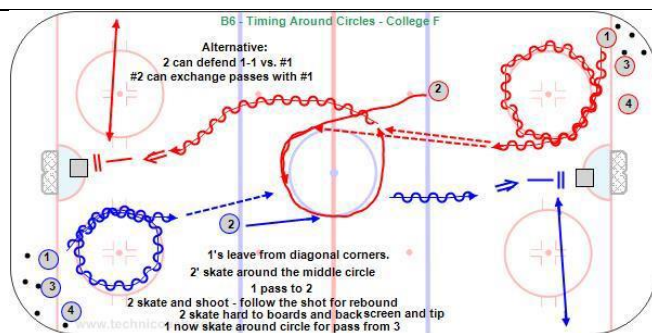
Warm-up drill with passing, shooting, agility skating, puck handling tasks and goalie shots. Shoot from the three lanes while skating. Push ups if you miss the net. Opposite corners leave when the last shot is taken; no need for whistles.

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.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20170925113514227>

<https://youtu.be/JqCQValiwwA>



8' Mike

B6 - Timing Around Circles - College F

Key Points:

Timing, pass while skating, cross overs with the puck, shoot while moving, rebound, screen and tip. Possible 1-1 and catch and release.

Description:

1. Players are in diagonal corners and one red and one white at the blue line.
2. Player one skate around the low circle with a puck, player two around middle circle.
3. Player one pas to player two who skates in for a shot.
4. Player one continue and now skate around middle circle for a pas from player 3.
5. Player three pass to player one and continue to the middle circle. Etc.
6. Player two follow shot for a rebound then skate hard to boards and back and screen.

Options: Player two can defend 1-1 vs next shooter or exchange passes or circle back and rebound.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20191024033139529>

<https://youtu.be/ckOiQ9OI72E>

10' Mike call out situations

C202 - 1-1, 2-1, 2-2, 3-2, 3-3 – Pro

Key Points:

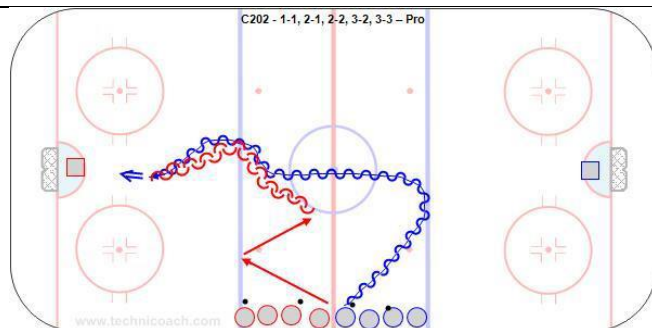
Start with a 1-1 but many situations are possible. Everyone practices attacking and defending.

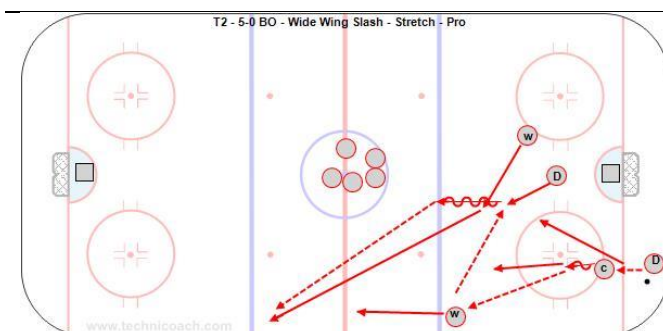
Description:

1. Players line up along the boards on one side and leave from the red line.
2. First blue is the attacker and then red.
3. Both players skate back to their blue line and then skate toward the red line.
4. Attacker can carry the puck or bounce it off the boards.
5. Defender close the gap and skate back if attack is down the middle.
6. Angle from inside if the attacker goes wide.
7. Vary the number of attackers and defenders.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=2019111517290924>

<https://youtu.be/kP35VIBpSwA>





12'

T2 - 5-0 BO - Wide Wing Slash - Stretch – Pro

D-C-LW-RD-RW who stretches to the far blue line. From there either enter or a touch back.

<https://1drv.ms/v/s!AukXg5gWoW-9hcxknhWjWvUjlpH3UA?e=MYmyrf>



10' 5 on 5

D100 Two Second Game - College

Key Points:

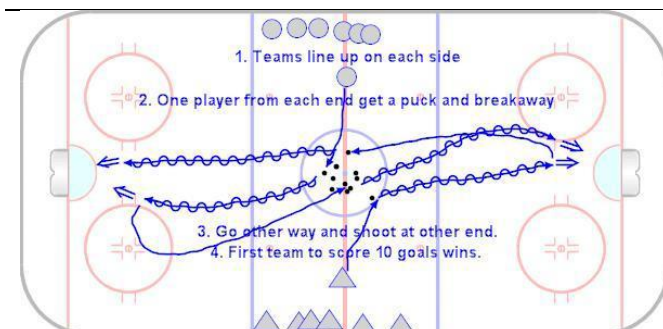
Great game for quick and close puck support and facing the play with the puck. Players must switch right away from offense to defense to loose puck and constantly change roles from, 1-puck carrier, 2-puck support, 3-check puck carrier, 4-cover away from the puck. 2" rule can be used in SAG, cross or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



10'

E1 Two Shot Shootout

Key Points:

Players should come in and make a hard move and shoot. The general rule on a breakaway is if the goalie is out far deke and if he backs in shoot.

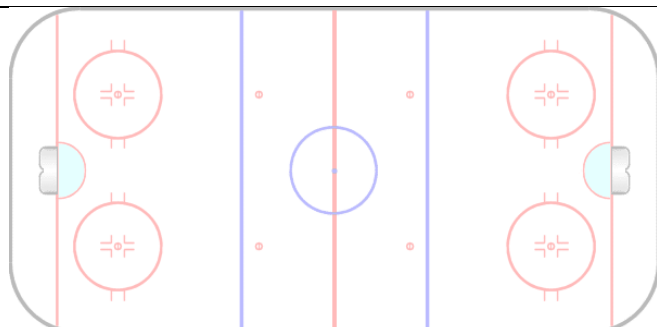
Description:

1. Teams lines up across from each other and the pucks are in the middle circle.
 2. One player from each team leaves and shoot at opposite ends.
 3. The same players turn back and get another puck from the middle and shoot at the other end.
 4. Continue until all the players have shot and keep score.
- You can also decide the winner by saying the most goals in a certain time or the first team to 10 or another

total wins.

- Players that score no goals do 2 laps, those who score one goal skate one lap and those who score on both shots zero laps.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20110324144209198>



Cheer in middle.

Change and go to spin.

Mel and Mike work with goalies.



Explanation/Notes:



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