



## SAIT W

## Practice Plan

Date: 11-19-19

Time: 18:15 – 19:45

Venue: SAIT W

### Lines:

Timing, shots, overspeed, 1-1, 2-1, 2-2  
Wide angling D  
Eyes up and close puck support in 2" game  
Goalie training

### Notes:

Angling everyone.  
Quick breakout  
Shootout

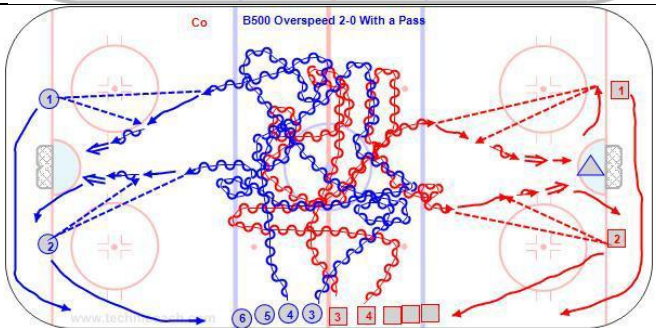


2' Ind Warm up and Goalie Crease Skating  
8'

**Mike run this**

**B600 - Three Shots Circles x 3 - College W**

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8'

**B500 Overspeed 2-0 with a Pass**

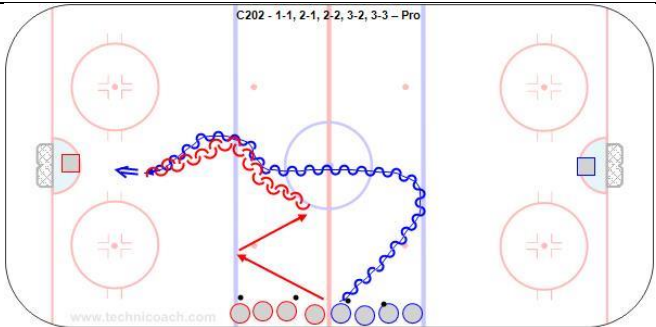
#### Key Points:

Players must challenge themselves out of their comfort zone. Make as many moves as possible and continue until they have shot and looked for a rebound. Take the pass and shoot right away without over handling.

#### Description:

1. Line up along boards on one side.
2. Players 1 and 2 start on the goal line.
3. Players 3 and 4 leave and make moves at top speed.
4. Coach whistle every 7" and they players attack the net.
5. Closest attacker give and go with 1 or 2.
6. Second closest do a tight turn then give and go with 1 or 2.
7. With only one goalie go one way only.
8. After passing return to the back of the line.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20111004075623113>



**10' Mike call out situations – 5' then shoot across.**

**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.

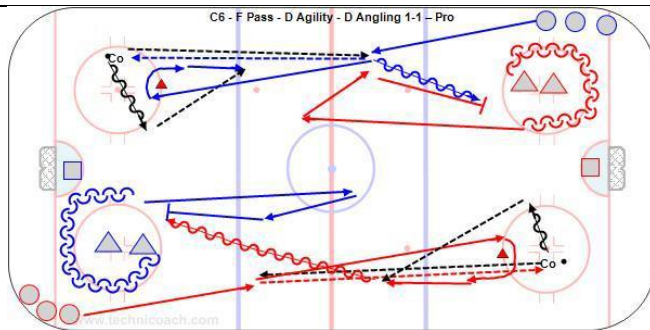
5. Defender close the gap and skate back if attack is down the middle.

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>



## 10' Kailey and Mike Pass

### C6 - F Pass - D Agility - D Angling 1-1 – Pro

#### Key Points:

Defender angle from the inside skating forward when the attacker is in the wide lane. Skate backwards if the attack is down the middle.

#### Description:

1. Forwards leave from the diagonal corners and exchange passes with coach in the far circle.

2. Defender agility skate around the circle to the inside, always facing the attacker.

3. Attacker skate down the middle exchange passes then swing wide at the top of the circle.

4. Coach or player pass to the attacker.

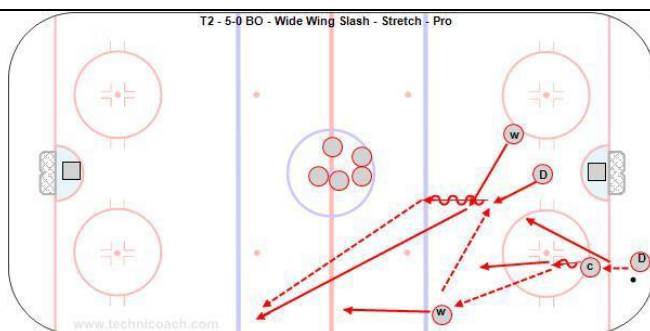
5. Defender angle to keep the attacker on the outside then close the gap with stick on the puck.

6. Attacker attempt to score.

7. Finish the play with attacker going for rebounds and the defender boxing out and tying up stick.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20191117164558775>

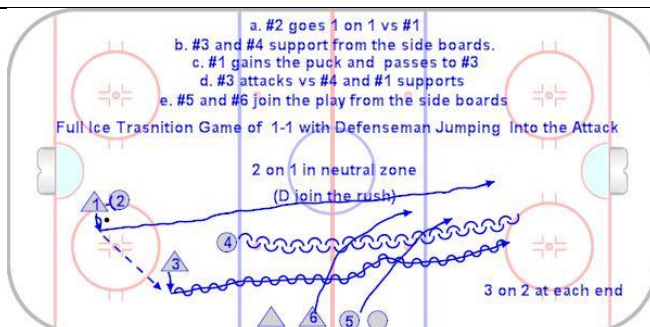
<https://youtu.be/2FMftUItOtU>



## 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.

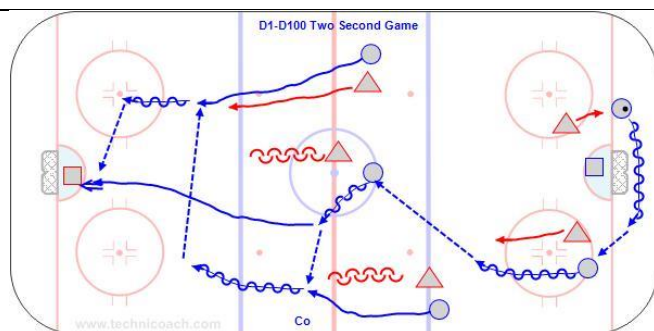
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## 10'

### DT100 - Continuous 2-1 and 2-2 D Join Attack - Pro

<https://1drv.ms/v/s!AukXg5gWoW-9hcxld0Albr1U8aQcrw?e=XuleTA>



## 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:

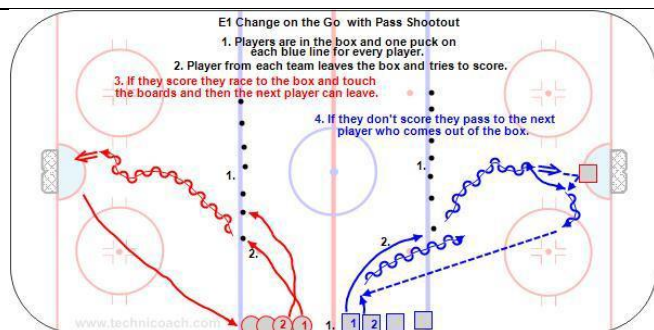
1. Play a full ice game of 3-3, 4-3, 4-4, 5-4, 5-5, 6-5 with the extra players on the bench.
2. Play 40-45" shifts and pass back to your goalie when the coach whistles for a change or players change on their own.
3. Players can only have the puck for 2" and must make a play, gain a zone or shoot.
4. 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.

<https://1drv.ms/v/s!AukXg5gWoW-9hctJiV9D5AjtPC1Hsg?e=6O8wGv>



## 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.

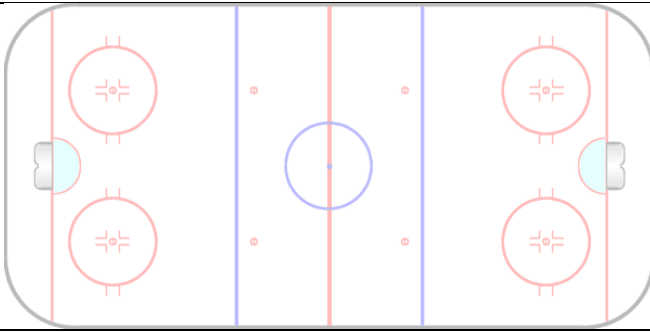
4. If they don't score they pass to the next player who comes out of the box.

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.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120415181657595>

<https://youtu.be/VRtwyRqRv2I>



**10'**

**Group one timers.**

**Goalies with Mel and Kailey**

**Meet in middle circuit.**