



SAIT W

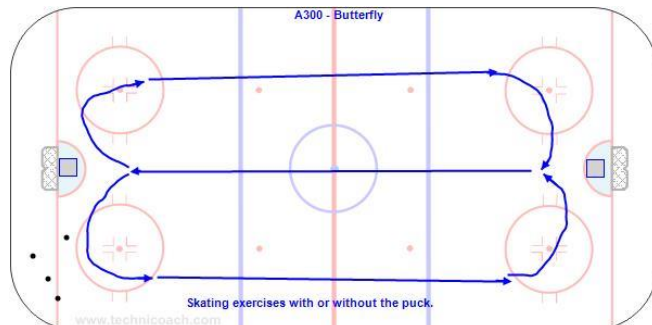
Practice Plan

Date: 11-20-19

Time: 16:30-17:45

Venue: SAIT Arena

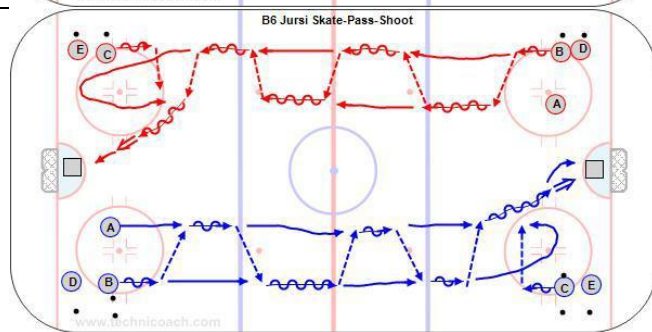
Lines:	Notes:
Edges, passing, shots	Power play
Offensive zone options	Face-off plays
Box out quick breakout.	Pp vs pk
One timers	Goalie practice



2' Individual

5'

Butterfly edges warm up.



8'

B6 Jursi Skate-Pass-Shoot

Key Points:

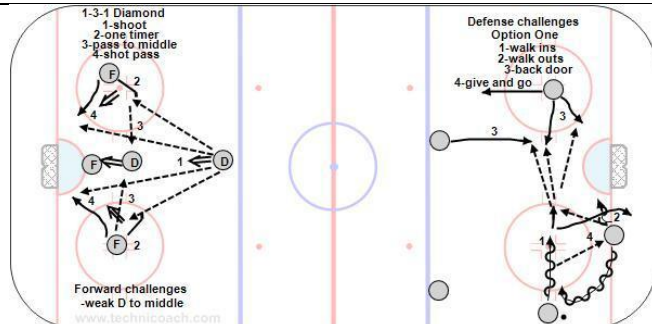
This is a drill that Russian Olympic coach Vladimir Jursinov used when I was coaching with him in Austria. The goal is to get players to practice passing and shooting while they skate. Puck handling-passing-shooting should be seamless.

Description:

1. A and B skate down the ice in passing while skating.
2. A is on the inside and continues on with a shot while skating.
3. B pivots facing the puck and continues the other direction passing to C.
4. B shoots and C partners with D the other way.

This can be done in tandem on both sides of the ice.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120227085711281>



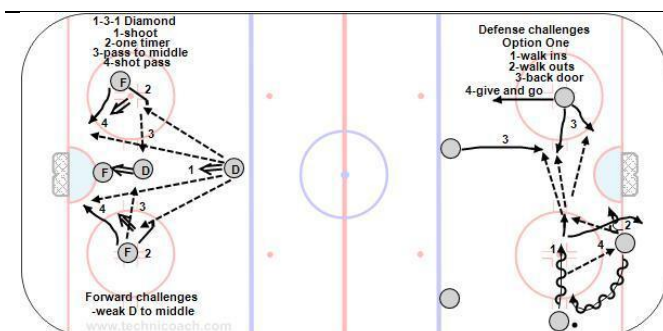
20'

Red and white groups of 5 with Jim for PP
Other two lines at far end with Mike and Tom.

10' 5-0 Low to high options. - Tom

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10' Faceoff plays - Mike



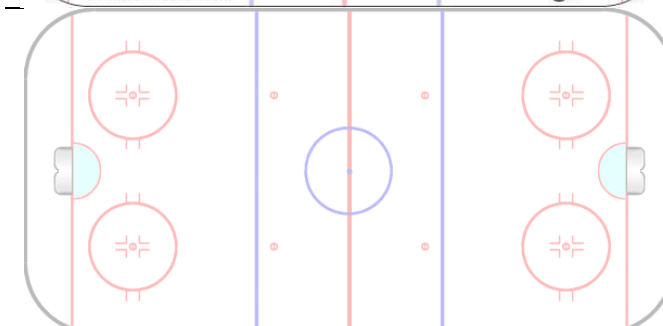
20' SWITCH Ends

Red and white groups of 5 with Jim for PP
Other two lines at far end with Mike and Tom.

10' 5-0 Low to high options. - Tom

https://1drv.ms/v/s!AukXg5gWoW-9hcwwN_8d96q7H3sg6w?e=daiUzq

10' Faceoff plays - Mike



12'

T2 - 5-0 BO - W Box Out Pinch - Wide
Slash - Stretch – Pro

Two videos showing the box out.

<https://1drv.ms/u/s!AukXg5gWoW-9hcx9WZPB3lcnStlt9A?e=tfY0F9>



13'

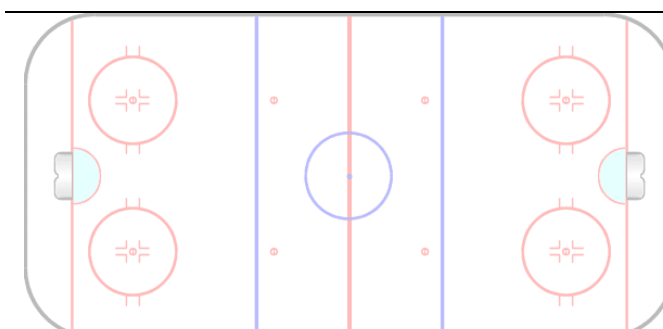
T2-4, D4 – Reilly Team Play Rotation

Key Points:

Practice team play situations at each end. Even or odd man. Leave players in the neutral zone for pp and pk. Situations.

Description:

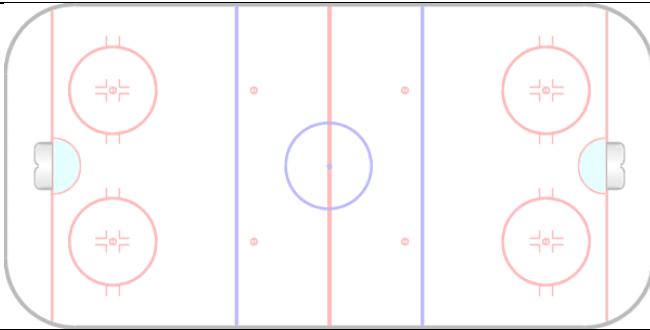
1. For specialty teams start with 5-5 at each end with one defensive player in the neutral zone making it a 5-4. You can use any number 3-3 to 6-5.
2. Start green on pp vs. white on pk at one end. On a goal, frozen puck or shot down the ice the green get ready to pk and the white the pp.
3. The other end starts with the white on the offense first.



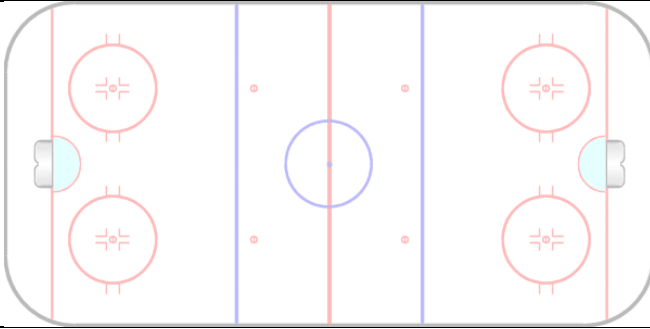
10'

Individual skill work

Mel with goalies



Cheer in middle.



Explanation/Notes:
