



## Trojan W

## Practice Plan

Date: 11-21-19

Time: 18:15-19:45

Venue: SAIT Arena

### Lines:

Team play review

Passing shots,

Penalty killing

Torpedo

### Notes:

Goalie technique

Power play

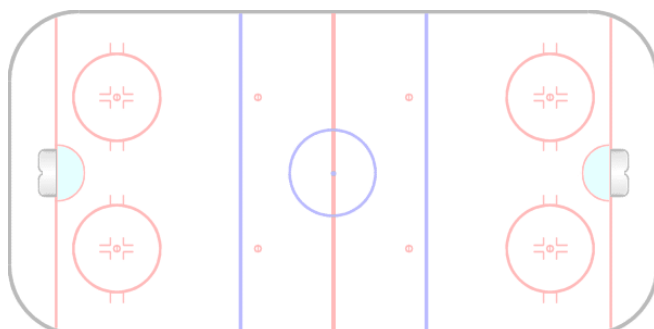
Defensive zone coverage

20'

10' Mel -Jim goalies  
Mike passing

10'

Mike – Team passing and shooting drill.



15'

T2 – Breakout with Wide wing stretch – strong side W box out D and chip out.

Next D be at the blue line to pinch. Wait until line is finished the offensive option before next BO

5-0 Low to high options. - Tom

[https://1drv.ms/v/s!AukXg5qWoW-9hcwwN\\_8d96q7H3sg6w?e=daiUzqi](https://1drv.ms/v/s!AukXg5qWoW-9hcwwN_8d96q7H3sg6w?e=daiUzqi)

Mike shoot puck in – Tom call out offensive option after original attack.

20'

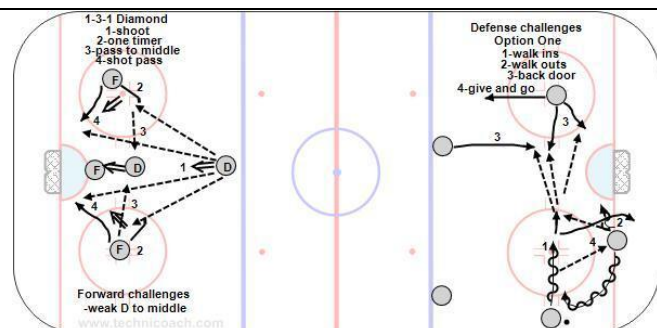
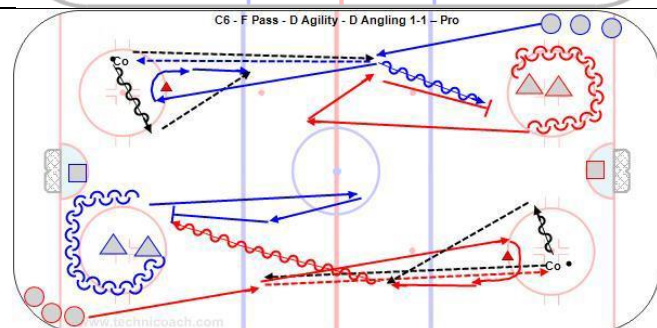
10' - Jim PP with two lines. 10' – Dzone coverage and face-off.

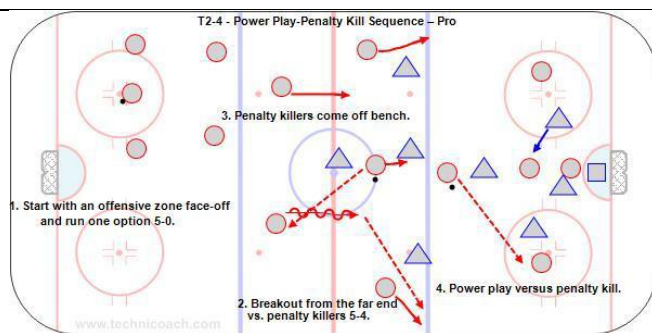
Brynn-Britt-Kelsey  
Tash-Aislynn

Bryn-Hayley-Davina  
Karmen-Paige H

Mike – Dzone face-off and Dzone coverage.  
Lexie-Emma-Aki  
Cassidy-Misty

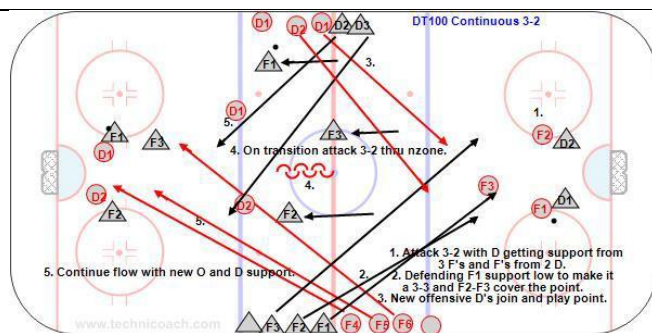
Paige-Ashton-Taylor  
Karys-Kali





15'  
5' – Tom PK review with everyone.

## 10' T2-4 - Power Play-Penalty Kill Sequence



15' 2' Tom review Torpedo forecheck

DT100 Continuous 3-2 to 5-5 – Dukla Czech U20 – TPS Pro Finland

### Key Points:

New players don't leave the line-up until the puck enters the offensive zone.

On dump outs no one change but go back and regroup with the same players. Changes occur when the puck is over the offensive blue line or controlled over the defensive blue line. In Jihlava, Czech Republic the U20 is leaving from each side and in Turku, Finland they leave from the bench.

### Description:

1. Attack 3-2 with D getting support from 3 F's and F's from 2 D's.

2. Defending F1 support low to make it a 3-3 and F2-F3 cover the point.

3. New offensive D's join and play point.

4. On transition attack 3-2 thru nzzone.

5. Continue flow with new O and D support.

-Continue the flow of 3-2 in nzzone and 5-5 at each end.

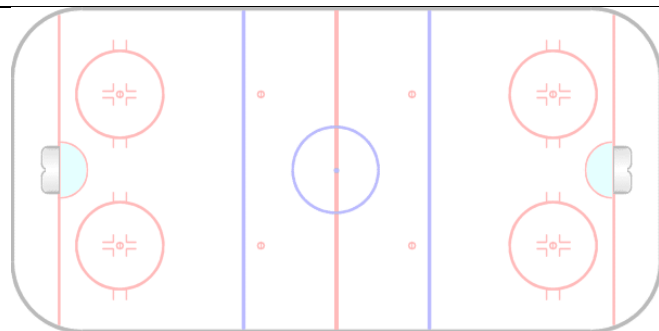
-Dump-ins and regroupings can be added.

Dukla U20 – Jihlava, Czech Republic

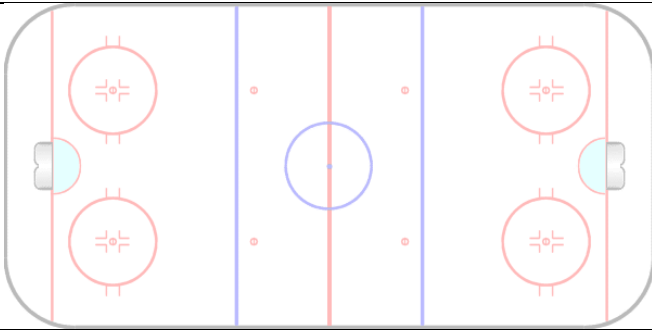
<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20100821122112111>

<https://youtu.be/xcbokEplsTQ>

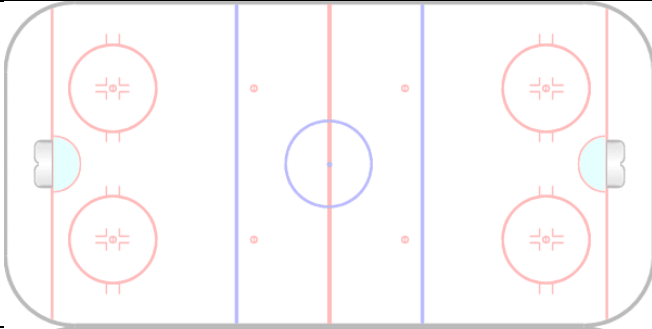
Cheer in middle.



15'  
Meet in room right away – Marc will have video of McEwan team play.



**Explanation/Notes:**



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**Explanation/Notes:**

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