



SAIT W

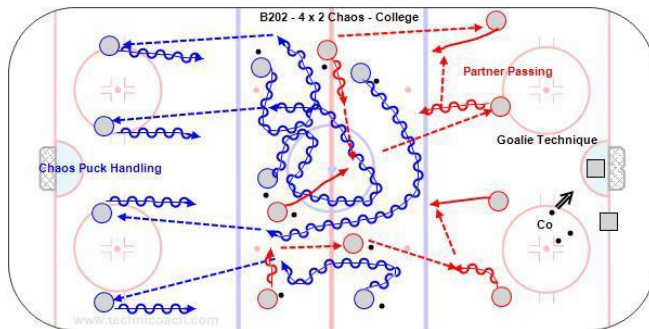
Practice Plan

Date: 11-26-19

Time: 18:15-19:45

Venue: SAIT Arena

Lines:	Notes:
Pass, shoot,	Goalie training and passing
Transition,	Defenseman skills
1-1, 2-1, 2-2, 3-2, 3-3	Compete
Backtrack and tie up sticks	Attack with speed
Eyes up, give and go,	C low and slow for touch back on rim



10' – Mel with goalies

Make 3 lines. Start with puck handling, then passing, then keepaway.

B202 - 4 x 2 Chaos Overspeed – College

Key Points:

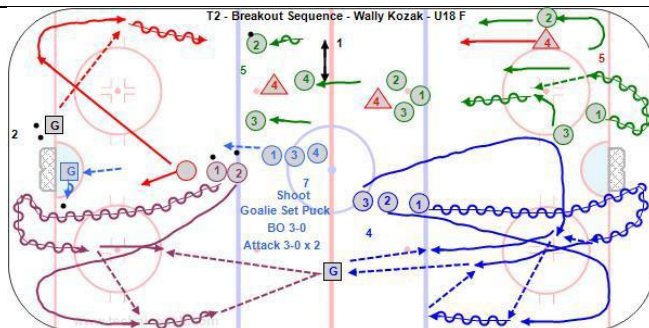
Overspeed with the puck. Go as fast as possible making moves and cutbacks. Pass quickly always facing the partner.

Description:

1. Four players from each end leave and puck handle in the neutral zone as fast as possible.
2. On the whistle pass to the first player in the line you started in.
3. Break into two groups of two.
4. Pass quickly in the neutral zone.
5. One the whistle pass to the line you came from.
6. Goalie training with the coach at one end.

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<https://youtu.be/fEGcEqZUQAE>



15'

T2 - Breakout Sequence - Wally Kozak - U18 F

Key Points:

Defense make a deception escape move to beat the forechecker and face up ice. Skate hard and pass while skating.

Description:

Begin with a stop and start skating progression where you face the puck with no cross-over but load on the back inside edge and push forwards with the stick as a target.

1. Goalies make a breakout pass to each side. All the skaters go deep in the corner and pivot for a pass from each corner.
2. First player carry the puck and make a fake inside turn outside, skate hard and make a pass to the second player skating up to boards. Pass to the goalie, open pivot and get a return pass. Progress to forward pass to the goalie who passes to the defense.
3. Three leave, one defense, two wing, three centre. Centre support low and slow from behind and below the wing. Goalies move to the red line and exchange passes. Add pass

back to D who passes to the other forward.

4. Four leave and the fourth player is a forechecker.

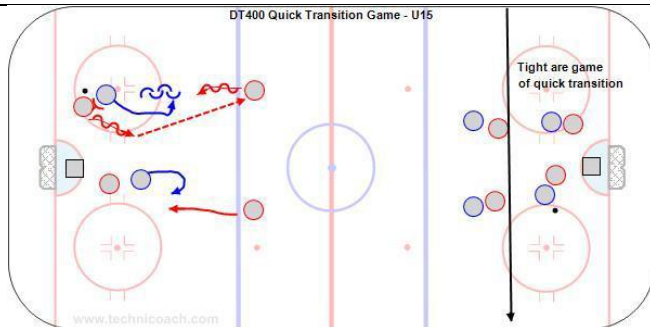
Checker cover either the wing or centre and defense read the passing option or pressure the puck carrier.

5. Attack 3-1 backchecker and score at the other end.

6. Pass to Goalie. Goalie Set up Puck. Breakout 3-0. Attack 3-0. Defense start at the blue line and forward shoot the puck on net. Goalie set it up and breakout and attack 3-0. Defense skate backward, pivot forward, shoulder check. Defense make an escape move to beat the checker, skate hard up ice and pass to a forward. 3-0 attack with speed. D join the attack.

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15' Forwards with Tom – Defense with Mike.

Forwards - DT400 Quick Transition Game - U15

Key Points:

Players must quickly transition between the 4 game playing roles.

Offense: Role 1. Puck carrier. Role 2. Support puck carrier.

Defense: Role 3. Check puck carrier. Role 4. Cover away from the puck.

Description:

1. Play 2 on 2 to focus on transition between the four game playing roles.

2. Extra players wait at the blue line or to create a tight area game at the top of the circles.

3. Attack and try to score.

4. On a goal, frozen puck or turn-over the defending team pass to waiting teammates.

5. New offensive players attack vs. the players who lost the puck on offense.

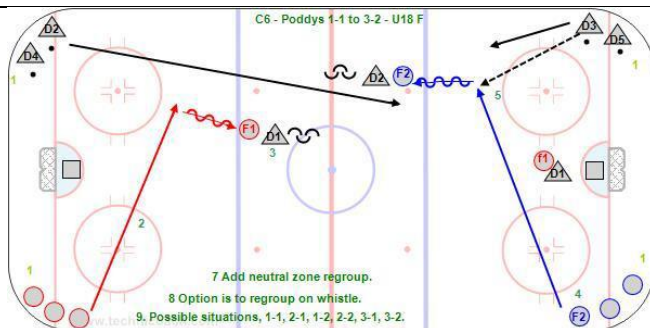
6. Players who passed now rest.

* Keep score and have tournaments.

* Any number from 1-1 to 5-5 can be used and move the waiting players to reduce or expand space.

* Modified rules can be used to focus on individual or team skill.

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13' Mike run.

C6 – Pardy's 1-1 to 3-2 – Wally - U18 F

Key Points:

Attack with speed and defend with tight gaps. Add regroup. Vary the number of attackers and defenders.

Description:

1. Attackers and defenders are in corners at each end.

2. F1 skate across the top of the circle and get a pass from D2 who follows.

3. D1 defend the 1-1 attack.

4. F2 leave from the other end when the original attack passes the top of the circle.

5. F2 get a pass from D3 and attack vs. D1 and D3 follow the attack.
6. Two or three forwards can attack vs. one or two defenders.
7. Add F2 regroup with D3 in the neutral zone.
8. Another variation is regroup only if the coach blows a whistle.
9. Possible situations, 1-1, 2-1, 1-2, 2-2, 3-1, 3-2.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20180119120144934>

<https://youtu.be/NYAhiCwcA-4>

12' Focus on taking sticks on backcheck. One coach at each end.

DT100 Backchecking Transition Game

Key Points:

Attack quickly and the defender tie up the stick on the rebound then look for the puck.

Description:

Full ice game with the defenders getting support. New attackers have to get the breakout pass inside their zone. This works on quick passes and attack or the backchecker catches up. The backchecker must tie up sticks on the rebound and don't allow a second shot. The attacker must be quick and follow the shot. Defender make a breakout pass to the supporting player in the high slot.

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14'

D202 – Two Thirds Ice Game with Jokers Behind Nets

Key Points:

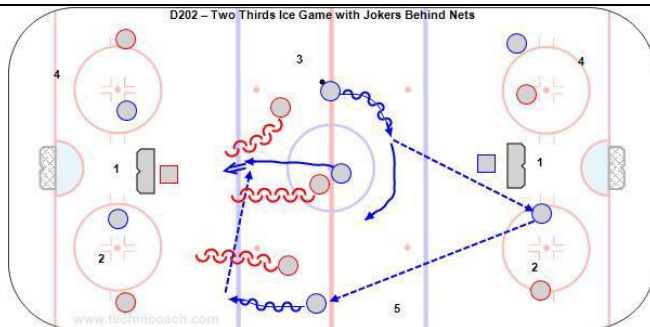
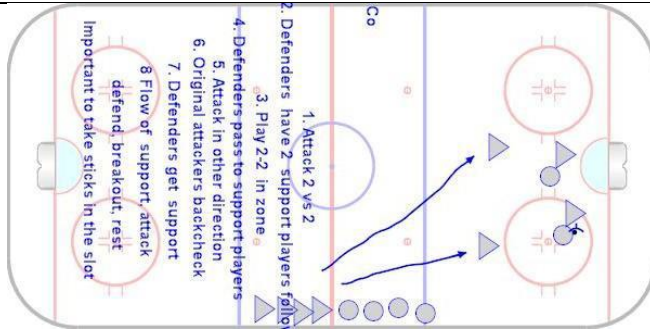
Modified Rules: only 2" with the puck, you must make 2 passes, 2 passes and one touch shots, all must touch the puck, everyone skate backward, only forehand passes, only backhand, must make an escape move when you get the puck, on touch game, skate a Crosby when you get the puck, regroup with joker, 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.

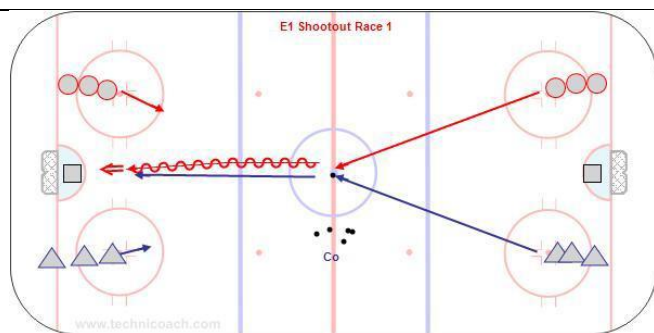
Description:

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' Keep score

E1 - Shootout Race - U18 Key Points

Players must have one skate on the dot at the start. No hooking or tripping. Skate to get D side and get the puck.

*This is a great contest for quick starts, puck protection, battling, scoring and a good anaerobic conditioning exercise. Keep score with one colour vs. the other.

Description

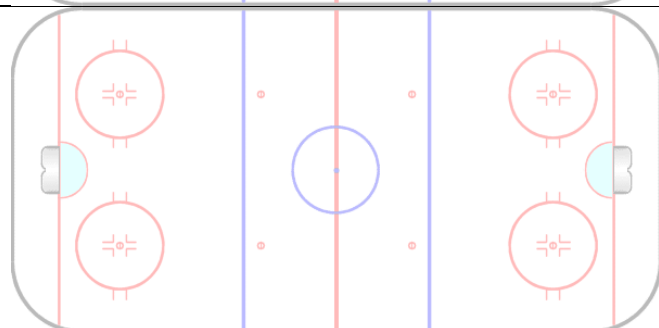
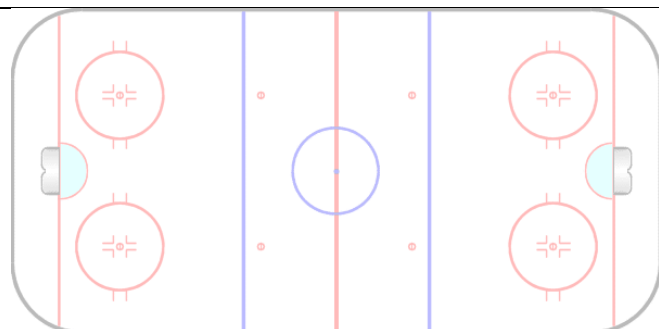
1. Players are lined up behind the face of dots at each end. 2. A player from each team race for the puck which the coach puts on the middle dot. 3. Protect the puck and try to score vs. backchecking opponent. 4. Place another puck near the dot and repeat the other way. 5. Allow goals on rebounds that come straight out.

* Backchecker can't hook or hold but must take the stick on a rebound.

* Keep score!!

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20151024103934882>

Pucks – cheer in middle.



Explanation/Notes: