



SAIT W

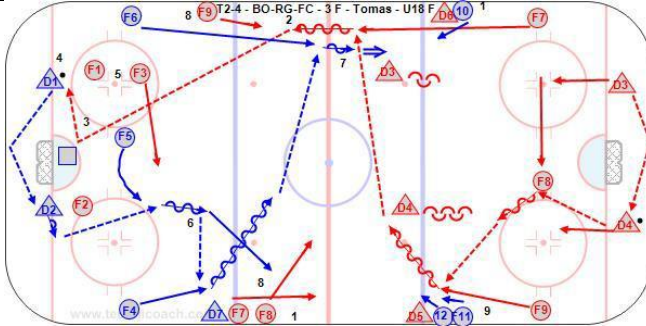
Practice Plan

Date: 11-28-19

Time: 18:15-19:45

Venue: SAIT Arena

Lines:	Notes:
Forecheck, breakout, dzone coverage review	Quick pass,
Transition,	Autogenic training
Red Deer team play video	Back pressure



15' Mel and Kailey goalies

Go over 1-1-3-4-5 forecheck on board

Start with nzone Tomas and then dump into one end.

T2-4 - BO-RG-FC - 3 F - Tomas - U18 F

Key Points:

Game like passing as you practice the forecheck and breakouts at the same time. *This may be the magic warm-up drill I have been searching for since I started coaching in 1971.*

Description:

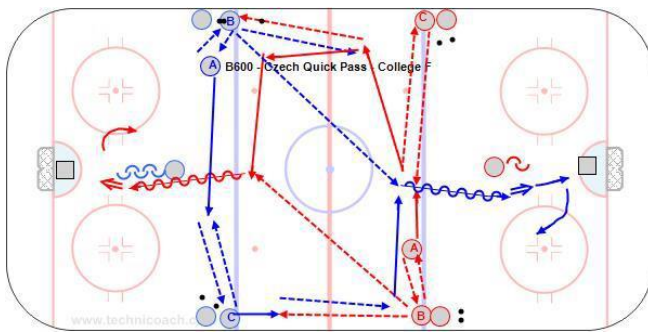
1. Players leave from inside the four blue lines.
2. Forwards dump the puck into their own end and forecheck the other defense.
3. F1-F2-F3 cross the red line and dump the puck in so the goalie must handle it.
4. D1-D2 go back for the puck.
5. F1-F2-F3 forecheck; F1-F2 within a stick length and F3 mirror.
6. D3-D4-F4-F5-F6 breakout and everyone must touch the puck up ice.
7. F4-F5-F6 shoot the puck in and forecheck vs. D3-D4.
8. F7-F8-F9 follow the play into the zone and breakout with white D1-D2.
9. Continue this flow end to end.

In this video example they are dumping in at one end and regrouping at the other because the goalies are working at one end. The description is for dumping in at each end.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20170920121223948>

<https://youtu.be/8ul6AQPQRY8>

Pro's doing the flow. <https://1drv.ms/v/s!AukXg5gWoW-98EX8pPJZB2DQGBzk>



10' Kailey

B600 - Czech Quick Pass - College F

Key Points:

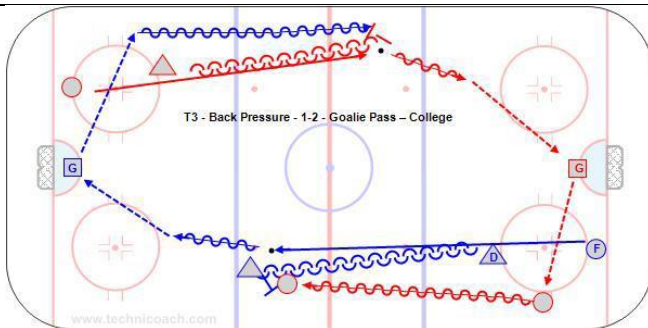
Give a target, one touch using a wrist pass, take the pass with the back third of the blade, especially on the backhand. Target with one had receive with two. No unopposed shots; either screen, circle back for the rebound, give and go with the next shooter or defend a 1-1.

Description:

1. Players on the four blue lines.
2. First player A leave from diagonal blue lines and exchange passes to the second player in line B.
3. A's skate across the blue line and exchange passes with C on the other side.
4. A's skate up the boards and exchange passes with the other B.
5. A's skate to the middle and receive a pass from B at the original starting place.
6. Skate in and shoot, get a pass or attack 1-1 vs. the last shooter.

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10'

T3 - Back Pressure - 1-2 - Goalie Pass - College

Key Points:

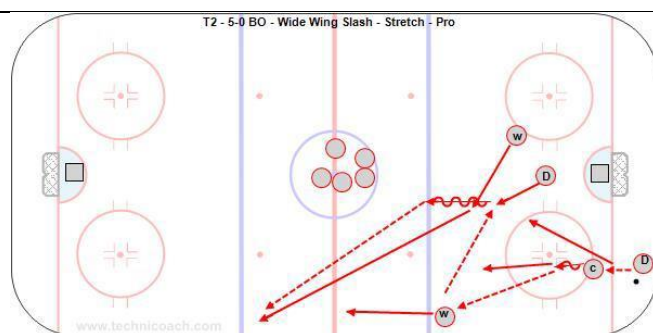
Goalie make a firm pass. Defense play a tight gap and forward back pressure from inside the dot and avoid hooking the puck carrier. Great drill for back pressure and goalie passing skills.

Description:

1. Start from diagonal corners.
2. Goalie pass to the forward at the hash mark.
3. Defenseman start at the top of circle and forward back pressure from the bottom of the circle.
4. Defenseman play a tight gap and close on the puck carrier early.
5. Forward back pressure and pick up the loose puck or the attacker if he beats the D.
6. Forward back pressure all the way and be the low forward in the defensive zone.
7. Forward pass to the goalie after picking up the loose puck.
8. The drill is done from both ends.

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<https://youtu.be/NyZCm9gqkh4>



10'

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

Key Points:

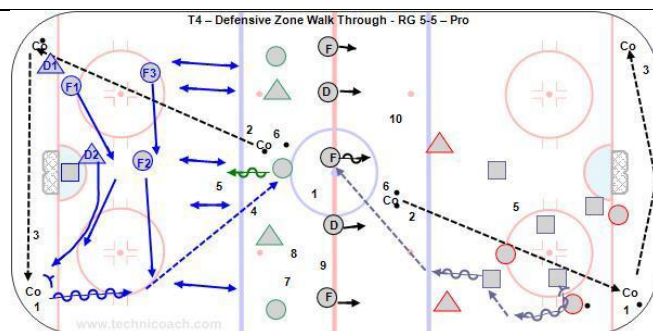
Move the puck up ice quickly. Wide wing read possession and slash across then up to the far blue line. Everyone joins the rush.

Description:

1. Players leave in 5 man units from the middle circle.
2. Pass the puck to a coach in the corner who spots it for D1 to pick it up.
3. Strong side wing support from just inside the blue line.
4. Wide wing slash across to the far blue line.
5. D pass to the C or low forward.
6. C pass to the wing at the point.
7. W pass to the middle D2 who is skating up ice.
8. D2 pass to the weak side wing at the far point.
9. Attack in the four chambers 5-0.
10. Pass in an offensive sequence 5-0 if there is a rebound or with a second puck.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20191119162038213>

<https://youtu.be/NfNPqFiZQA4>



15'

T4 - Defensive Zone Walk Through - RG 5-5 – Pro

Key Points:

Review defensive zone rotation. Lots of communication helps everyone to make good decisions. Use controlled skating towards the puck carrier. Always defend from the net side. Stick on the ice in the passing lane and closest checker play with 'body on body and stick on the puck.' Goalie can see everyone so it is important he communicates loudly.

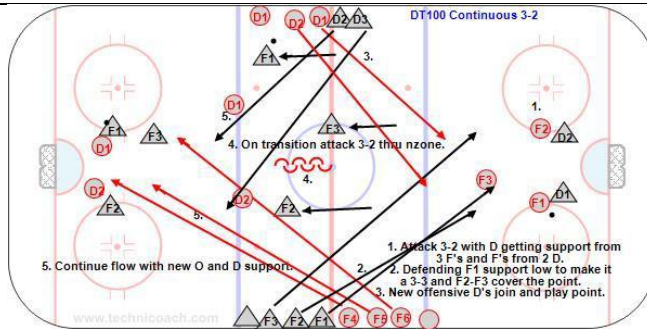
Description:

1. Players start from the neutral zone with a coach in each corner.
2. Coach one pass to coach two in corner and 5 players defend.
3. Coach two pass to coach three in other corner and 5 defenders rotate.
4. Defending 5 skate out and pass to 5 players waiting in the neutral zone.
5. Play 5 on 5.
6. Coach one spot a new puck if the play ends quickly and continue playing 5-5.
7. Rotate so the other 5 players walk through the defensive zone coverage.
8. Walk through the contain 'box plus one' and the pressure 'swarm.'
9. Do this at both ends if you have 20 skaters for 5-5 or 16 for 4-4.

10. If you have less skaters you can do it at one end with a defend-attack-rest rotation.

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<https://youtu.be/ZTFMo9YjWd4>



10'

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 nzone.
5. Continue flow with new O and D support.

-Continue the flow of 3-2 in nzone 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>

DT100 3-2 to 5-5 – TPS, Turku, Finland - Pro

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150104223808287>

https://youtu.be/aAGRjGf_hv4

10'

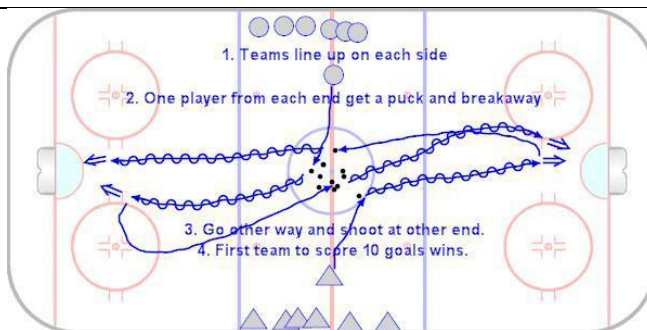
E1 Two Shot Shootout

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 line 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.



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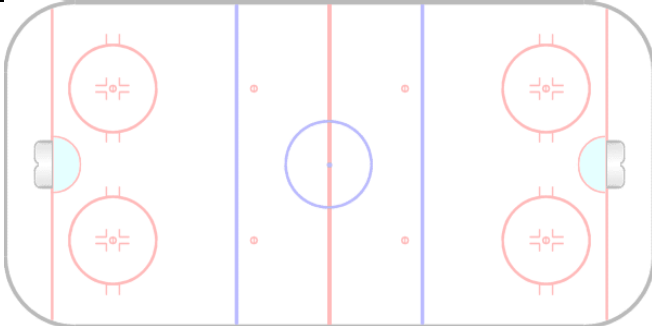


Cheer in middle

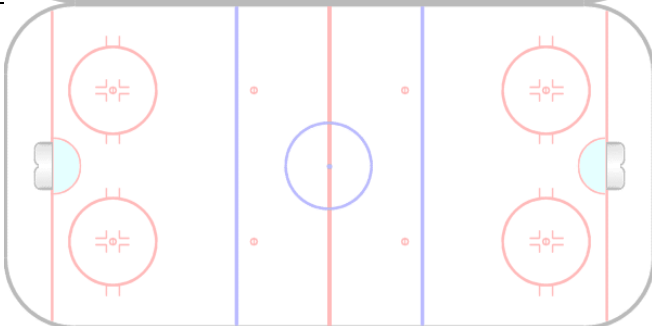
10'

Go over Red Deer Video

15' Autogenic training with Wally Kozak



Explanation/Notes:



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