



SAIT W

Practice Plan

Date: 12-04-19

Time: 15:15- 16:30

Venue:

Lines:

Notes:

Exam prep week. 13 skaters 2 goalies

Passing, transition

1-1, 2-2, 3-3



10'

B2 – 4 shots in a row each from top of circles.

B2 Transition Skate Shooting – U15 Boy's

Key Points:

Keep 2 hands on the stick and keep the feet moving.
Hit the net.

Description:

B2 Transition Skate Shooting

1. Lineup on blue lines.

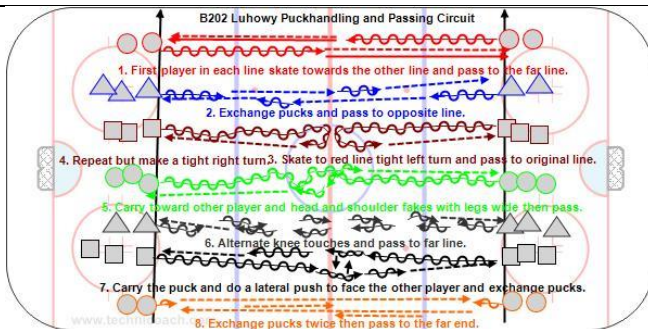
2. Skate to top of circle, back to blue, top of circle and shoot.

3. Next player leave when the first is going backward.

4. Each player have 3 or 4 pucks and keep shooting until they are all gone.

(got this drill coaching with Tim Bothwell at the U of Calgary)

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20080722235628950>



15'

B202 Luhowy Puckhandling and Passing Circuit – U18

Key Points:

Control the puck and “lock and load” or ‘triple threat position’ when you carry the puck; meaning move it from in front to your side. Keep a strong skating position with the knees bent and head up.

Description:

Line up behind the top of the circle with 2 or 3 players facing 2 or 3 players at the other end.

Have between 2 and 4 groups depending on the number of players. A group of 4 is the smallest.

1. First player in each line skate towards the other line and pass to the far line.

2. Exchange pucks and pass to opposite line.

3. Skate to red line tight left turn and pass to original line.

4. Repeat but make a tight right turn.

5. Carry toward other player and head and shoulder fakes with legs wide then pass.

6. Alternate knee touches and pass to far line.

7. Carry the puck and do a lateral push to face the other player and exchange pucks.

8. Exchange pucks twice then pass to the far end.

*Other passes like backhands, saucer or moves like in the feet, toe drag can be added.

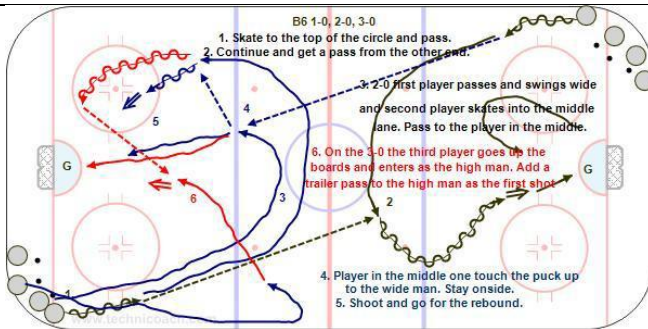
Video Example with U18 Boy's.

<http://www.hockeycoachingabcs.com/mediagallery/media.p>

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2015102208283598>

Video Example with College Women.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2008072023504376>



10'

B6 1-0, 2-0, 3-0 Small Horseshoe - MRU

Key Points:

This is a great timing drill with good flow for early in the practice. Pass hard and get your top hand away from your body. Call for the pass. Give your stick and skates as a target. Pass and shoot while skating. Follow your shot for a rebound.

Description:

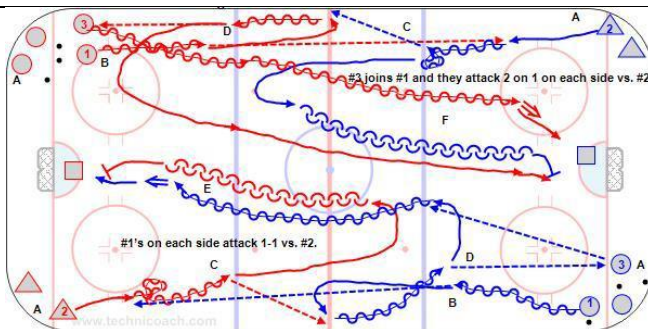
1. Skate to the top of the circle and pass.
2. Continue and get a pass from the other end and skate outside the dots in the neutral zone so the goalies have time to set for the next shooter.
3. Progress to 2-0 first player passes and swings wide and pass to the second player who quickly moves passes wide to player one.
4. On the 3-0 the third player goes up the boards and joins the middle drive attack in the wide lane.
5. Screen or rebound for the next shooter.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20170202104000548>

<https://youtu.be/VgW3XTM1JXQ>

B6 - Small Horseshoe 2-0 - U18 F

<https://youtu.be/WpzJHnGNcpl>



10'

C6 Regroup x 2, 1-1 and 2-1 - Pro

Key Points:

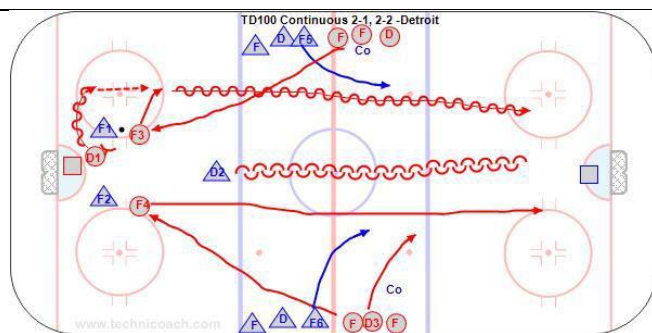
Defense stay between attacker and net with a tight gap on the 1-1, attack with speed, use skate and stick fakes. One the 2-1 attack with 'one high and one low, one fast and one slow', while the defender delay the play and take away the most dangerous shot and deny play across the middle of the goal.

Description:

- A. Defenders line up at each end in diagonal corners and attacker in the other diagonal corners.
- B. #1 attacker from each corner leave with a puck, skate to the blue line and pass to the #2 near the far blue line.
- C. #2 make a deception move and pass to #1 in the neutral zone.
- D. #1 skate back and regroup with #3.
- E. #1's on each side attack 1-1 vs. #2.
- F. Change the drill and now #3 joins #1 and they attack 2 on 1 on each side vs. #2.

*With younger players stagger the start so each corner leaves after the first pass.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20141023113508449>



10'

DT100 Continuous 2-1, 2-2 – Detroit

Key Points:

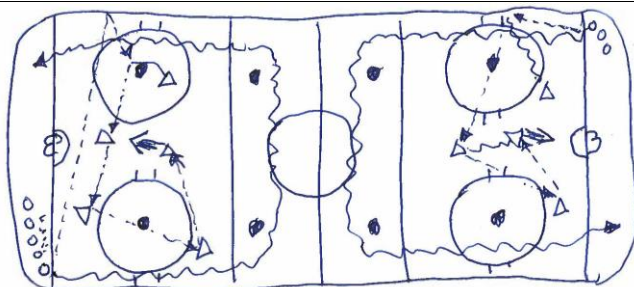
Face the puck. Forwards attack with speed. D stay in the middle and deny F to F pass. Forwards make the first play near the offensive blue line to force the D to make a decision. D delay the play as much as possible.

Description:

1. F1 and F2 attack vs D1.
2. F3 and F4 support D1 as far as the hash marks.
3. D2 support F1 and F2 passively from the point.
4. D1 make a breakout pass to F3 or F4.
5. F3-F4 attack D2 in the other direction.
6. F5 and F6 support D2 and D3 support F3 and F4.
7. Continue this flow.
8. Add a D to make it a 2 on 2.

Options. There could be active support with a 2-1 in the nzone and a 3-3 at each end. Another option is to combine active and passive support or add dump ins and regroup.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20101208083750407>



10'

Baseball Hockey Drill

Drills runs out of both ends with enough players.

Minimum 6 players per end.

2 teams per end, 3 - 5 players per team.

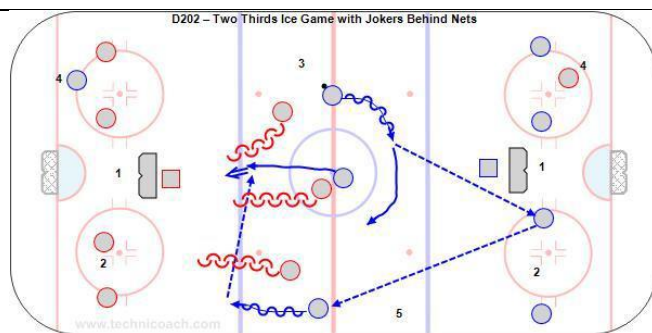
1 team is "at bat" with all pucks and players on the "at bat" team below the goal line. The other team is "in the field", which is the area between the goal line the blue line.

The first player "at bat" must put the puck in play in the field (the area between the goal line and the blue line) and the puck must not leave this zone, or the player is deemed "out". The team in the field must retrieve the puck that stays in play in the field, and all players must touch the puck before trying to score.

Meanwhile, the player at bat who put the puck in play, must race around the closest neutral zone face off dots and cross the goal line before the team in the field scores a goal. When the player at bat cross the goal line before a goal is scored, a "run" is scored. If a goal is scored before the batter crosses the goal line, the batter is "out". The next player in line is now "at bat". Play to 2 or 3 outs, and then the team "at bat" become the fielders, and the fielding team become the batters.

Play as many "innings" as you pre-determined. 3 innings usually will take about 15 minutes.

A fun game to cool down, or insert into a hard practice midway for a bit of recovery.



15' – Rule: goals on one touch or catch and release shots.

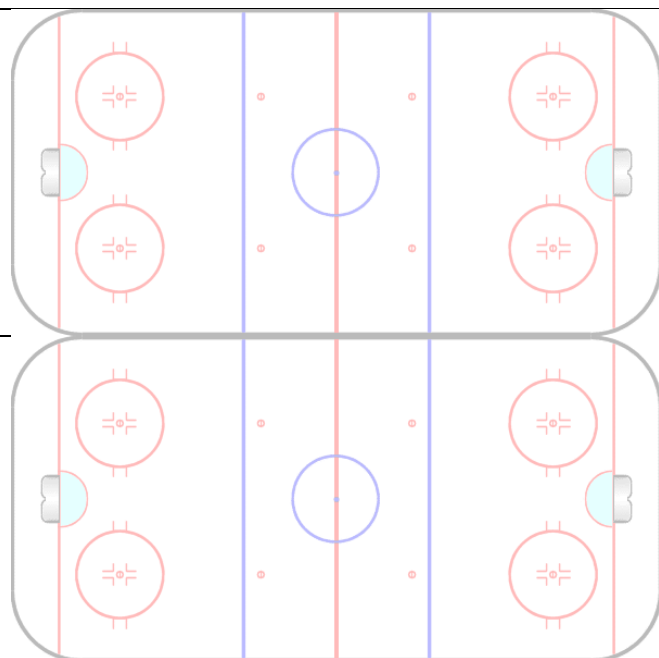
D202 – Two Thirds Ice Game with Jokers Behind Nets

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 and 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.

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 4-4 or 1-2, 2-2, 3-2, 3-3, 3-4, 4-4.
4. An option is to have jokers from each team behind the nets.
5. Play games with modified rules to practice individual and team skills,



Meet in middle

Spin 45'

Explanation/Notes: