



SAIT W

Practice Plan

Date: 12-10-19

Time: 15:15-16:30

Venue: SAIT Arena

Lines:

3 pucks, Russian big moves,

Perry Pearn 2/3 ice 3-3

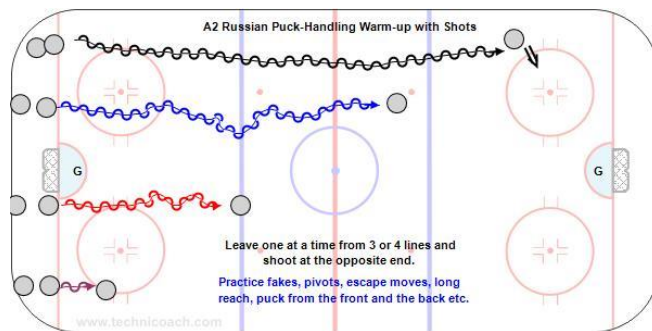
Puck dog

Notes:

B6 3 shot 3 passes agility x 3

Krusel 3-3 Battling game

Exams are on. 12 skaters 1 goalie at practice



15' Start with carrying 3 pucks at once.

A200 Big Moves _ Russian Warm-up – Yashin

Key Points:

Increase the size of the moves by reaching as far as possible with the puck. Separate the movement of the upper and lower body by skating away from the puck. Players must be able to handle the puck under control around and through their body.

Description: - Skate away from the puck. Skate right reach left and skate left and reach right. - Reach as far forward and back as you can using the top hand.

-Put the puck from the stick to inside and outside edges back to the stick.

-Move puck from behind to front through skate forehand and backhand.

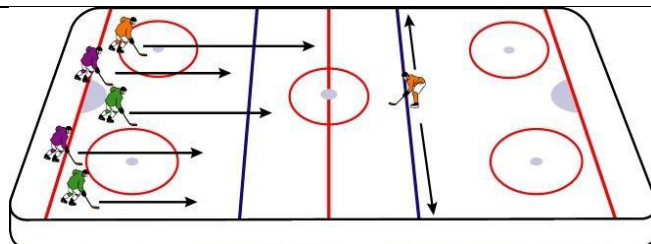
-Escape moves backward with the puck and tight turns each way.

-Fake a shot and go left then right. Spin on backhand.

-Touch each knee while skating. - Yo-yo the puck give it and take it away. - Toe drag fake inside and pull the puck back while sliding back. - Bring the puck from behind to in front through the skates on forehand. - Bring the puck from behind to in front through the skates on backhand. - Skate fake inside and go outside.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080722140651119>

<https://youtu.be/D3Z1ikKm17E>



10'

D1-A2 Puck Dog

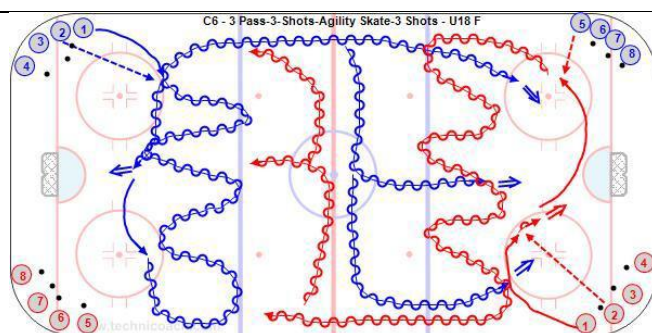
Key Points:

Encourage the players to use moves and fakes, change of pace and to protect the puck.

Description:

This game has the players line up at the end of the rink in the A2 formation. Each player has a puck. One player (who is 'it') is at the blue line and calls out 'British Puck-dog.' The players stickhandle the puck, trying to get to the end without being checked. If a player loses the puck, she becomes 'it' and is in the middle checking. The last player with a puck wins.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090802114801644>



10' quick hands and feet, face far end, Crosby

B6 - 3 Pass-3-Shots-Agility Skate-3 Shots - U18 F

Key Points:

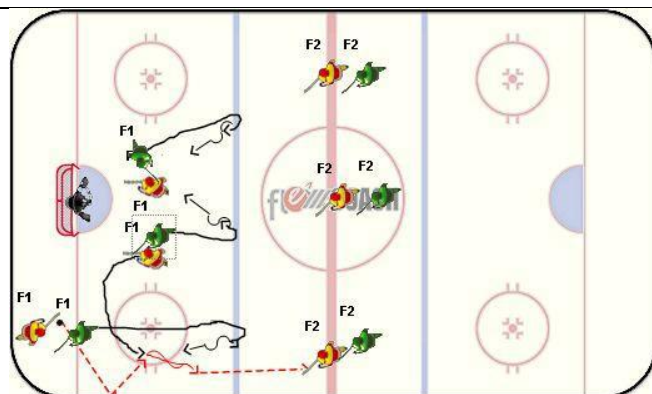
Warm-up drill with passing, shooting, agility skating, puck handling tasks and goalie shots. Shoot from the three lanes while skating. Push ups if you miss the net. Opposite corners leave when the last shot is taken; no need for whistles.

Description:

1. Three leave from diagonal corners.
2. 1 skate to the top of the circle and get a pass from 2 then skate into the slot and shoot.
3. 2 and 3 repeat getting passes from 3 and 4.
4. Give a target and get a pass from 5-6-7 in the other corner.
5. Skate up and back to the blue line and top of the circle three times.
6. Cross the red line and 1 skate straight and shoot, 2 skate to the middle lane then down and shoot and 3 to the wide lane and shoot.
7. 5-6-7 repeat from the other diagonal corners.
8. Add skating and puck handling tasks: i.e. puck only on the forehand or backhand of the blade, quick hands and quick feet, face the other end always, chocktaw front to back transition turn, Crosby turns, backward skating, etc. Also vary the kind of shots taken: wrist, backhand, snap, slap and you can even incorporate exchanging give and go with players in the corners.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20170925113514227>

<https://youtu.be/JqCQVa1iwwA>



20' Wait at the far blue line so neutral zone entries can be done.

DT400 - 3-3 Pearn - U18 F

Key Points:

Great transition game to practice offensive and defensive 3-3 or any other numerical situation. Defend from the net side; closest on puck carrier, second closest one stick length away, third closest halfway. Defenders identify who you cover early. Create 2-1's on offense and fight for the inside position. Attackers pass behind to the other side to spread the defense and create seams. Dump-ins can be added to work on the forecheck and breakout. This game can be played in situations 1-1 to 5-5.

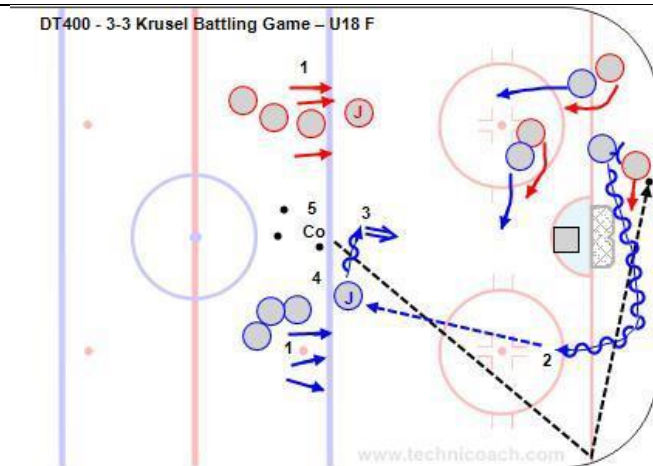
Description:

1. Players line up behind the red line.
2. Defenders allow the attackers to pass and start the new attack in the neutral zone.
3. Start with 3 reds attacking vs. 3 blacks.
4. On a goal, frozen puck or turnover the defenders must carry the puck over the blue line.

5. Black defenders pass to team-mates waiting at the red line.
6. Original attacking reds now defend inside the offensive zone.
7. This game can be done at one or both ends.
8. Blacks must get onside before the new attackers can cross the blue line or reds get the puck.

**Keep score and have tournaments with 4 teams and a game at each end.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20180118124528125>
<https://youtu.be/YPv-FooK9uc>



20'

DT400 - 3-3 Krusel Battling Game – U18 F

Key Points:

Battle for loose pucks, screen the goalie, shot passes, cycle, man on man, tie up sticks, tip, low zone play. Keep score and play from 1-1, 1-2, 2-2, 2-3, 3-3 low in the zone.

Description:

1. Line up with the face-off dots and 1 to 3 players race for a loose puck the coach shoots in.
2. Pass to the point to transition to offense.
3. Point player must shoot or pass within 2 seconds and plays low on the next coach shoot in.
4. Play 30' shifts and pass to the coach on the whistle.
5. If a point pass goes out the other point-man gets the puck.

**Players must race to get onside before the next puck is shot in.*

**Players at the point can pass or shoot but they can't go in.*

**Keep score and add rules like goals must be on one touch shots, or give and go plays, etc..*

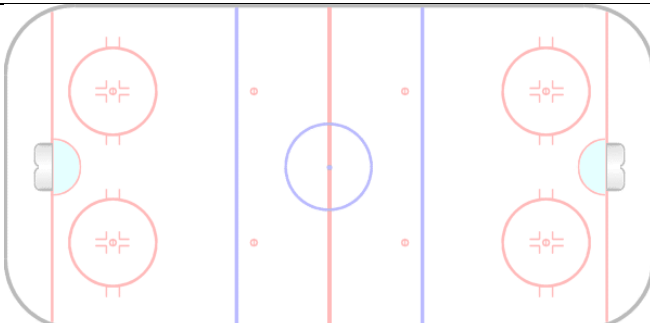
**This is the favorite game for some of the pro players I have coached over the years.*

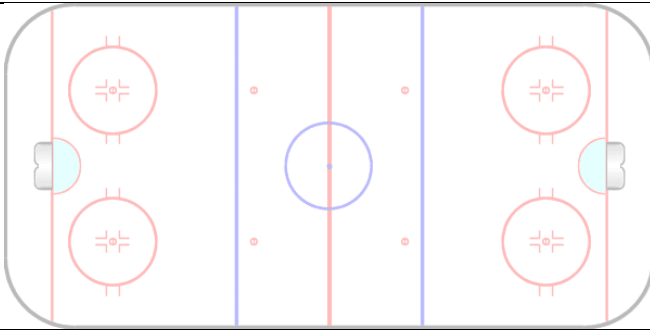
**Coach can use this game to teach many things on both O and D. Here coach teaches attackers to support player at the point by being in a position to screen, one time or redirect a shot pass. Most offensive and defensive principles can be practiced with this game.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20180121102049670>

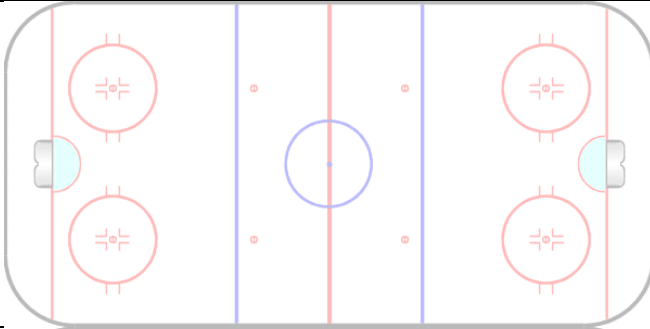
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Cheer in middle circle.

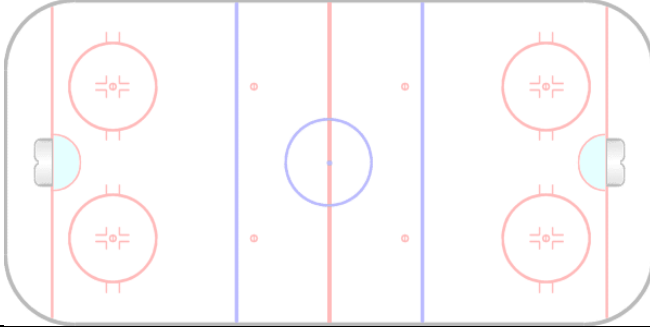




Explanation/Notes:



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