



SAIT W

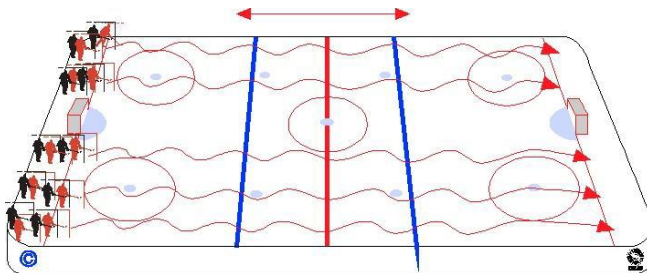
Practice Plan

Date: 01-02-20

Time: 18:15-19:45

Venue: SAIT Arena

Lines:	Notes:
Puck handle, pass, shoot, fitness	1-1, 2-1, 2-2
Agility skating	
First practice in a month. Get feel of ice and	Puck.



15' Jim lead and Mel work with goalies.

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 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.

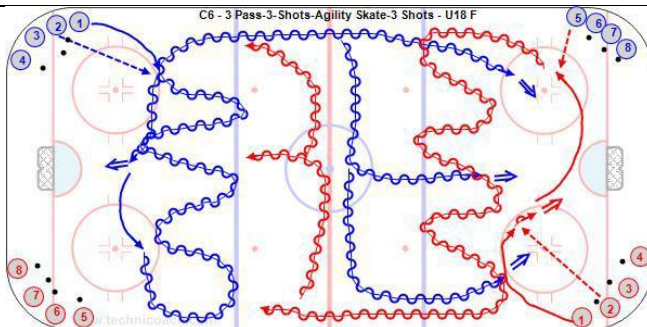
-Escape moves backward with the puck and tight turns each way.

-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/91xTyEp6DM0>



10' Tom

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>

10' Mike and play 1-1 after shot.

B6 - Timing Around Circles - College F

Key Points:

Timing, pass while skating, cross overs with the puck, shoot while moving, rebound, screen and tip. Possible 1-1 and catch and release.

Description:

1. Players are in diagonal corners and one red and one white at the blue line.

2. Player one skate around the low circle with a puck, player two around middle circle.

3. Player one pas to player two who skates in for a shot.

4. Player one continue and now skate around middle circle for a pas from player 3.

5. Player three pass to player one and continue to the middle circle. Etc.

6. Player two follow shot for a rebound then skate hard to boards and back and screen.

Options: Player two can defend 1-1 vs next shooter or exchange passes or circle back and rebound.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20191024033139529>

<https://youtu.be/ckOiQ9QI72E>

10' Mike

C202 - 1-1, 2-1, 2-2, 3-2, 3-3 – Pro

Key Points:

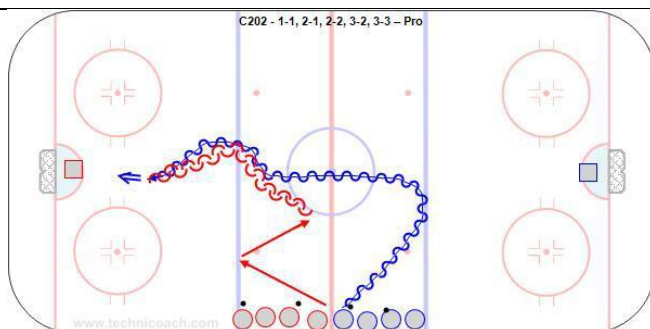
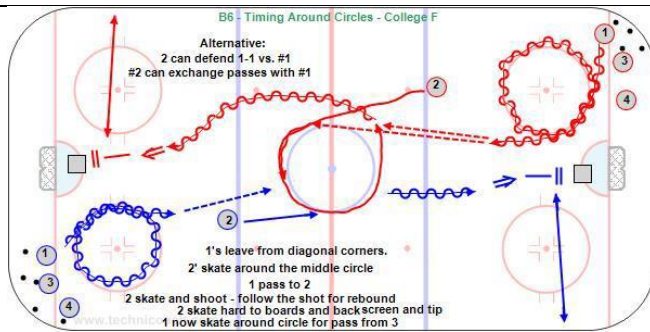
Start with a 1-1 but many situations are possible. Everyone practices attacking and defending.

Description:

1. Players line up along the boards on one side and leave from the red line.

2. First blue is the attacker and then red.

3. Both players skate back to their blue line and then skate



toward the red line.

4. Attacker can carry the puck or bounce it off the boards.

5. Defender close the gap and skate back if attack is down the middle.

6. Angle from inside if the attacker goes wide.

7. Vary the number of attackers and defenders.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=2019111517290924>

<https://youtu.be/kP35VIBpSwA>

15' Jim - NO dump ins allowed – Players on bench.

D100 - Russian Scrimmage - 1-1 to 5-5 College

Key Points:

Players must recognize the game situation they are in and play accordingly. Everyone plays both forward and defense and they must FIO – Figure It Out.

Description:

1. Players line up against the boards along the boards on either side of the red line, Blue and Red.
2. Coach either yells out a number or blows a number of whistles and that many players play.
3. Shifts 30-40".
4. Touch up at the red line if you score.
5. If scored on get the puck out of the net and attack.
6. Keep score.

*Play hard – 'Enjoy the Game', Let the 'Game be the Great Coach', Have Fun.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20181102200948256>

<https://youtu.be/z5vxH8Z-iV8>

15'

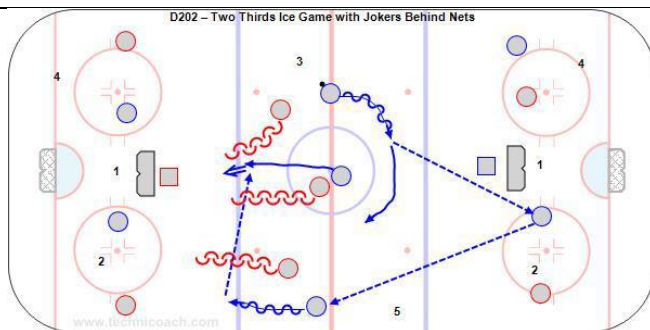
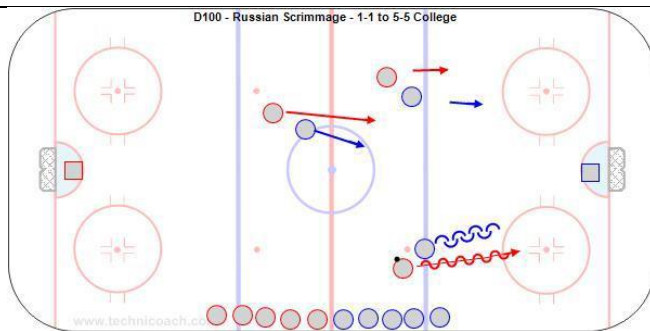
D202 – Two Thirds Ice Game with Jokers Behind Nets

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. 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
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team skills,

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20171231102109576>

<https://youtu.be/vE83XiyCS48>

14'

E1 Change on the Go with Pass Shootout – U18 F

Key Points: Players should work on selling the fake, change of pace and making the goalie move first. The goalie must time his retreat into the net to keep good angles on shots and cover the goal line on dekes.

Description: 1. Players are in the box and one puck on each blue line for every player.

2. Player from each team leaves the box and tries to score.

3. If they score they race to the box and touch the boards and then the next player can leave.

4. If they don't score they pass to the next player who comes out of the box.

5. Losing team do something for every goal they lose by.

*To make it realistic the goalie should practice starting from the goal line and coming out.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120415181657595>

<https://youtu.be/VRtwyRqRv2I>

1'

Pucks

Meet in middle.

Explanation/Notes:

