



SAIT W

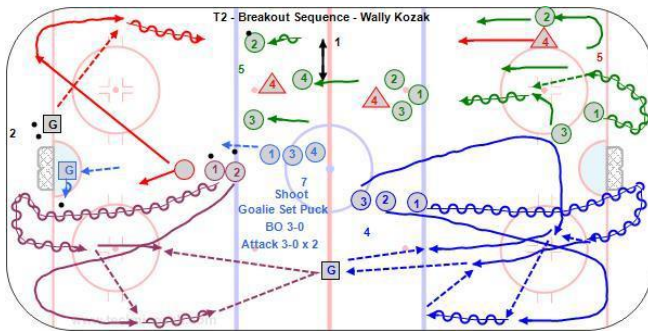
Practice Plan

Date: 01-06-19

Time: 16:30-17:30

Venue:SAIT Arena

Lines:	Notes:
Game situations 1-1, 2-1, 2-2, 3-3	D join the attack
Breakouts, goalie passing, goalie technique	Spin conditioning
Passing, shots	



10'

T2 - Breakout Sequence - Wally Kozak – College

Key Points:

Practice the low breakout skills first with the goalies passing and they versus no pressure and regroup with the goalies in the neutral zone, then against pressure. Player one skate between the dots before passing.

Description:

Sequence One:

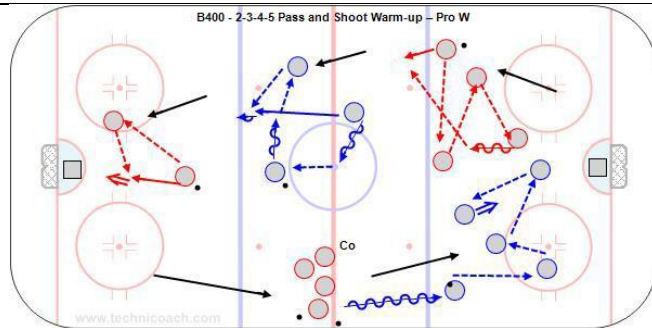
1. Set up with one player on each side of the net to make the breakout passes.
2. Player 1 pass to player 2 beside the net then skate for a breakout pass.
3. Players 1 pass then swing to the boards for a pass, then pass to player at the red line.
4. Player 1 pass to the player on the other side and skate low and slow for a pass to the middle.
5. Player 1 pass to the far low player and pick up a wide rim along the boards.

Sequence Two:

6. Player 1 pass and go to wall for rim and player 2 support low and slow for a touch back pass.
7. Add the coach or a player who just did a rep pinch on the boards.
8. Four players leave, 1 dump and retrieve, 2 on boards, 3 low and slow and 4 pressure one player.
9. Player 1 wheel behind the net and pass to either player 2 on wall or player 3 low and slow.
10. Players line up at the top of the circles and goalies at the red line ready to pass.
11. Player 1 shoot the puck in, retrieve and pass to player 2 who supports 'Low and Slow'.
12. Regroup with the goalie who passes back to the other player.
13. Player 1 now pass to player 2 who supports from the boards - pass to goalie.
14. Player 1 pass to player 2 who 'Jack Hammers' the puck back to 1 then to goalie.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=2019020604161323>

<https://youtu.be/zD3G8WVzFDo>



10'

B400 - 2-0, 3-0, 4-0, 5-0 Pass Every Zone – Pro W

Key Points:

Face the puck and pass on the forehand. Stay in each zone until all players have made a pass.

Description:

1. Two then three then four then five players leave.
2. Each player must make a pass in each zone.
3. Take a shot at each end.
4. Skate facing the puck and make forehand passes.
5. Possible sequence is reverse and 5-4-3-2 leave the other way.

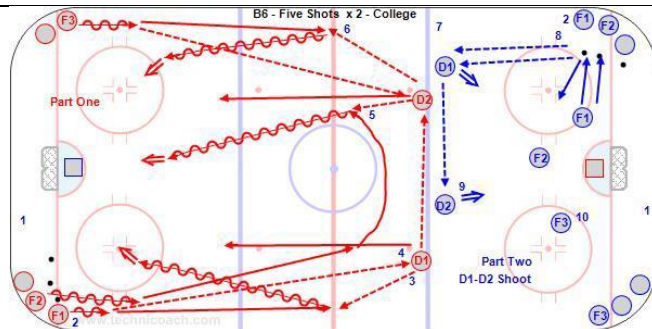
Options:

Start with one player who touches both knees at each blue line. If less than 20 skaters i.e. 16 go 1-2-3-4 then start the other way and go 4-3-2-1.

Another option is to use one touch passes only, or do an escape move and then pass.

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<https://youtu.be/VzaDDDXQ0f8>



10'

B6 - Five Shots x 2 – College

Key Points:

Pass hard while skating, face the puck and give a target, shoot while skating and follow the shot for a rebound. The same sequence is done from both ends starting from diagonal corners.

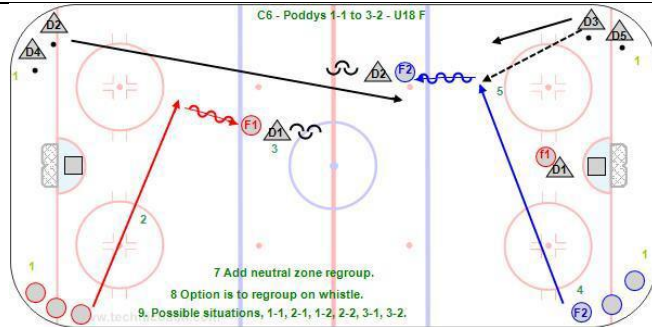
Description:

1. White forwards at one end and white D at the far blue line. Red F and D opposite.
2. F1 skate and pass to D1 then open up for a regroup pass at the red line.
3. D1 pass to F1 who skates in and shoot from the wide lane.
4. F2 leave from the same corner, skate and pass to D1 who passes to D2.
5. F2 cross the red line and mirror the puck for a pass from D2 then skate and shoot.
6. F3 leave from the opposite corner, regroup with D2 and shoot from the wide lane.
7. D1-D2 skate up to the blue line.
8. F1 get a puck from the corner and pass to D1 who shoots.
9. F1 pass another puck to D1 who passes across to D2 who shoots.
10. F1-F2-F3 have a net presence.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20180312184015918>

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10' Mike

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

Key Points:

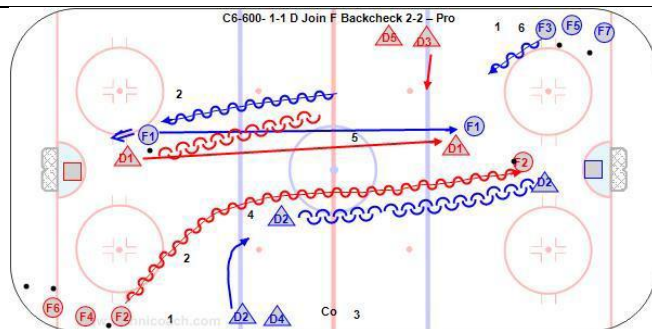
Attack with speed and defend with tight gaps. Add regroup. Vary the number of attackers and defenders.

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>



10' Mike

C6-600- 1-1 D Join F Backcheck 2-2 – Pro

Key Points:

Attack with speed and transition quickly from offense to defense and defense to offense. Do not take penalties on the back tracking.

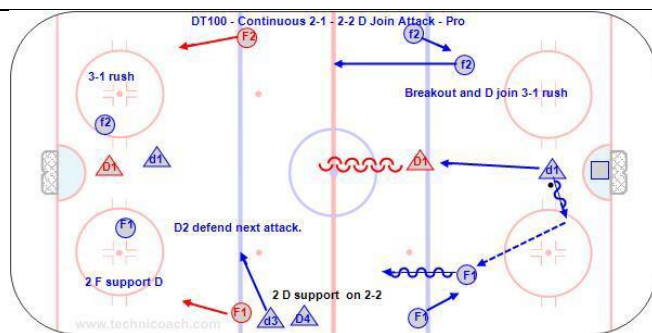
Description:

1. Forwards leave from diagonal corners and defense at the blue lines.
2. F1 leave with a puck and attack vs. D1.
3. After the rush the coach blows the whistle.
4. F2 attack the other way vs. D2.
5. D1 join the attack and F1 backcheck making it a 2-2.
6. Whistle and F3 attack vs. D3 while D2 joins rush and F2 back track.
7. Continue this flow.

**Options: Create various even strength situations by having the same number of new attackers leave from each end. i.e. 2 F and 1 D which would mean a 3-3 at each end, a 2-2 creates a 4-4 and 3-2 a 5-5. Send various numbers each rush to force the players to read the play, i.e. 2 F and 1 D then 2 F and 2 D and you would have a 3 on 4.*

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<https://youtu.be/RpWCh55hKDY>



10'

DT100 - Continuous 2-1 - D Join Attack – Pro

Key Points:

One puck game. If the puck is dumped out regroup and attack again. **This transition game can be played like a continuous drill with the new players giving passive support.** Another way is to play as a game and the new forwards help defend deep in the zone and the new offensive defenseman is part of the attack. So it is just an efficient way of changing lines on the go. **This is the most game like practice drill/game a coach can use.** Basically you can create any numerical situation or isolate team skills like the breakout and forecheck by making the attacking team dump the puck in. **This video has the new players giving passive support. Examples of active and passive support full ice.**

DT100 - Continuous 2-1 and 2-2 - Detroit

https://youtu.be/eUVJXyP_cSA

DT100 Continuous 2-2 Passive Support - Prospects

<https://youtu.be/sk4z4ul7rao>

Description:

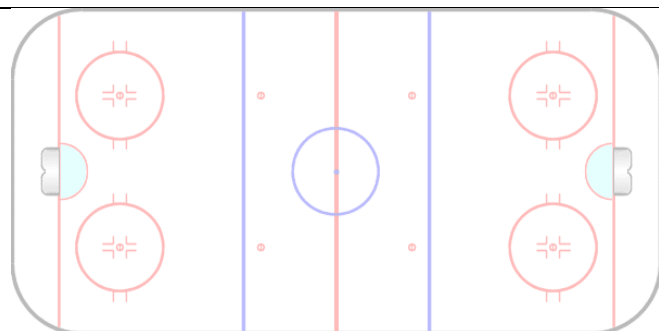
1. Attack 2-1 and two forwards give support to the D and one D follow to support the offense.
2. Defending team break out 2-1 and the D join to make it a 3-1.
3. Two defending F and one attacking D follow the play into the zone.
4. Make a 2-2 by two F and two D joining the play and one D be part of the rush.
5. This flow can be done from 1-1 which would make a 2-1 on the rush.
6. With a D joining a 2-1 is a 3-1 rush, 2-2 is a 3-2 rush.

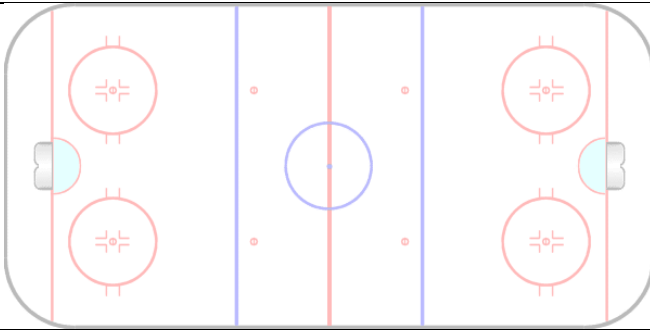
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<https://youtu.be/DHt3sCTOULA>

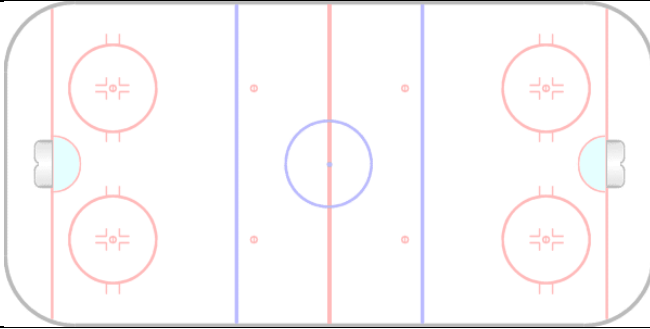
Meet in middle.

Players go to spin and goalies work with Devon.





Explanation/Notes:



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