



SAIT W

Practice Plan

Date: 01-07-20

Time: 18:15-19:45

Venue: SAIT Arena

Lines:	Notes:
Puck handle	Angling
Scoring	Plays below the goal line
Forecheck, D deception	Full ice transition
Quick transition	Rebound

5'

A200 Chaos Puck Handling

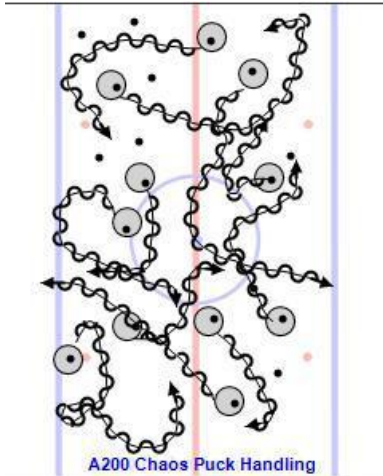
Key Points:

Make moves, protect the puck, go hard on the whistle. Designate moves, add pucks, play keepaway, use ball, multiple pucks, etc.

Description:

1. Carry a puck and protect it while skating in random directions. Stay in the zone.
2. Go hard for about 5" on the whistle and slow down on the next whistle.
3. Coach designate the move to be practiced, i.e, tight turn when you approach someone.
4. Exchange pucks-pass with eye contact.
5. Spread pucks around which also must be avoided.
6. Keepaway-coach take a puck away every 10".

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5'

D1-A2 Puck Dog

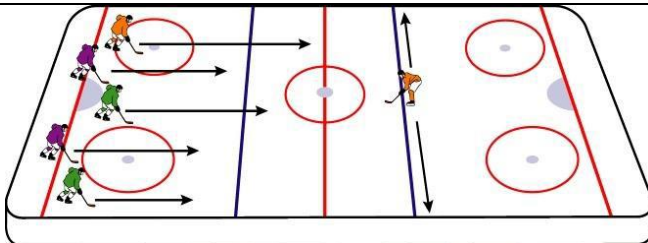
Key Points:

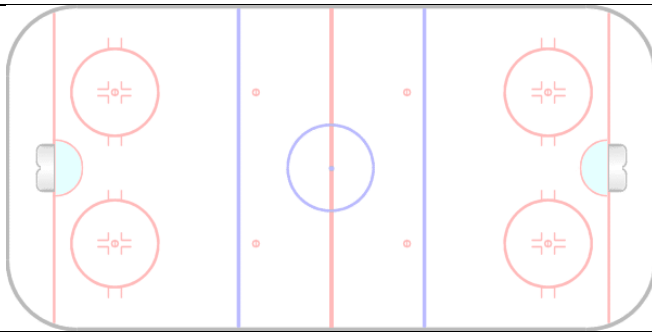
Encourage the players to use moves and fakes, change of pace and to protect the puck.

Description:

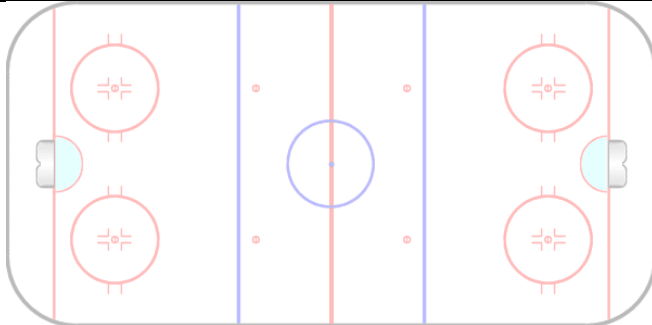
This game has the players line up at the end of the rink in the A2 formation. Each player has a puck. One player (who is 'it') is at the blue line and calls out 'British Puck-dog.' The players stickhandle the puck, trying to get to the end without being checked. If a player loses the puck, she becomes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

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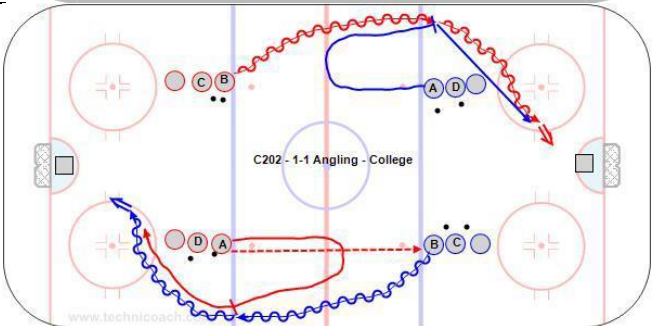




10' Mike Figure 8 Warm up



10' Mike Pressure shooting 1 vs 1.



10' C202 - 1-1 Angling – College

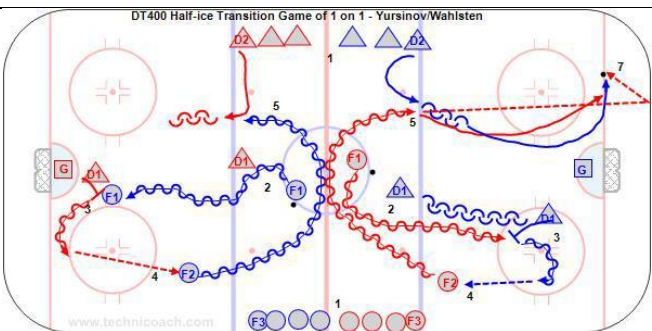
Key Points:

Angle at the back of the inside shoulder with stick on the puck and inside leg in front. Skate through the hands and pick up the puck.

Description:

1. Players face each other in two lines across the neutral zone.
 2. A from each line pass across to B.
 3. B skate down the boards with the puck and attack the net.
 4. A skate forward then turn and angle check A.
 5. Whoever wins the puck battle skate in to score and the other chase.
 6. C pass to D and repeat.
- <http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20181016153935616>

<https://youtu.be/iZ8q2L9cDRE>



10' Forward dump in and angle. D escape moves. DT400 Transition Game of 1 on 1 - Yursi-Juuso IIHF Symposium

Key Points:

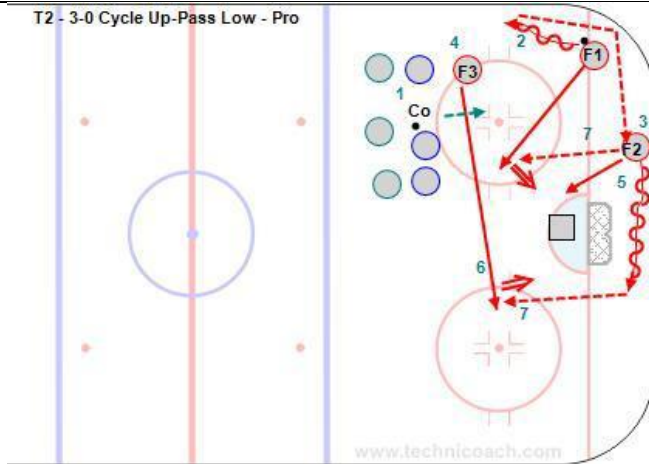
Defender must maintain a tight gap and stay of the defensive side. Attacker use moves to beat the defender, fight for rebounds and loose pucks. On the dump-ins the defender must read where the checker is coming from and the attacker create good checking angles.

Description:

1. Divide the team into two colours and opposite forwards and defense play against each other at both ends.
2. F1 attack vs. D1 after skating through the middle circle.
3. Fight for rebounds and loose pucks.
4. On transition pass to

F2 at the top of the circle. 5.F2 skate through the middle circle and attack vs. D2. 6. Add a regroup with the forward circling back. 7. Add a neutral zone dump-in and the D and F fight for the loose puck.

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10' Tom forwards, Mike D skills

T2 - 3-0 Cycle Up-Pass Low – Pro

Key Points:

Protect the puck and pull the defender up the boards before passing. Give a target and one touch the shot. Give shot options on both sides of the net.

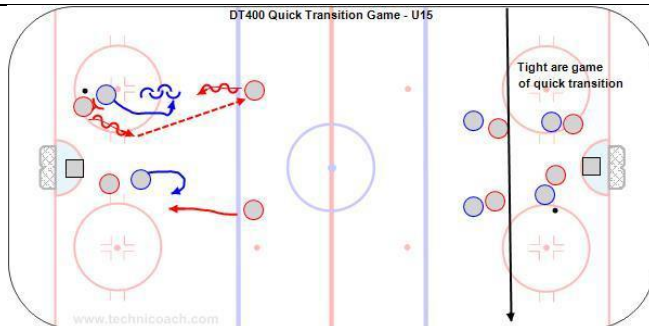
Description:

1. Coach shoot the puck into the corner and pressure the puck.
2. F1 get the puck and skate up the boards.
3. F2 go below the goal line.
4. F3 mirror the puck from the high slot.
5. F1 pass low to F2 and skate into the slot.
6. F3 skate across to the other side of the net.
7. F2 pass to either F1 or F3 who shoot.

** Another option is F2 to walk out or wrap around with the puck.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20170403100734656>

<https://youtu.be/CS2knYh64IQ>



10' Tom F – Mike skills with D
DT400 Quick Transition Game - U15

Key Points: Forwards in their line of 3

Players must quickly transition between the 4 game playing roles.

Offense: Role 1. Puck carrier. Role 2. Support puck carrier.

Defense: Role 3. Check puck carrier. Role 4. Cover away from the puck.

Description:

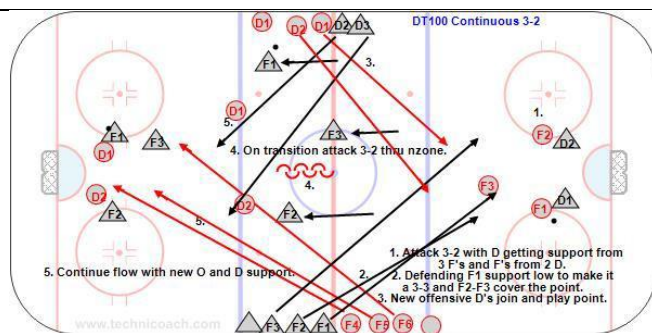
1. Play 2 on 2 to focus on transition between the four game playing roles.
2. Extra players wait at the blue line or to create a tight area game at the top of the circles.
3. Attack and try to score.
4. On a goal, frozen puck or turn-over the defending team pass to waiting teammates.
5. New offensive players attack vs. the players who lost the puck on offense.
6. Players who passed now rest.

** Keep score and have tournaments.*

** Any number from 1-1 to 5-5 can be used and move the waiting players to reduce or expand space.*

** Modified rules can be used to focus on individual or team skill.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20141224104512232>



12'

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.
 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

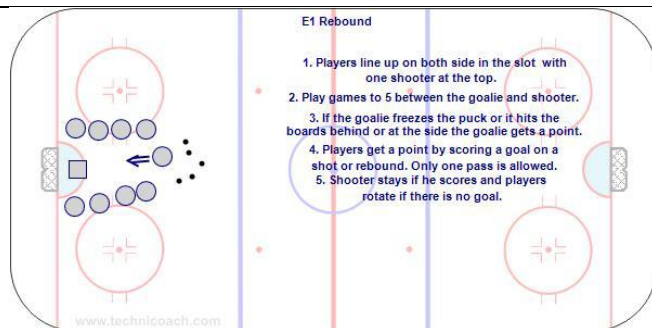
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<https://youtu.be/xcbokEplsTQ>

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



8'

E1 Rebound

Key Points:

Make quick shots and one timers and goalie read the play.

Description:

1. Players line up on both side in the slot with one shooter at the top.
2. Play games to 5 between the goalie and shooter.
3. If the goalie freezes the puck or it hits the boards behind or at the side the goalie gets a point.
4. Players get a point by scoring a goal on a shot or rebound. Only one pass is allowed.
5. Shooter stays if he scores and players rotate if there is no goal.

Pucks – meet in middle.