



SAIT W

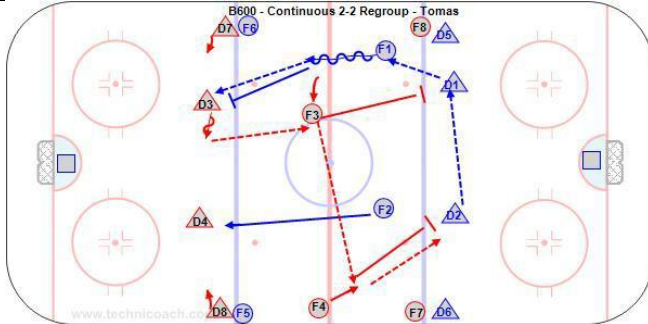
Practice Plan

Date: 01-08-20

Time: 16:30-18:00

Venue: SAIT Arena

Lines:	Notes:
Breakout	Power play
Faceoffs	Low to high, side to side
Regroups	Quick pass
Defenseman skills	Pearn



10' Coaches warm up goalies

**B600 - Continuous 2-2 Regroup – Tomas**

**Key Points:**

Forwards support with timing and a good target. Anchor low or high. Take what they give you. Jump across, get open. D look for a quick up before an automatic D to D. Goalies can be warm up at one end.

**Description:**

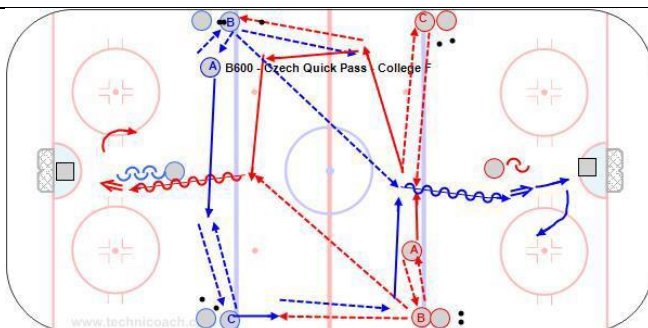
1. D1-D2 pass to F1-F2.
2. F1-F2 regroup with D3-D4.
3. F1-F2 forecheck vx. D3-D4.
4. F3-F4 support D3-D4.
5. D3-D4 make a regroup pass to F3-F4.
6. F3-F4 now regroup with D5-D6 and forecheck.
7. Continue the regroup and forecheck sequence.

*\* Add dump in, breakout with a low 2-2 where the attackers forecheck to get the puck and score.*

*\* Use one or two D and from one to three F. A great way to practice quick regrouping and if you dump the puck in the breakout, forecheck and on the regroup the neutral zone forecheck.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20170225103512883>

<https://youtu.be/dB6DPGuHn3s>



10' Kailey

**B600 - Czech Quick Pass - College F**

**Key Points:**

Give a target, one touch using a wrist pass, take the pass with the back third of the blade, especially on the backhand. Target with one had receive with two. No unopposed shots; either screen, circle back for the rebound, give and go with the next shooter or defend a 1-1.

**Description:**

1. Players on the four blue lines.
2. First player A leave from diagonal blue lines and exchange passes to the second player in line B.
3. A's skate across the blue line and exchange passes with C on the other side.
4. A's skate up the boards and exchange passes with the other B.

5. A's skate to the middle and receive a pass from B at the original starting place.

6. Skate in and shoot, get a pass or attack 1-1 vs. the last shooter.

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<https://youtu.be/hTfbfbmTPX8>

**10'**

### **T2 - 5-0 BO - Wide Wing Slash - Stretch - Pro**

#### **Key Points:**

Move the puck up ice quickly. Wide wing read possession and slash across then up to the far blue line. Everyone joins the rush.

#### **Description:**

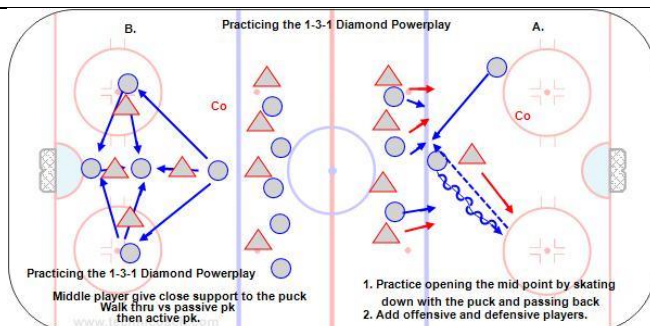
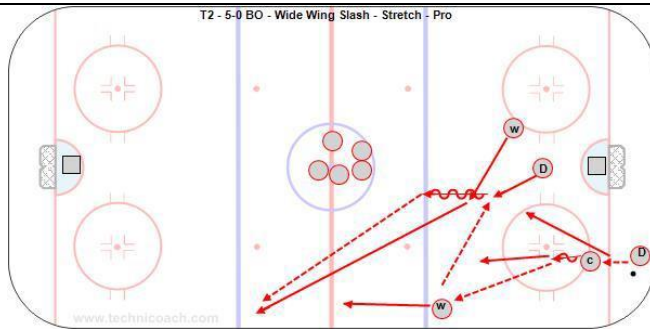
1. Players leave in 5 man units from the middle circle.
2. Pass the puck to a coach in the corner who spots it for D1 to pick it up.
3. Strong side wing support from just inside the blue line.
4. Wide wing slash across to the far blue line.
5. D pass to the C or low forward.
6. C pass to the wing at the point.
7. W pass to the middle D2 who is skating up ice.
8. D2 pass to the weak side wing at the far point.
9. Attack in the four chambers 5-0.
10. Pass in an offensive sequence 5-0 if there is a rebound or with a second puck.

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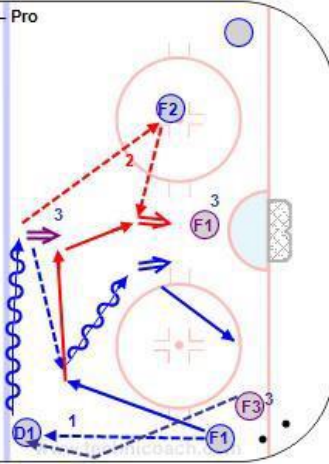
### **15' Jim Kailey PP 1**

#### **1-3-1**



### T2 - B6 - High Cycle Options – Pro

- 1 - High cycle.
- 3 - High cycle and shoot off pass.
- 3 - Screen goalie.



### 15' High and low cycle and faceoff plays Tom-Mike

#### T2 - B6 - High Cycle Options – Pro

##### Key Points:

D start at the point, F1-F3 in the corner with pucks and F3 start from the other corner. F1 pass and follow the pass to give close support for D1. Skate down the middle lane for a one timer from F2.

##### Description:

1. F1 pass to D1 at point, follow above circles, D1 pass back to F1, F1 shoot.
2. F1 pass to D1 and cycle high, D1 pass to F2 at far circle, F2-F1 and F1 shoot.
3. F3 pass up to D1, F1 screen, D1 shoot, F1-F2 look for rebound.

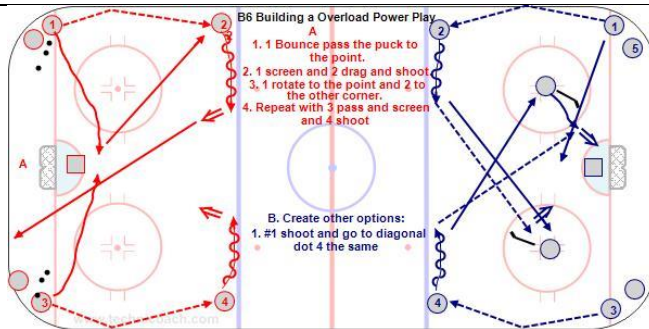
*\*F1 catch and release the pass from F2.*

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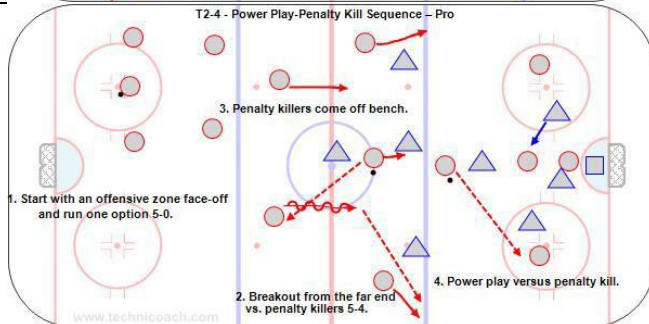
<https://youtu.be/5EYm3S1o1rI>

### 15' Switch and PP 2 - Overload

#### Group 1 with Tom and Mike



### T2-4 - Power Play-Penalty Kill Sequence – Pro



### 15'

#### T2-4 - Power Play-Penalty Kill Sequence – Pro

##### Key Points:

Develop a power play that fits the skill of each five player unit. Practice the Diamond 1-3-1 both from the blue line and below the goal line. Defend from the net out, stop and start, stick on puck and in the passing lanes. Swarm when the offense doesn't have control along the boards. Weak side forward fall under and cover the middle attacker. Power play create shooting lanes, screen, crash for rebounds.

##### Description:

1. Start with an offensive zone face-off and run one option 5-0.
2. Breakout from the far end vs. penalty killers 5-4.
3. Use controlled breakouts for each group.
4. Penalty killers come off the bench to defend against the breakout.
5. Power play versus penalty kill.

*\* Breakout with a double swing and five attack.*

*\* Breakout in the three lanes and two forwards swing behind for a trailer pass and attack late, these players attack the static defense and carry in, pass to each other or*

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the wide players at the blue line.

\* Aggressive penalty kill when the puck is loose or the attackers back is turned.

\* Option one is to have the wide players on their forehand side for one timers.

\* Option two is to have a passing PP with right and left handed shots on the right and left sides.

\* Rotate positions and keep moving.

\* Defender stay with the puck carrier but do not chase passes.

\* Play a 4-4 on the strong side and deny the cross ice pass with sticks in the lane.

\* Many teams give the goalie the walk out player jam and cover the other four.

\* Power play create confusion with quick puck movement, switches and back door options, outnumber the defenders on rebounds.

\* A coach can use this sequence to practice from 3-3 to 5-5.

<http://www.hockeycoachingabc.com/media/gallery/media.php?f=0&sort=2&s=20170428111213953>

<https://youtu.be/VadXPVkB4I>

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15'

**Mike defense at one end**

**Jim Kailey 12 forwards. Perry Pearn.**

**DT400 - 3-3 Pearn - U18 F**

**Key Points:**

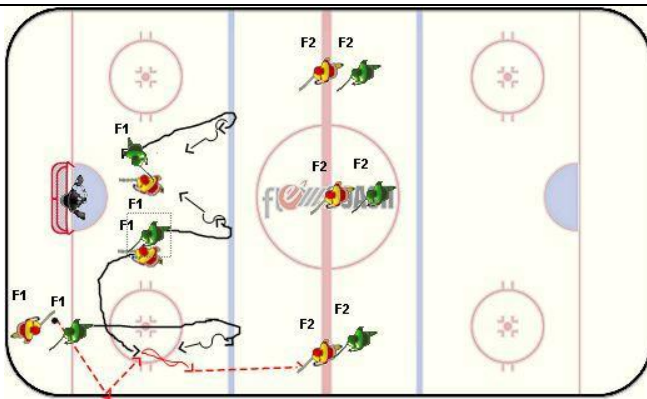
Great transition game to practice offensive and defensive 3-3 or any other numerical situation. Defend from the net side; closest on puck carrier, second closest one stick length away, third closest halfway. Defenders identify who you cover early. Create 2-1's on offense and fight for the inside position. 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.*

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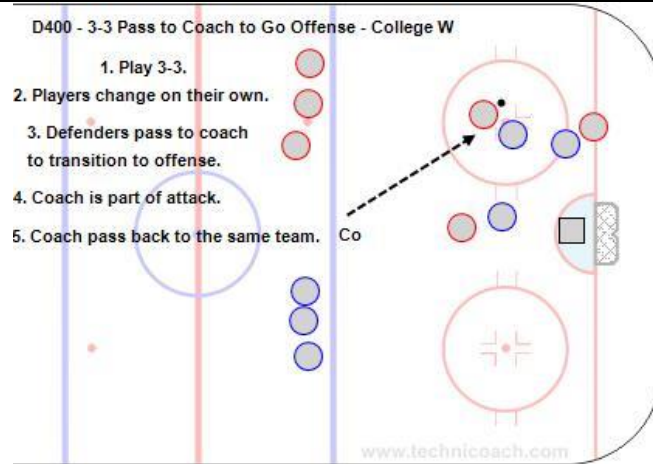


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<https://youtu.be/YPv-FooK9uc>

**10' Four forward lines with Jim and Kailey.**



**D400 - 3-3 Pass to Coach to Go Offense - College W**

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Get pucks. Cheer in middle circle.

Meet in the dressing room and watch video  
on the aggressive penalty kill.

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