



SAIT W

Practice Plan

Date: 01-09-20

Time: 18:15-19:45

Venue: SAIT Arena

Lines:	Notes:
Agility skating, shots, pass	Breakout – regular and PP
PP – PK	Dzone coverage review
Forecheck review both even and pk.	Weave and puck support
3-3	Shootout

10'

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

Key Points:

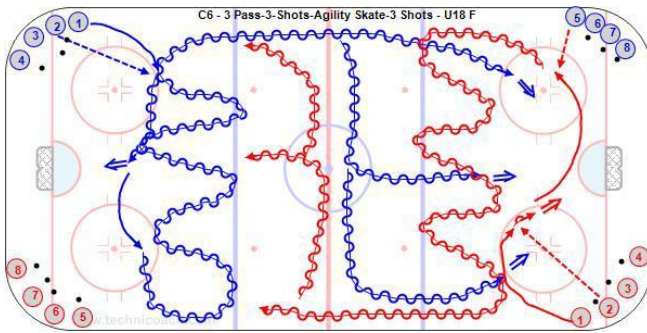
Warm-up drill with passing, shooting, agility skating, puck handling tasks and goalie shots. Shoot from the three lanes while skating. Push ups if you miss the net. Opposite corners leave when the last shot is taken; no need for whistles.

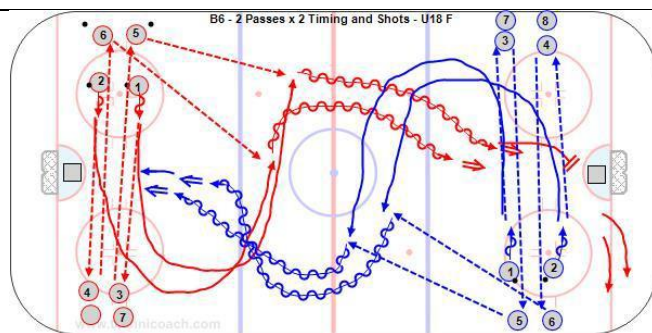
Description:

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' Kailey – delay 1" between cross passes.

B6 - 2 Passes x 2 Timing and Shots - U18 F

Key Points:

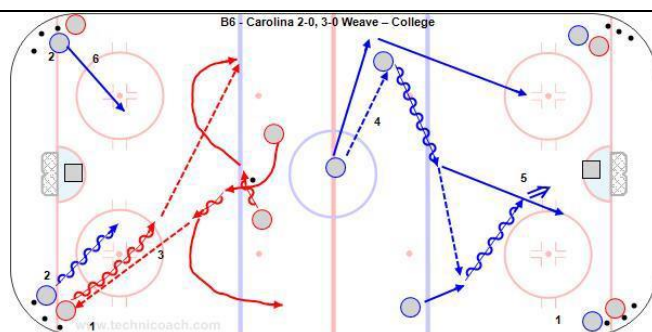
Pass and skate for a return pass. Keep skating while passing, receiving and shooting. Give a target. Handle the puck after receiving and use wrist passes.

Description:

- A. 1 and 2 leave from each end and pass across to 3 and 4.
- B. 3 and 4 pass across to 5 and 6.
- C. 5 and 6 pass up to 1 and 2 skating across the neutral zone.
- D. 1 shoot-rebound-screen.
- E. 2 shoot.
- F. 3 and 4 repeat in the other direction.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20170107125422201>

<https://youtu.be/WmpASHh7uL4>



10'

B6 - Carolina 2-0, 3-0 Weave – College

Key Points:

In the middle the two players can simply pass, or cross and drop, or cross-drop-pass, one skate backward, etc..

Description:

1. Players start from the four corners.
2. One player leave from each corner at one end, skate down the middle lane exchanging passes.
3. Pass to a player at either corner who drive skates hard to the middle lane with the puck.
4. Three players fill the three lanes and weave by passing and following their pass.
5. Finish the rush will a shot on net and all three crash for a rebound.
6. The next two players follow the rush and regroup with a player at the far end.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=2018111215552731>

<https://youtu.be/rTaNDctDKtc>

10' Jim run this. All D are in black.

C3 Breakout 5-0, Regroup, Attack 3-2- RB Pro

Key Points:

One stretch, one middle support and one wall support.

Description:

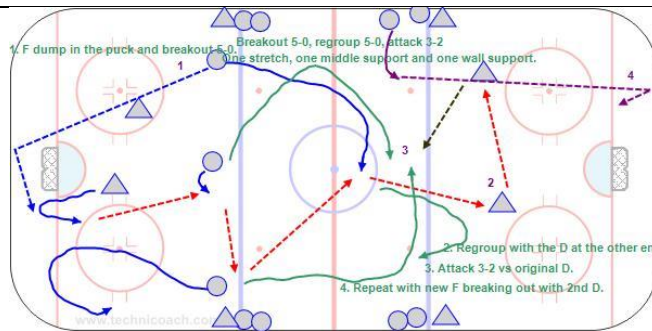
Breakout 5-0, regroup 5-0, attack 3-2.

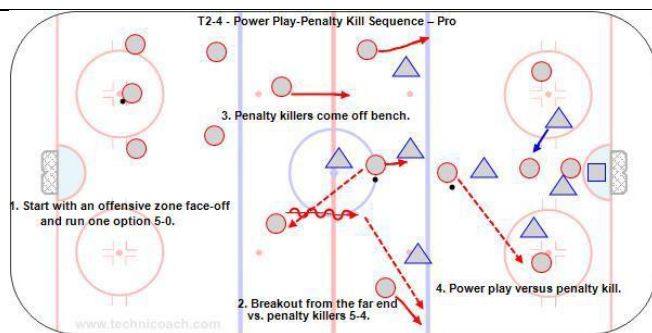
One stretch, one middle support and one wall support.

1. F dump in the puck and breakout 5-0.
2. Regroup with the D at the other end.
3. Attack 3-2 vs original D.
4. Repeat with new F breaking out with 2nd D.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090818155505340>

https://www.youtube.com/watch?v=gJe0h7wU_RY





30' 15' pk review – 15' 5-5 Defenders sticks upside down Coaches at each end. Freeze on whistle.

T2-4 – Team Play Sequence – Pro

Key Points:

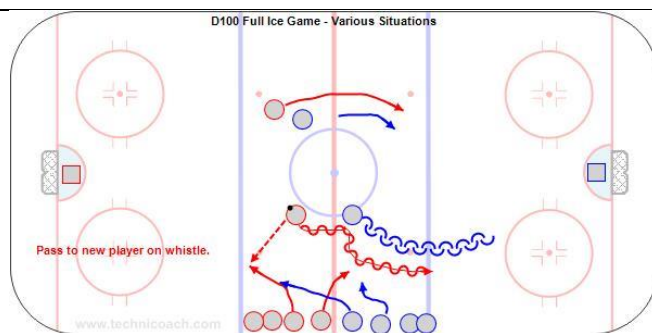
Develop a power play that fits the skill of each five player unit. Practice the Diamond 1-3-1 both from the blue line and below the goal line. Defend from the net out, stop and start, stick on puck and in the passing lanes. Swarm when the offense doesn't have control along the boards. Weak side forward 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 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/mediaqallery/media.php?f=0&sort=2&s=20170428111213953>

<https://youtu.be/VadXPVkB4I>



10' Change on their own.

D100 Full Ice Game – 3-3

Key Points:

Switch between all four game roles.

1-puck carrier.

2-puck support.

3-check puck carrier.

4-cover away from the puck.

Situations: offense, defense, loose puck.

Description:

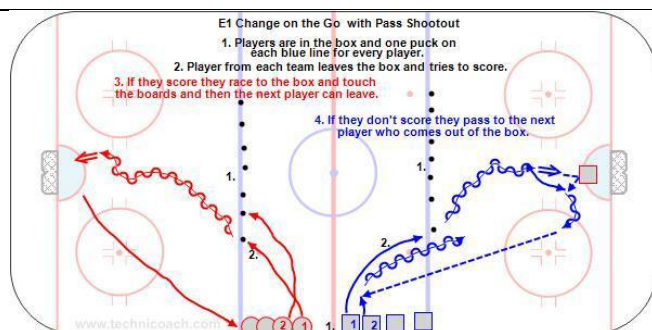
1. 3-3 with extra players in the box.

2. Play 3-3.

3. Players change on their own.

4. On a goal scoring team must touch the red line and team scored on get the puck and attack right away.

5. Keep score.



10'

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.

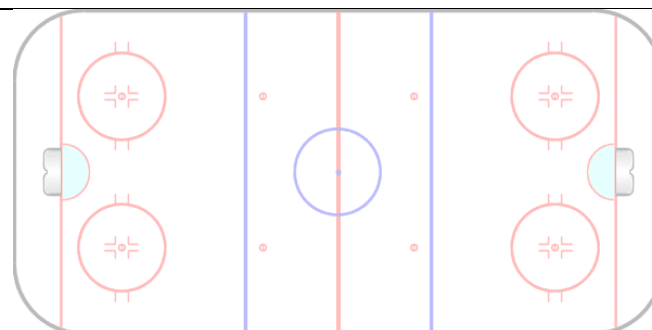
4. If they don't score they pass to the next player who comes out of the box.

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>

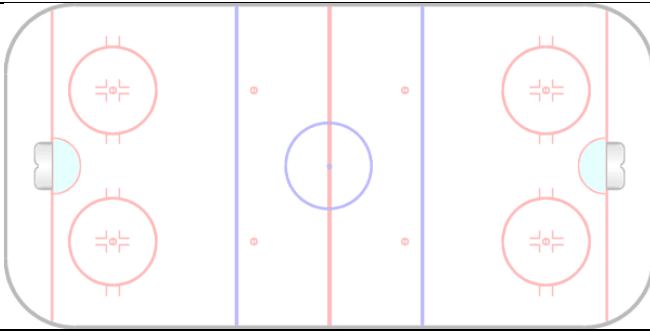
<https://youtu.be/VRtwyRqRv2I>



Pucks

Meet in middle

Meet in dressing room for video on NAIT.



Explanation/Notes: