



SAIT W

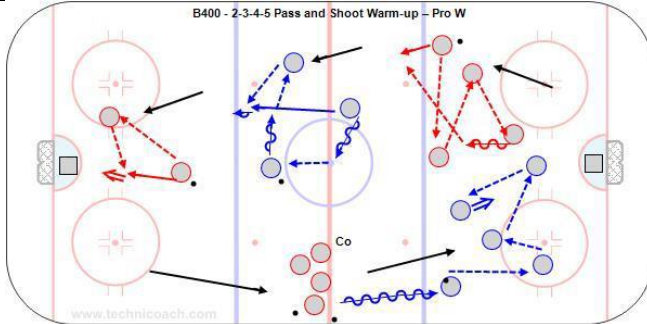
Practice Plan

Date: 01-13-20

Time: 16:30-17:45

Venue: SAIT Arena

Lines:	Notes:
Pass hard and receive clean	Eyes up and close support
Triple threat passing	Shoot while moving
Pass while skating hard.	Shootout
F cycle	2" Games



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.

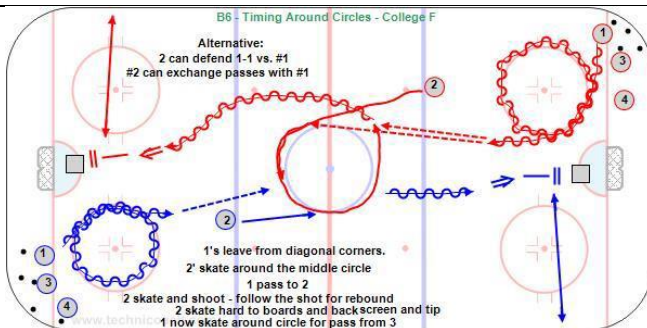
Options:

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.

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

<https://youtu.be/VzaDDDXQ0f8>



10'

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.

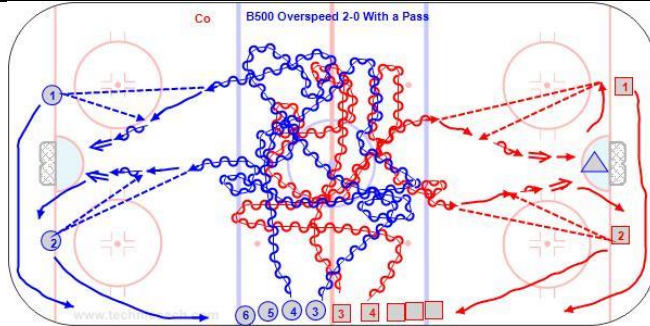
Description:

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 pass to player two who skates in for a shot.
4. Player one continue and now skate around middle circle for a pass 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' Only one player from each line go.

A2 Neutral Zone Overspeed

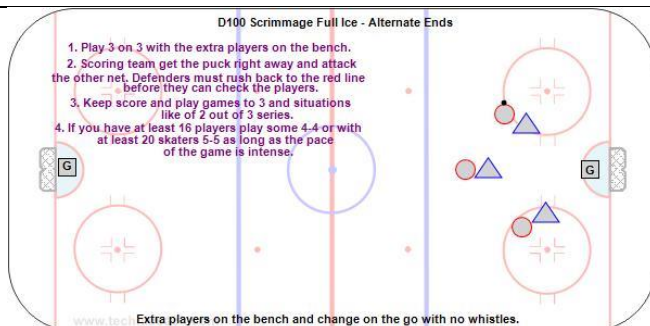
Key Points:

It is important to do some overspeed training where players skate and do all the skills at a top speed. Go as fast as you can or faster. If no players fall down it means they aren't pushing the envelope. If they all fall down then they aren't good skaters.

Description:

Players wait outside the neutral zone against the boards. On the whistle two players from each line carry the puck doing moves for 8" and on the next whistle skate hard to take a shot on net. Stress that they shoot while skating at top speed like Ovechkin. While the first group leaves the second group skates with a puck in the middle. Follow the shot, look for rebounds. You could add a give and go with the group ahead and a one timer or other situation at full speed. Whistle every 8 seconds.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20111004075623113>



10'

3-3 Change on their own.



30' Play 4-4 then 5-5

D100 Two Second Game - College

Key Points:

Great game for quick and close puck support and facing the play with the puck. Players must switch right away from offense to defense to loose puck and constantly change roles from, 1-puck carrier, 2-puck support, 3-check puck carrier, 4-cover away from the puck. 2" rule can be used in SAG, cross or half ice.

Description:

1. Play a full ice game of 3-3, 4-3, 4-4, 5-4, 5-5, 6-5 with the extra players on the bench.
2. Play 40-45" shifts and pass back to your goalie when the coach whistles for a change or players change on their own.
3. Players can only have the puck for 2" and must make a play, gain a zone or shoot.
4. Coach blow whistle if the puck is carried over 2" and the other team gets it.

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5. Encourage talking, facing the puck, always give a target, skate into passes and get open.
 6. Scoring team must skate back to the red line before forechecking.
- * Don't blow the whistle if they have started shooting. Start time when the goalie gets puck. Keep score and losing or winning have a consequence.
- * Option is to give another 2" with the puck if the player makes an escape move.
- <http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20181002161932826>

<https://youtu.be/PVy5NjFsV9w>

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>

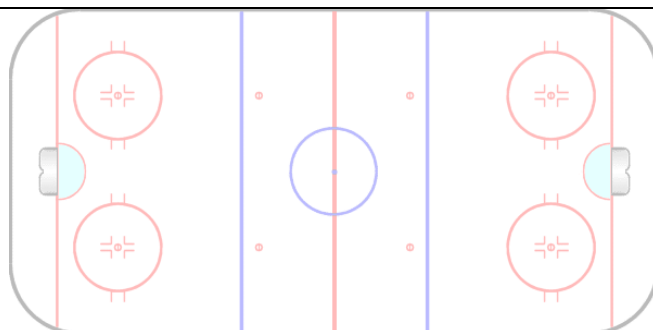
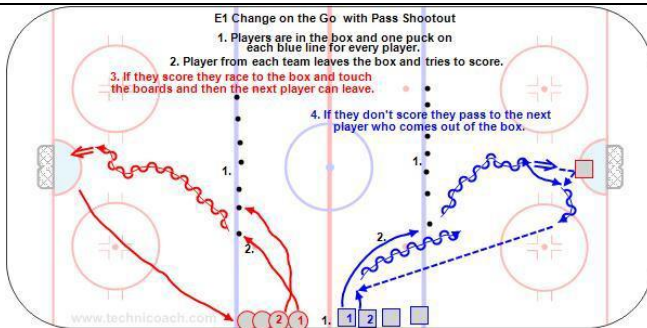
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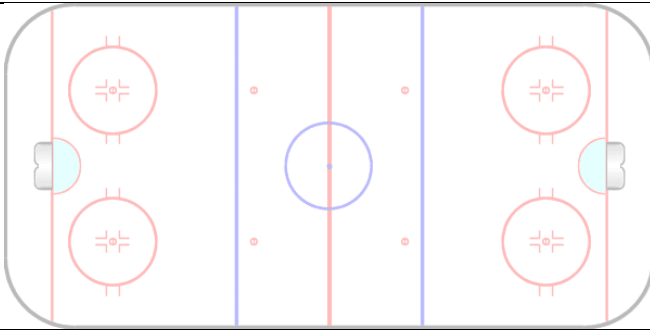
Pucks

Meet in middle

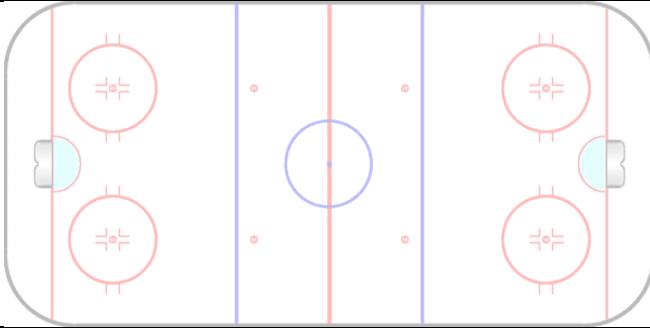
Goalies with Mel

Skaters spin class 45'





Explanation/Notes:



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