



SAIT W

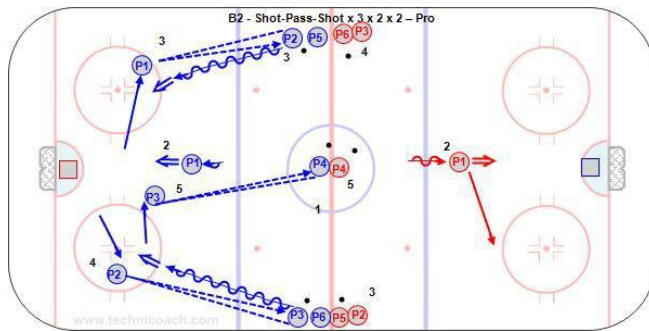
Practice Plan

Date: 01-14-20

Time: 18:15-19:45

Venue: SAIT Arena

Lines:	Notes:
Shots	Hard passes, shoot while skating
4 chamber attack	Power play overload and 1-3-1
Penalty kill	D skills
Forward scoring skills	2-0 and 3-0 Carolina Weave



10'

B2 - Shot-Pass-Shot x 3 x 2 x 2 – Pro

Key Points:

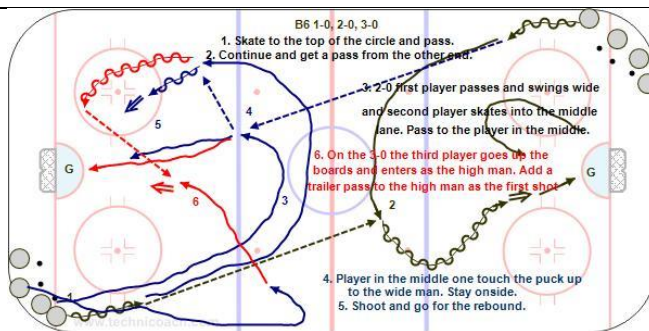
Pass and shoot while skating. Make firm one touch wrist passes. Hit the net.

Description:

1. Players line up at the red line with pucks facing each end.
2. P1 in middle leave and shoot.
3. P1 turn and exchange passes with P2 on the right who shoots.
4. P2 turn inside and exchange passes with P3 on the left who shoots.
5. P3 skate into the middle lane and exchange passes with P4 in the middle who shoots.
6. After passing the player replace the player they passed to.
7. Continue this rotation.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20171119101355948>

<https://youtu.be/slO0FFCNd3g>



10'

B6 1-0, 2-0, 3-0 Small Horseshoe - MRU

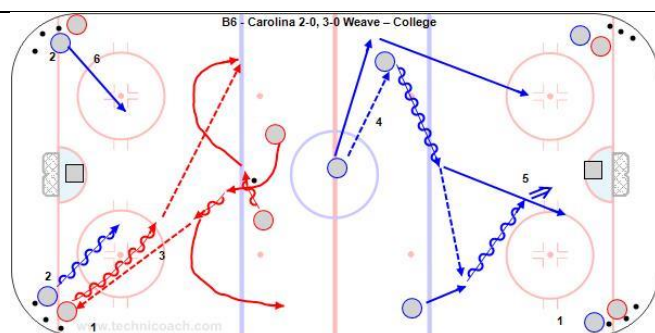
Key Points:

This is a great timing drill with good flow for early in the practice. Pass hard and get your top hand away from your body. Call for the pass. Give your stick and skates as a target. Pass and shoot while skating. Follow your shot for a rebound.

Description:

1. Skate to the top of the circle and pass.
2. Continue and get a pass from the other end and skate outside the dots in the neutral zone so the goalies have time to set for the next shooter.
3. Progress to 2-0 first player passes and swings wide and pass to the second player who quickly moves passes wide to player one.
4. On the 3-0 the third player goes up the boards and joins the middle drive attack in the wide lane.
5. Screen or rebound for the next shooter.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20170202104000548>



10'

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

Key Points:

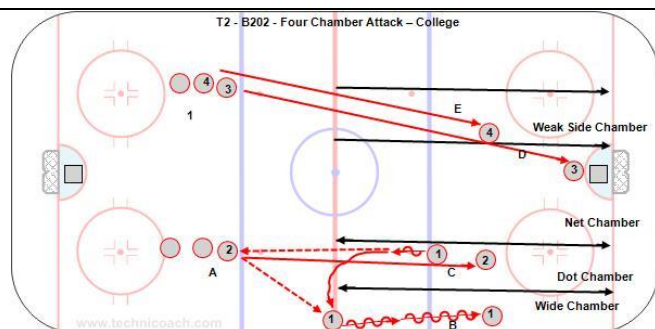
In the middle the two players can simply pass, or cross and drop, or cross-drop-pass, one skate backward, etc..

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'

T2 - B202 - Four Chamber Attack – College

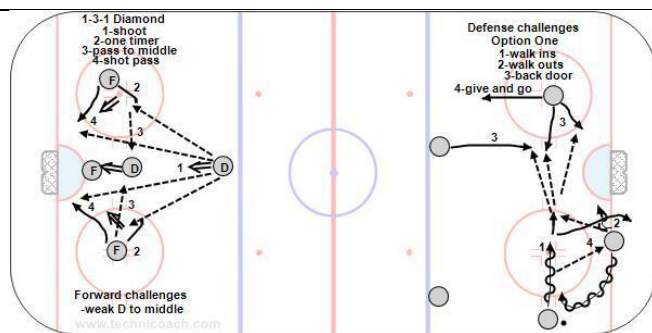
Key Points:

Attack on the rush has moved from the Offensive Triangle to the Middle Drive and now at the higher levels the Four Chambers. Instead of having a 1-1 on the strong side the offense creates a 2-1 on the widest defender. The player in the middle lane goes hard to the net and the fourth attacker trails high on the weak side. This is one way to practice attacking with the 4 Chambers.

Description:

1. Players are in two lines facing each other across the neutral zone.
2. Stage one: 1 pass across to 2 and pivot in outside chamber for a return pass, skate in and shoot.
3. Stage two: 1 pass to 2 outside and join attack in the faceoff dot chamber.
4. Stage three: 1 pass to 2 and join while 3 from the other line goes hard to the net in the middle chamber.
5. Stage four: 1-2-3 repeat while 4 joins as a trailer down the weak side chamber.
6. Fifth attacker support from the point.
7. Repeat the other way.

** Players 1-2 attack the widest defender and can cross and drop, 1 skate to the inside and pass to the outside to 2 who*



40' – 5' Tom go over with magnetic board.

35' – Jim one end with likely PP players – Mike with other players far end.

Power Play Options: Overload to a Diamond

Option One: Set up at the hash and attack the seam between the D and F.

-If no one plays you skate thru and shoot or pass back door to the F or the D coming down. -If the D plays you cycle low and keep going for a give and go and if that isn't there become the low option.

-Original low player attack the seam again. **Option Two:**

-If the F plays you pass to the point and the low player moves in front to screen.

-If the point player can get to the middle move into a 1-3-1 Diamond and the weak side D skate down to the middle slot between the hash marks. -In the Diamond we have 4 triangles for one timers, a middle one timer option.

-If the puck is loose always outnumber the defenders and start the same sequence. RULES and READS

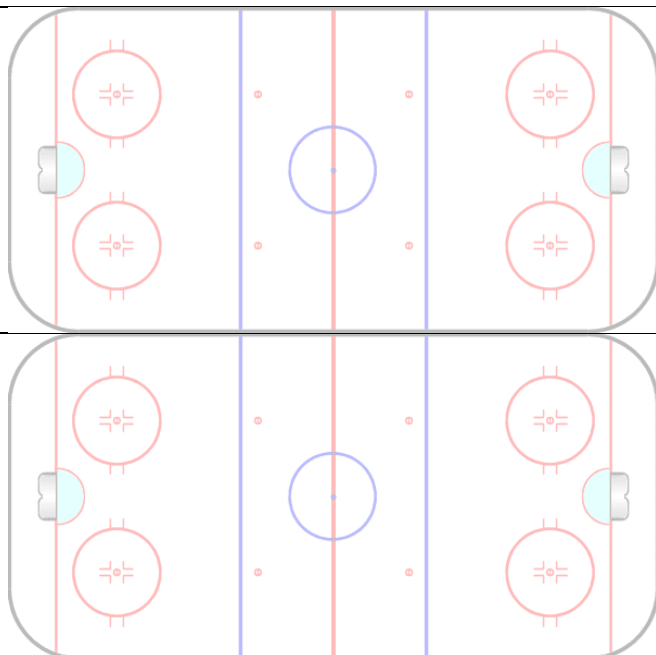
-When you get the puck either you or the puck moves. No standing still.

-If the weak side D comes down to back door the weak side F slide back. Look for defenders staring at the puck and move into the passing seams behind them.

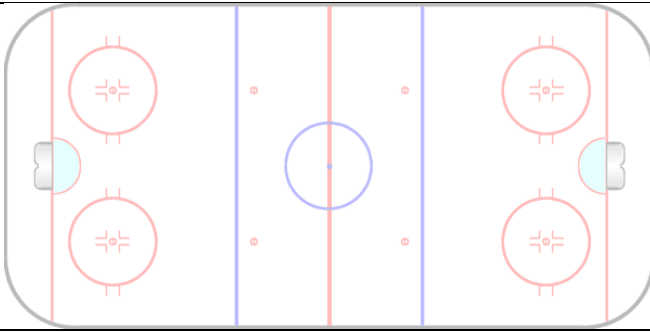
-Create 2 on 1's.

-Short passes that only beat one defender.

* Progress to a high cycle.



Explanation/Notes:



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