



Team Sait Women

Practice Plan

Date: 09-07-21

Time: 6:15-7:45

Arena: Sait

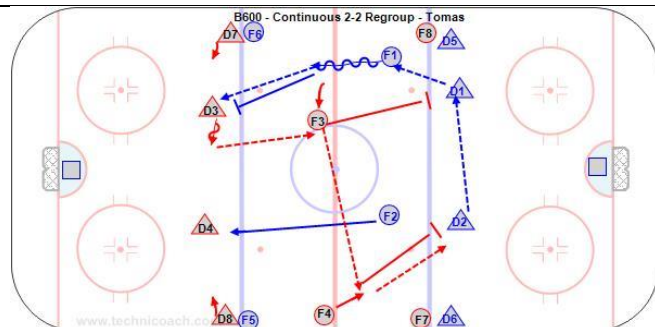
Lines:

3 G – 8 D – 10 F

Notes:

Passing, regroup, breakout options

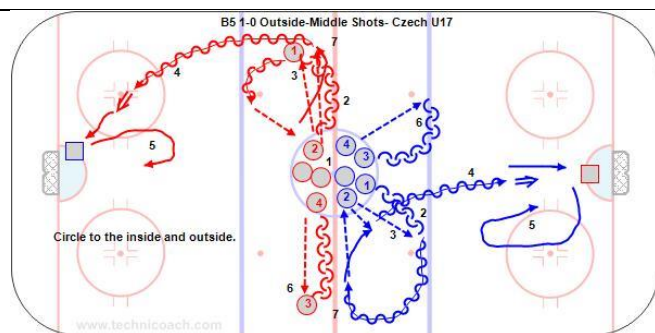
Shots, 2-1, 2-2 3-3, 4-4 5-5



15' Tom – Mel G

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 regroup and if you dump the puck in the breakout, forecheck and on the regroup the neutral zone forecheck.

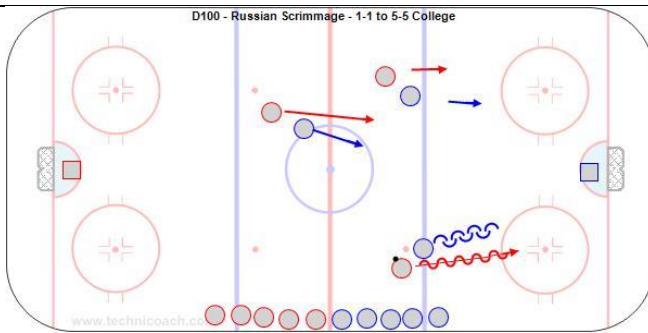
<https://youtu.be/dB6DPGuHn3s>



10' – Mike run this one

B4 1-0 Outside-Middle Shots - Czech U17 and Two Pro Key Points: Keep skating, give a target and pass hard and pass while moving. Hit the net and follow the shot. Rebound for the next shooter. Description: 1. All players and pucks are in the middle. 2. One player leave from each side. 3. Player 2 pass to player 1 who circles between the red and blue line. 4. Player 1 skate in and shoot after the third pass. 5. After shooting player 1 circle back and rebound for the next shooter. 6. Alternate sides and player 3 leaves after the first pass. 7. Circle left and right so shots come from both in the middle and the outside lanes. * The first video demo is the Czech National U17 Team and the next two are with pro players.

<http://www.hockeycoachingabcs.com/mediagaller>



15' Tom

D100 - Russian Scrimmage - 1-1 to 5-5 College M

Key Points:

Players must recognize the game situation they are in and play accordingly. Everyone plays both forward and defense and they must *FIO – Figure It Out*.

Description:

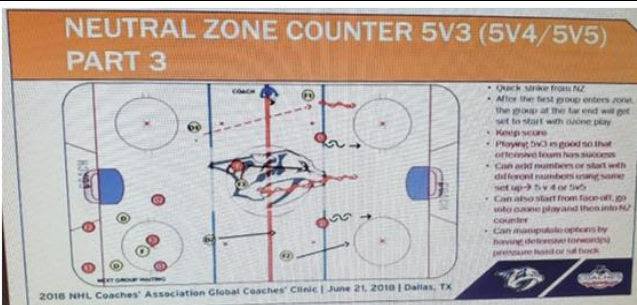
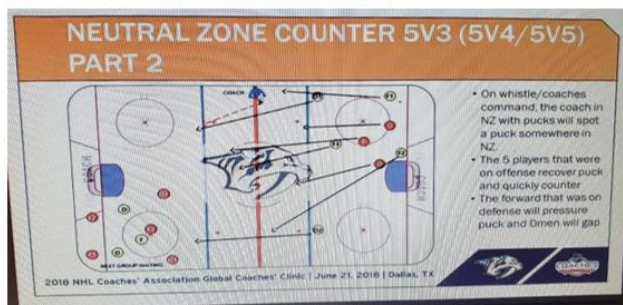
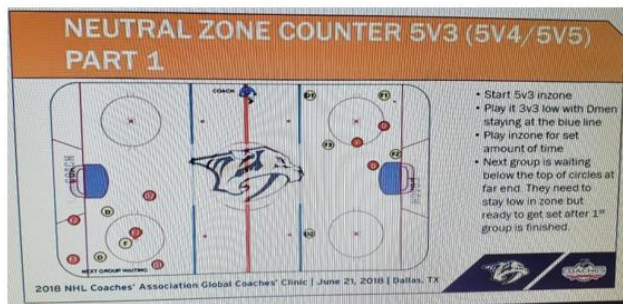
1. Players line up against the boards along the boards on either side of the red line, Blue and Red.
2. Coach either yells out a number or blows a number of whistles and that many players play.
3. Shifts 30-40".
4. Touch up at the red line if you score.
5. If scored on get the puck out of the net and attack.
6. Keep score.

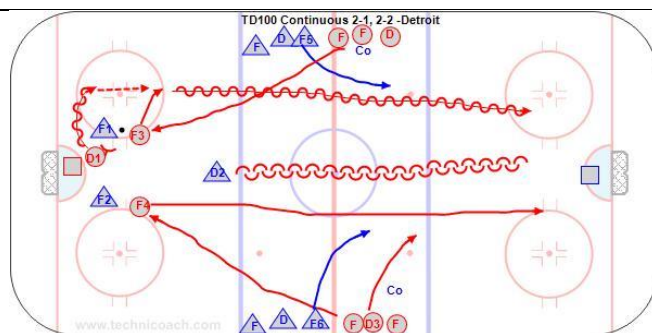
** Play hard – 'Enjoy the Game', Let the 'Game be the Great Coach', Have Fun.*

<https://youtu.be/z5vxH8Z-iV8>

20' TJ

Muse Transition Drill





15'

DT100 Continuous 2-1, 2-2 Detroit - Pro

Key Points:

Face the puck. Forwards attack with speed. D stay in the middle and deny F to F pass. Forwards make the first play near the offensive blue line to force the D to make a decision. D delay the play as much as possible.

Description:

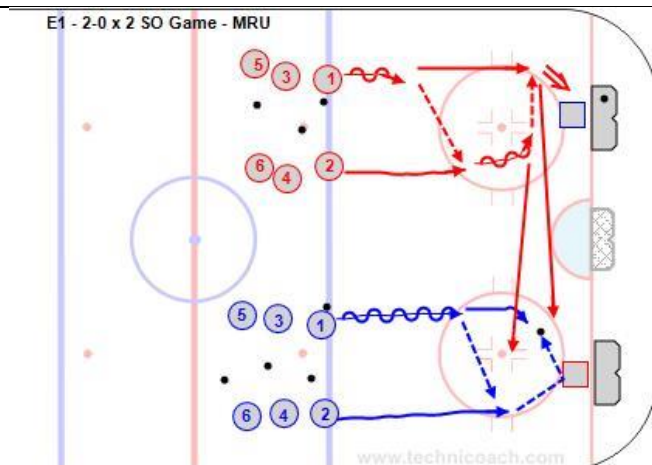
1. F1 and F2 attack vs D1.
2. F3 and F4 support D1 as far as the hash marks.
3. D2 support F1 and F2 passively from the point.
4. D1 make a breakout pass to F3 or F4.
5. F3-F4 attack D2 in the other direction.
6. F5 and F6 support D2 and D3 support F3 and F4.
7. Continue this flow.
8. Add a D to make it a 2 on 2.

Options.

There could be active support with a 2-1 in the nzone and a 3-3 at each end. Another option is to combine active and passive support or add dump ins and regroup.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20101208083750407>

<https://youtu.be/UgJvSIngLsU>



13' *Mike run*

E1 - 2-0 x 2 SO Game – MRU Key Points: Use many variations on the 2-0. One timers, cross and drop, drop and screen, fake pass and shoot, etc.. Description: There is one point for every goal and each contest gets 15".

A - 1 and 2 attack 2-0 from each line-up.

B - If both teams score each team gets a point and 3-4 go on the next whistle.

C - If only one team scores then they race across to defend and steal the puck from the other team and try to score.

D - Scoring team gets a point.

E - 15" next rep. F - First team to 20 wins

2' meet in middle





Explanation/Notes: