



## Practice SAIT W

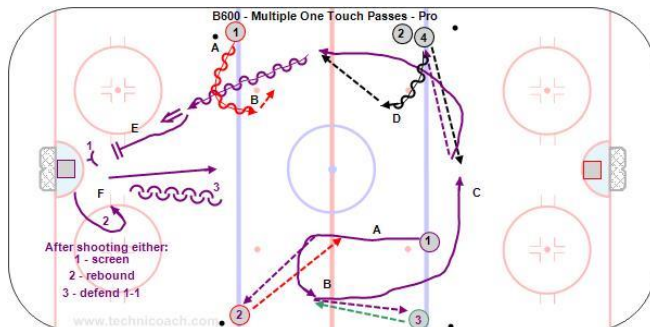
## Practice Plan

Date: 09-21-21

Time: 6:15

Venue:SAIT Arena

Lines:	Notes:
Pass after handling the puck	Gain ice between the dots. Timing
Defensive zone skating	Murdoch Dzone concepts
3-3 with point shots	PP contest vs. 1 and 2 active defenders

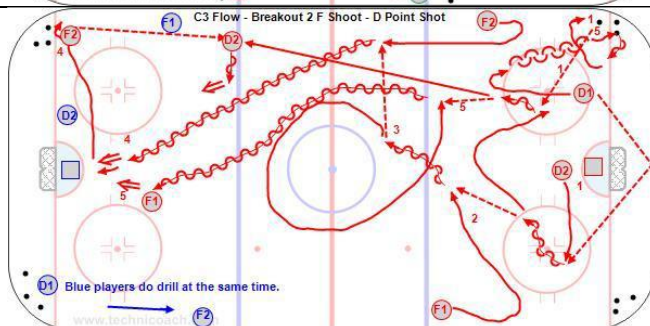


15; Mike run

### B600 – Multiple Pass and 1-1

Handle puck once and then pass to gain feel of the puck.

<https://youtu.be/uCBsG4KORMI>

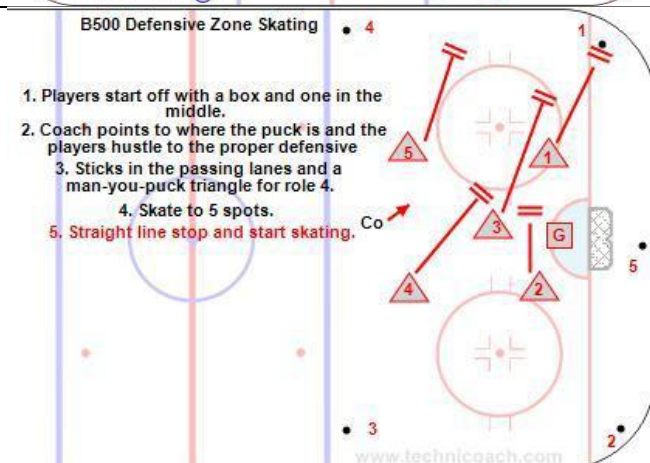


15'

B6-600 Flow - Breakout 2 F Shoot - D Point Shot - Finland U20

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=3156&topic=3898#3898>

[https://youtu.be/567GJB\\_Cgpc](https://youtu.be/567GJB_Cgpc)



15'

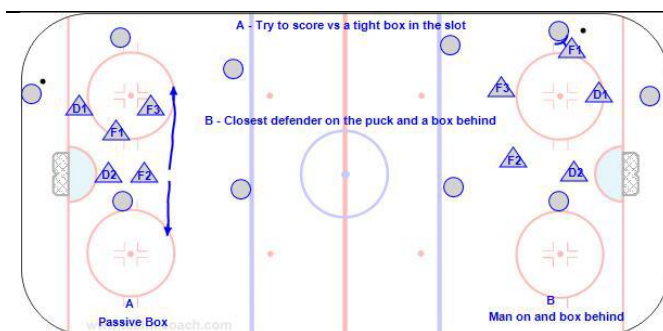
### T4 - A500 Defensive Zone Skating – Pro

One group each end

T4 - Defensive Zone Skating - - RB Pro

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=930&topic=1126#1126>

<https://youtu.be/SkXnlmn6IXk>



**15' Walk through at one end.**

#### **T4 Teaching Defensive Zone Coverage 2-1-2**

##### **Key Points:**

Tie up sticks in the slot, keep sticks in the passing lane and shin pads in front of the puck.

When doing man on and box behind closest player is aggressive from the inside to the outside body on body and stick on the puck.

##### **Description:**

Teach defensive zone coverage by giving the offense 45 seconds to score.

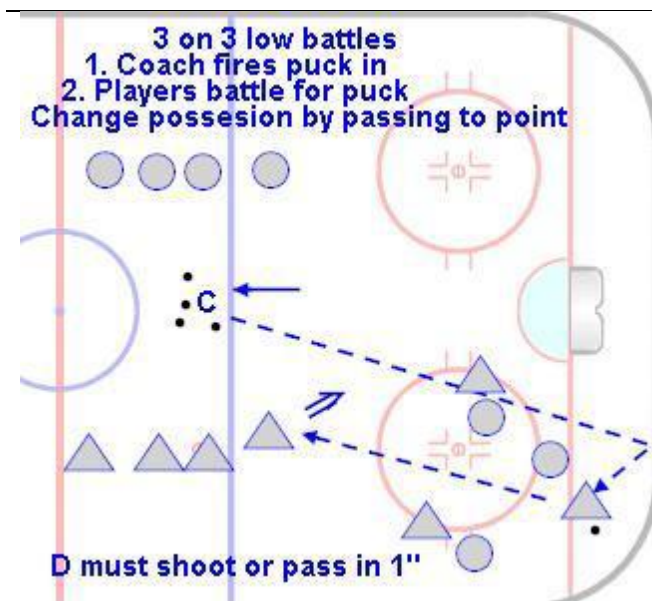
A. Play a tight box and one in the low slot area.

Players can only move a few strides but stay in a tight 2-1-2 formation.

B. Closest defender pressure the puck right away while teammates form a box behind.

When the puck is passed away drop to a corner of the box or take the player to the net.

If the offense has three attackers cycling on one side D2 must move to that side and F2 drops to the hash marks to cover the front of the net.



**15' Mike run**

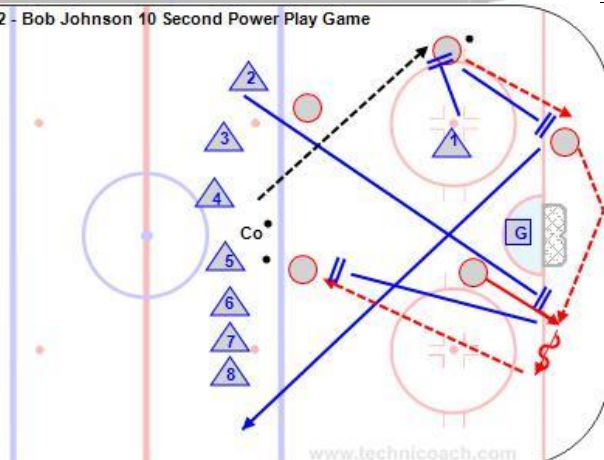
#### **DT400 3-3 Krusel Battling Game - ProW**

**Key Points:** Battle for loose pucks, screen the goalie, shot passes, cycle, man on man, tie up sticks, tip, low zone play.

**Description:** 1. Line up with the face-off dots and 1 to 3 players race for a loose puck on the whistle. 2. Pass to the point to transition to offense. 3. Point player must shoot or pass within 2 seconds. 4. If a point pass goes out the other point man gets the puck. 5. Either leave the puck in the zone or pass to the coach on a whistle.

[https://youtu.be/e80Cod\\_L2So](https://youtu.be/e80Cod_L2So)

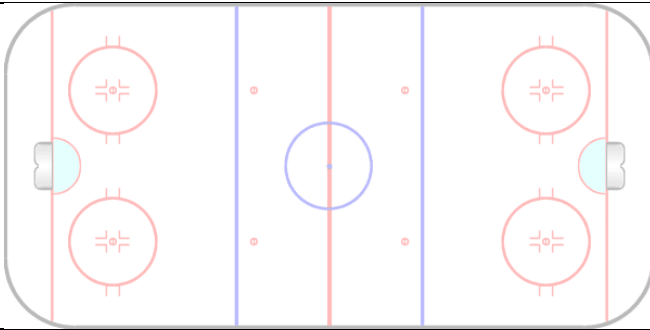
T2 - Bob Johnson 10 Second Power Play Game



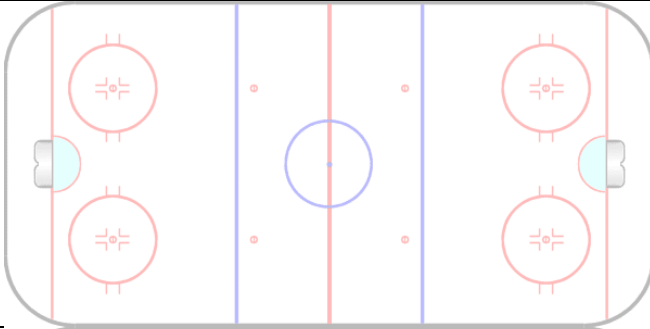
**13'**

T2 - Johnston PP Game vs 1 or 2 PK – College

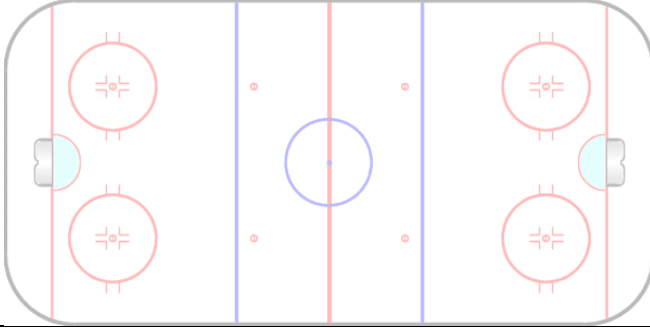
<https://youtu.be/k-QN7-OHhYY>



**2'**  
**Puck and meet in middle.**



**Explanation/Notes:**



**Explanation/Notes:**

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