

Practice Plan

Date: 09-27-21
Time: 4:30 - 6:00
Arena: SAIT
Lines:

Agility skating

Four chamber attack

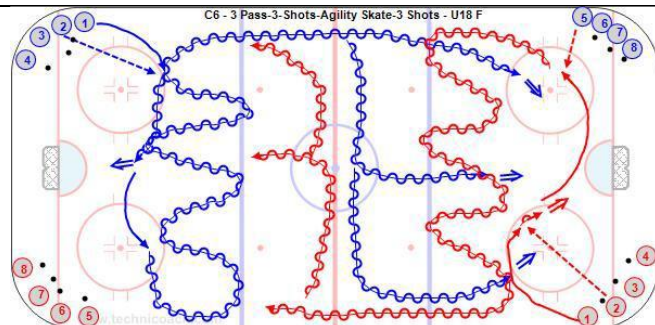
Oen timer contest

Notes:

Passing

C3 - 1-1, 3-1, 4-2 using the 4 chambers

2-2, 3-3 game with one timers.



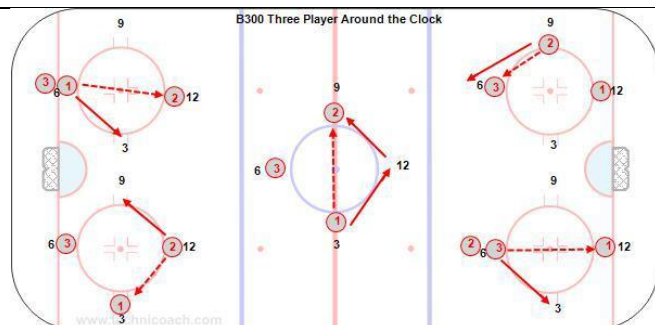
10'

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:

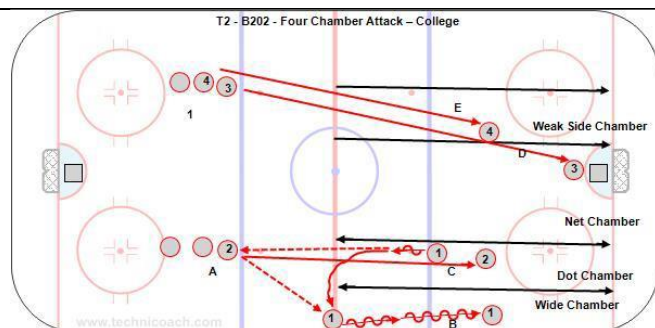
1. Three leave from diagonal corners.
2. 1 skate to the top of the circle and get a pass from 2 then skate into the slot and shoot.
3. 2 and 3 repeat getting passes from 3 and 4.
4. Give a target and get a pass from 5-6-7 in the other corner.
5. Skate up and back to the blue line and top of the circle 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.

<https://youtu.be/JqCQValiwwA>

 10' **Mike Goalies too**
B300 Three Player Around the Clock

Key Points: One touch pass and follow through at the target. Get the top hand away from the body. Pass and rotate.

Description: Three or four players one touch pass around a circle. 1 - Pass 6 to 12 o'clock. 6 to 3, 12 to 9, player three stay at 6. 2 - Pass 12 to 3 o'clock. 12 to 9, 3 to 6. 3 - Pass 3 to 9 o'clock. 9 to 6, 3 to 12. 4 - Pass 9 to 6 o'clock. 5 - Repeat starting with player three at 6. *Go around 3-5 times and then change direction.

<https://youtu.be/CR8aFnZCsIs>



20'

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.

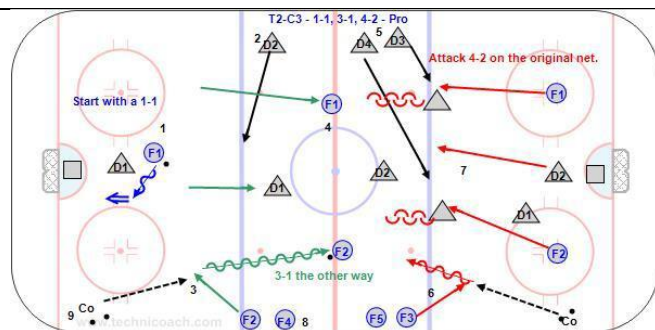
Description:

- A. Players are in two lines facing each other across the neutral zone.
- B. Stage one: 1 pass across to 2 and pivot in outside chamber for a return pass, skate in and shoot.
- C. Stage two: 1 pass to 2 outside and join attack in the faceoff dot chamber.
- D. Stage three: 1 pass to 2 and join while 3 from the other line goes hard to the net in the middle chamber.
- E. Stage four: 1-2-3 repeat while 4 joins as a trailer down the weak side chamber.
- F. Fifth attacker support from the point.
- G. 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 crosses and takes the ice behind, 1 chip and 2 chase, etc. Important that 2 skates hard and takes a defender with him.*

***In the drill this happens at both ends as shown in the video.**

<https://youtu.be/0gMgG3rkXzg>



15'

T2-C3 - 1-1, 3-1, 4-2 – Pro

Key Points:

D defend the rush and then join the next attack up the ice. Attack with speed.

Description:

- 1. F1 get a pass from the coach and attack vs. D1.
- 2. D2 follow the play to the point.
- 3. F2 follow the rush and get a new puck from the coach.
- 4. F1-F2-D1 attack 3-1 vs. D2.
- 5. D3-D4 follow the rush to the point.
- 6. F3 enter the zone and get a pass from the coach.
- 7. F1-F2-F3-D2 attack 4-2 vs. D3-D4.
- 8. F4 and D5 follow the rush.
- 9. F4 get a pass from the coach and attack 1-1 vs. D5.
- 10. Continue the sequence of 1-1, 3-1, 4-2.

**The next progression is to turn this into a Transition Game starting with a 1-1, D2-F2 follow the play. D1 make a*

breakout pass to F2 and F1-D1 join the rush 3-1 vs. D2, F3-D3-D4 follow. D2 make a breakout pass to F3 and join the attack with F1-F2-F3 vs. D3-D4.

https://youtu.be/Lb-EJTaHA_M

15' Both ends 3 nets

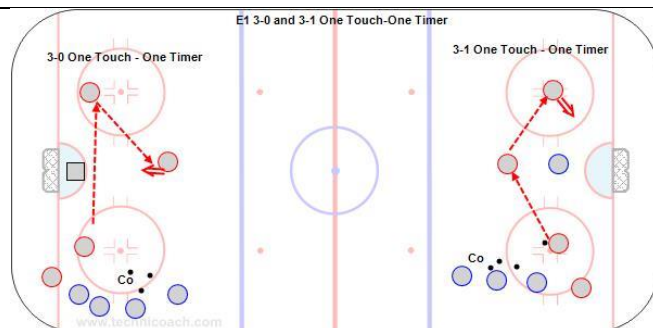
E1 3-0 and 3-1 One Touch-One Timer Key

Points: Square to the passer and have the stick back and ready. Follow through at the target with the outside knee pointing at the target.

Description: 3-0 1. Shooters form a umbrella and one touch pass and shoot. 2. New puck when the puck goes out of the playing area, goal or frozen puck. 3. Rotate in and positions each new puck. 3-1 Same as the 3-0 but now there is a defender.

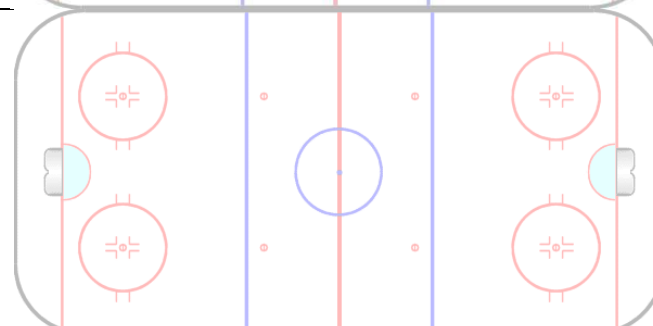
*Keep score team vs. team and goalie vs. shooter.

<https://youtu.be/mhkZD49mopA>

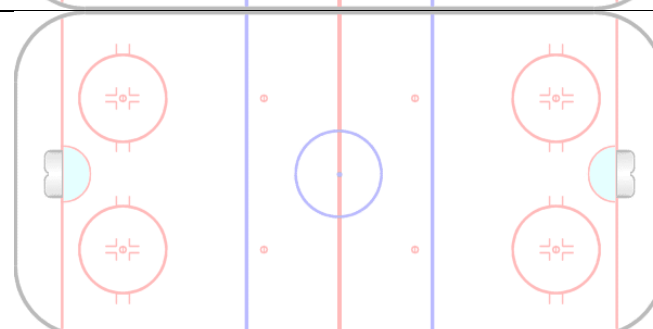


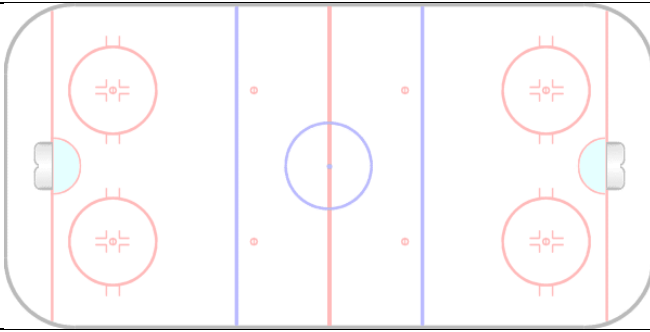
10'

2-2 and 3-3 game at each net. Goals must be on one timer shots.



Explanation/Notes:





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