



Trojan W

Practice Plan

Date: 10-06-21

Time: 4:30-6:00

Arena: SAIT

Lines:

Agility skate and shoot

Torpedo forecheck

Angling

Team play sequence 5-5, 5-4, 5-3

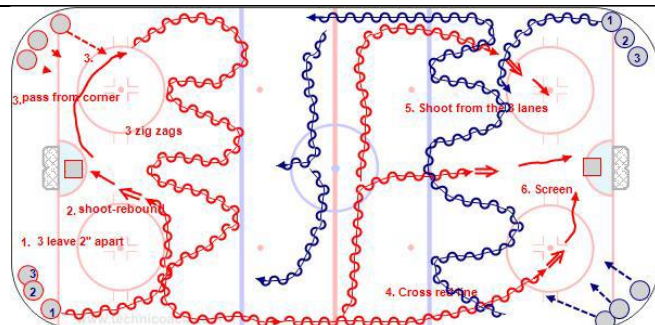
Notes:

Power Play

1-1, 2-1

Shootout

2/3 ice transition game



10' Do four variations

B6 - 3 Shots, 3 Zig zags, 3 Shots

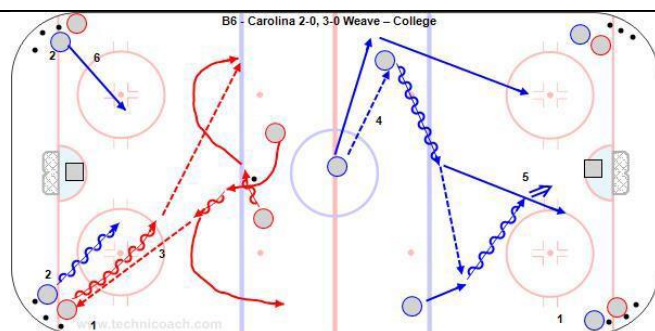
Key Points:

3 Leave from diagonal corners about 2" apart, skate around circle then shoot, get a pass from the other corner, skate 3 zig zags between the blue line and the top of the circles the fill the 3 lanes and shoot.

Description:

1. Make sure to leave about 2 seconds between shooters so the goalie has time to get set.
2. Follow the shot for a rebound before getting the pass.
3. Do skills while zig zagging 3 times such as;
 - a. carry the puck with the hands and feet moving all the time.
 - b. carry the puck only using the forehand side of the stick.
 - c. only use the backhand side of the stick.
 - d. transition skate facing the far end forward to backward.
 - e. skate backward.
 - f. 360 degree turns.

<https://youtu.be/tTthomKaj0M>



10' B6 - Carolina 2-0, 3-0 Weave - College

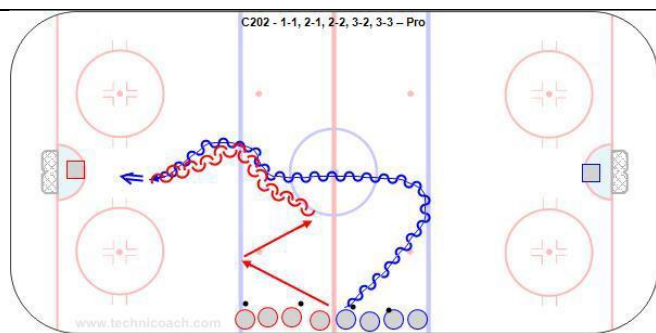
Key Points:

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

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.

<https://youtu.be/rTaNDctDKtc>



10'

C202 - 1-1, 2-1, 2-2, 3-2, 3-3 – Pro

Key Points:

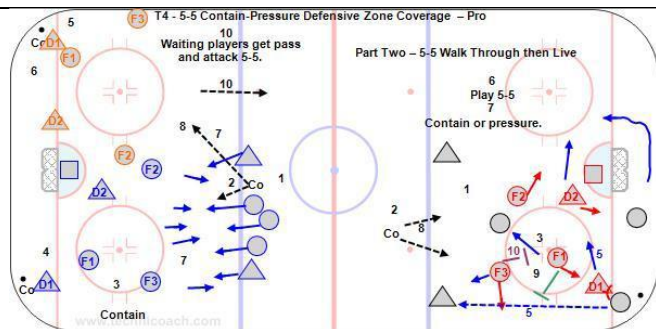
Start with a 1-1 but many situations are possible. Everyone practices attacking and defending.

Description:

1. Players line up along the boards on one side and leave from the red line.
2. First blue is the attacker and then red.
3. Both players skate back to their blue line and then skate toward the red line.
4. Attacker can carry the puck or bounce it off the boards.
5. Defender close the gap and skate back if attack is down the middle.
6. Angle from inside if the attacker goes wide.
7. Vary the number of attackers and defenders.

**Add shoot across to wide boards and surf.*

<https://youtu.be/kP35VIBpSwA>



20'

T4 - 5-5 Contain-Pressure Defensive Zone Coverage – Pro

Key Points:

Everyone must see the puck and see their man. Stay on the net side (defensive) of the player they are covering. Sticks on the ice and in the passing lanes. It is a combined 'man to man-zone defense'. All defenders must cover one player. Closest defender to the puck on tight, 'Body on body and stick on the puck.' next closest a stick length away, third closest half way, fourth and fifth closest maintain a 'man-you-puck triangle', see the puck and your man with the stick in the passing lane. Weak side defending forward pick up F3 if he is high in the slot.

Description:

Part One – Defensive Zone Rotation Contain then Pressure (Swarm)

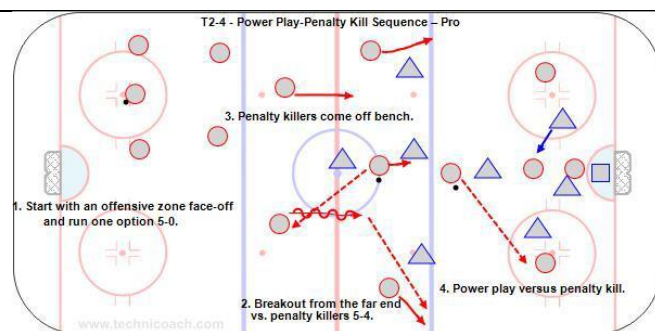
1. 5 defenders start from the blue line with a coach in each corner.
2. Coach pass the puck to the corner and defenders skate into the zone. 'Man on Box Behind.'
3. Read offensive control and play 'man to man-zone defense.'
4. D1 on puck, D2 net front, F1 support D1 low, F2 mid slot, F3 puck side point.
5. Read no offensive control so pressure and outnumber the offense – 'Swarm.'
6. D1 on hard, D2 move to goal line, F1 close support for D1, F2 net front coverage, F3 move to boards above the hash marks. D2 and F3 intercept any low or high rim.

7. Pass to coach, players skate out - pass to the coach in the other corner - the 5 defenders rotate.
8. D2 to corner, F1 skate in front and to corner, F2 cover puck side point, F3 mid slot.
9. Repeat the contain and pressure, 'Swarm' walk through.
10. After each group has practiced a few times go live.
11. Repeat the walk through in both corners then skate out and pass to 5 attackers and defend 5-5.

Part Two – 5-5 Walk Through then Live

1. Set up in one zone with 5 attackers and 5 defenders.
2. Coach pass the puck to the corner and all 5 defenders rotate.
3. D1 on puck, D2 net front, F1 support D1, F2 mid slot - cover high offensive OF3, F3 puck side point.
4. Pass puck to strong side point and all rotate.
5. F3 up to point, F2 slide to mid slot, F1 cover high offensive OF3, D1 and D2 be half way or box OF1-OF2.
6. After the low and high walk through play 5-5 live.
7. Communicate to switch between 'contain and pressure' defending.
8. Coach spot a new puck if the play ends right away.
9. F1 pressure the puck at the hash marks or half wall and D1 support.
10. F3 drop down to prevent a high walk-in if F1 is beaten on the wall.

<https://youtu.be/gREv1mFhTqU>



20'

T2-4 - Power Play-Penalty Kill Sequence – Pro

Key Points:

Develop a power play that fits the skill of each five player unit. Practice the Diamond 1-3-1 both from the blue line and below the goal line. Defend from the net out, stop and start, stick on puck and in the passing lanes. Swarm when the offense doesn't have control along the boards. Weak side forward fall under and cover the middle attacker. Power play create shooting lanes, screen, crash for rebounds.

Description:

1. Start with an offensive zone face-off and run one option 5-0.
2. Breakout from the far end vs. penalty killers 5-4 or 5-3
3. Use controlled breakouts for each group.
4. Penalty killers come off the bench to defend against the breakout.
5. Power play versus penalty kill.

- * Breakout with a double swing and five attack.
- * Breakout in the three lanes and two forwards swing behind for a trailer pass and attack late, these players attack the static defense and carry in, pass to each other or the wide players at the blue line.
- * Aggressive penalty kill when the puck is loose or the attackers back is turned.
- * Option one is to have the wide players on their forehand side for one timers.
- * Option two is to have a passing PP with right and left handed shots on the right and left sides.
- * Rotate positions and keep moving.
- * Defender stay with the puck carrier but do not chase passes.
- * Play a 4-4 on the strong side and deny the cross ice pass with sticks in the lane.
- * Many teams give the goalie the walk out player jam and cover the other four.
- * Power play create confusion with quick puck movement, switches and back door options, outnumber the defenders on rebounds.
- * A coach can use this sequence to practice from 3-3 to 5-5.

<https://youtu.be/VadXPVkB4I>

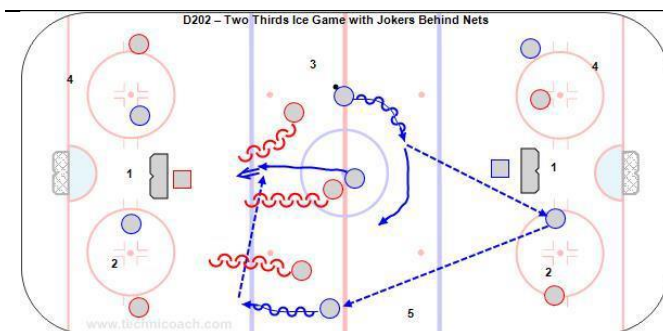
20'

D202- 2/3 ice game with Jokers at each end

<https://youtu.be/3VCe8b-97ug>

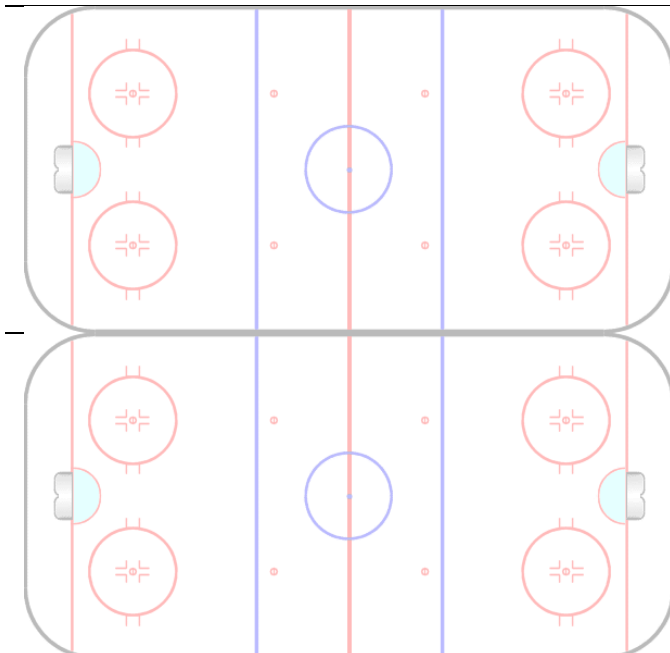
DT202 - 4-4 Must Regroup with Jokers Behind - College W

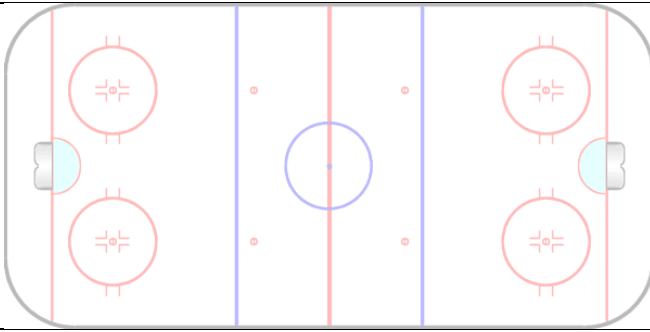
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Pucks and team cheer in middle

Explanation/Notes:





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