



SAIT W

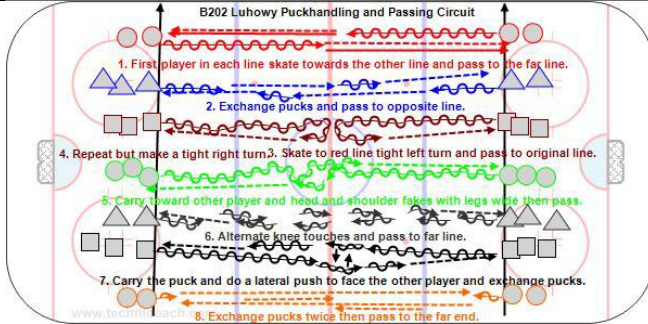
## Practice Plan

Date: 10-12-21

Time: 6:15-7:45

Arena: SAIT

Lines:	Notes:
Goalie training	Individual defensive technique
1-1, 2-1	Breakout with wide wind slash option
Pass and shots	Forward specific skills
Defenseman specific skills	Defense focused drill



15' Mike do the nzone passing  
Mel one end with one or two goalies. B202 Luhowy Puckhandling and Passing Circuit

### B202 Luhowy Puckhandling and Passing Circuit

#### Key Points:

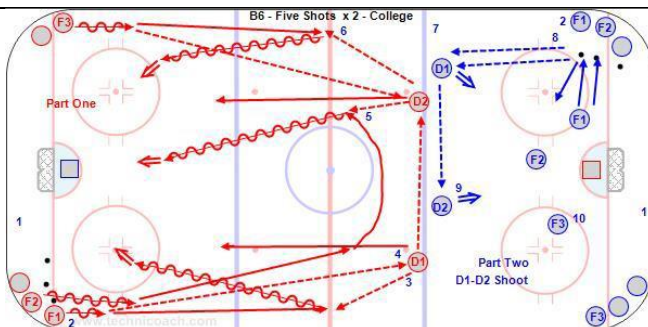
Control the puck and “lock and load” when you carry the puck; meaning move it from in front to your side. Keep a strong skating position with the knees bent and head up.

#### Description:

Line up behind the top of the circle with 2 or 3 players facing 2 or 3 players at the other end. Have between 2 and 4 groups depending on the number of players. A group of 4 is the smallest.

1. First player in each line skate towards the other line and pass to the far line.
2. Exchange pucks and pass to opposite line.
3. Skate to red line tight left turn and pass to original line.
4. Repeat but make a tight right turn.
5. Carry toward other player and head and shoulder fakes with legs wide then pass.
6. Alternate knee touches and pass to far line.
7. Carry the puck and do a lateral push to face the other player and exchange pucks.
8. Exchange pucks twice then pass to the far end.

\*Other passes like backhands, saucer or moves like in the feet, toe drag can be added.



### 10' Tom

#### B6 - Five Shots x 2 – College

#### Key Points:

Pass hard while skating, face the puck and give a target, shoot while skating and follow the shot for a rebound. The same sequence is done from both ends starting from diagonal corners.

#### Description:

1. White forwards at one end and white D at the far blue line. Red F and D opposite.
2. F1 skate and pass to D1 then open up for a regroup pass at the red line.
3. D1 pass to F1 who skates in and shoot from the wide lane.
4. F2 leave from the same corner, skate and pass to D1 who

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passes to D2.

5. F2 cross the red line and mirror the puck for a pass from D2 then skate and shoot.

6. F3 leave from the opposite corner, regroup with D2 and shoot from the wide lane.

7. D1-D2 skate up to the blue line.

8. F1 get a puck from the corner and pass to D1 who shoots.

9. F1 pass another puck to D1 who passes across to D2 who shoots.

10. F1-F2-F3 have a net presence.

<https://youtu.be/QC7hvuGCowI>

15- TJ

### **T2 - 5-0 BO - Wide Wing Slash - Stretch – Pro**

#### **Key Points:**

Move the puck up ice quickly. Wide wing read possession and slash across then up to the far blue line. Everyone joins the rush.

#### **Description:**

1. Players leave in 5 man units from the middle circle.
2. Pass the puck to a coach in the corner who spots it for D1 to pick it up.
3. Strong side wing support from just inside the blue line.
4. Wide wing slash across to the far blue line.
5. D pass to the C or low forward.
6. C pass to the wing at the point.
7. W pass to the middle D2 who is skating up ice.
8. D2 pass to the weak side wing at the far point.
9. Attack in the four chambers 5-0.
10. Pass in an offensive sequence 5-0 if there is a rebound or with a second puck.

<https://youtu.be/NfNPqFiZQA4>

15' TJ

### **C1-C6 Pass Regroup - 1-1 and 2-1 x 2 – Pro**

#### **Key Points:**

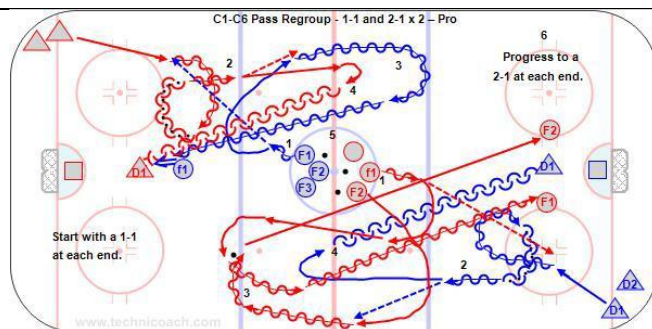
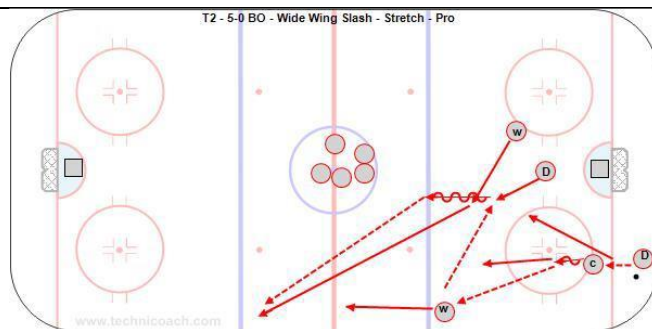
Attack with speed and go hard to the net. On the 2-1 make the first play early so there is a second play. Defend with a tight gap and ox the shooter out on the 1-1. On the 2-1 keep the puck to one side and take the stick of the wide player after the shot.

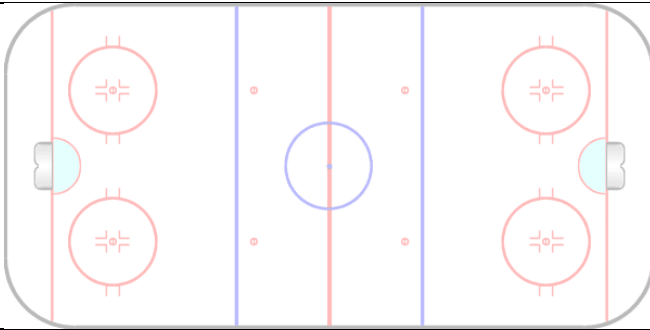
#### **Description:**

1. F1 at each end pass to D1 coming out of the corner.
2. D1 make a pivot and pass to F1 and follow the play.
3. F1 turn back at the far blue line and attack 1-1 vs. D1.
4. D1 mirror F1 and skate backwards to defend the rush.
5. F2 and D2 at repeat at each end.
6. Change the drill to a 2-1 with F1-F2 attacking vs. D1 at each end.

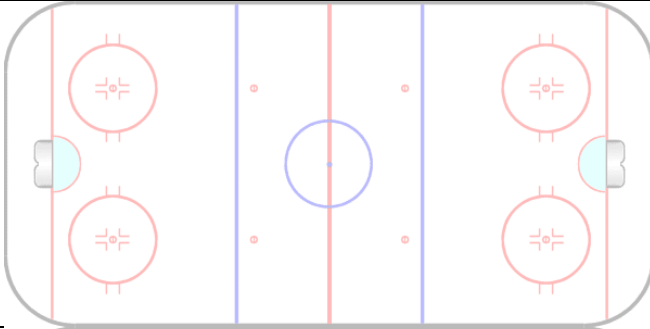
[https://youtu.be/DbvCmK\\_M5wc](https://youtu.be/DbvCmK_M5wc)

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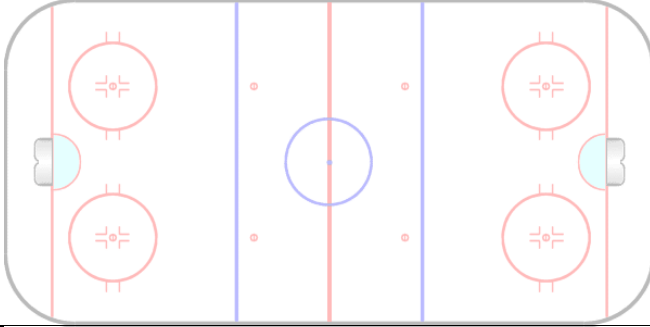




**15'**  
**TJ – all D**  
**Mike – all F**



**20' TJ – Entire Team**  
**Individual or team defensive skill.**



**Explanation/Notes:**



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