



SAIT W

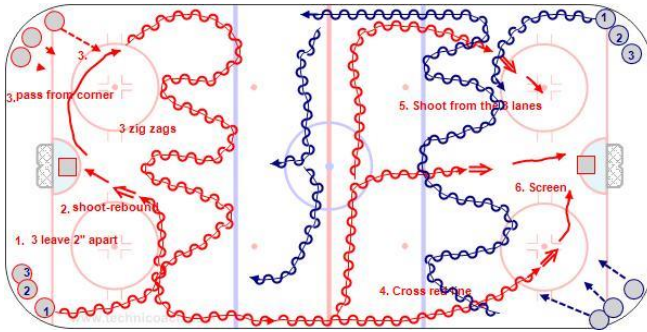
Practice Plan

Date: 11-10-21

Time: 4:30-5:45

Venue: SAIT

Lines:	Notes:
Agility, shots,	Speed on attack
Four chamber attack	Power play
Pp vs pk	Faceoff plays



8'

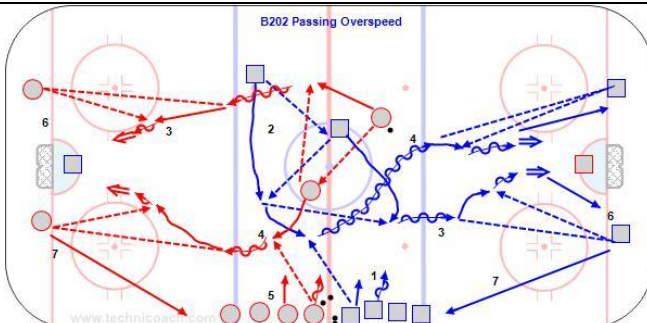
B6 – 3 Shots, 3 Zig zags, 3 Shots – U17-20 RB

Key Points: 3 Leave from diagonal corners about 2" apart and get a pass from the second player.

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 to forward. e. skate backward. f. 360 degree turns.

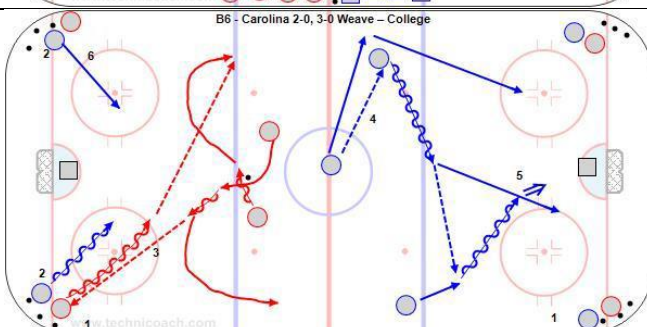
https://youtu.be/AfPDToEnXdc

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7'

B202 – Passing Overspeed 2-0



8'

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, etc..

Description:

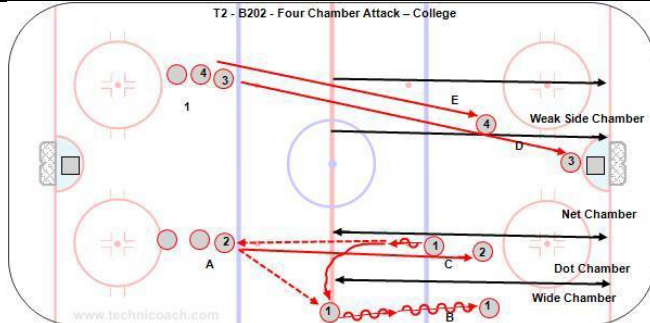
1. Players start from the four corners.

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 with 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>



7'

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.

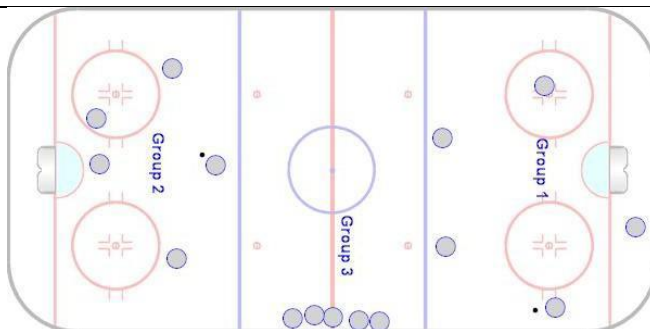
F. Fifth attacker support from the point.

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>



12'

T2 Kingston Power Play and Team Play Rotation

Key Points:

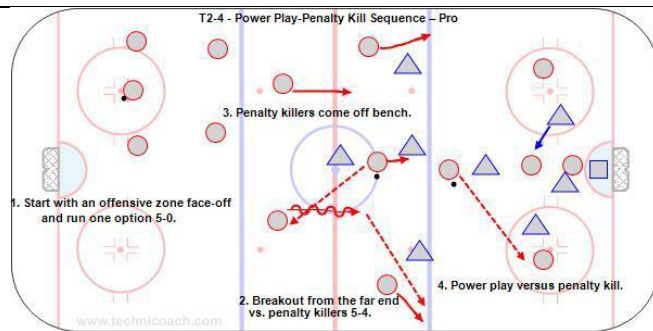
Practice options where every player gets a shot.

Begin with a rotation attacking the seam between the D and the F and read what they give. If the D forces then the low play is available, if the F forces then the point is open. If the pk box is passive then there is a 2-1 at each corner, a 3-2 on each side and seams between players to attack.

Force the pace by taking a shot by a different player every 3 seconds. Coach in each zone

Description:

- Line A at one end practice attack options. - Line B at other end practice attack options. Both walk through pp 5-0. - Line C in middle passing



practice. - On whistle line A dump the puck to the other end and breakout returning to the original end while group C replace group B at the far end and group B pass in the neutral zone. - Repeat with group C breaking out and back and group B switch with group A who move to the middle.
<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20121022102206766>

18'

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:

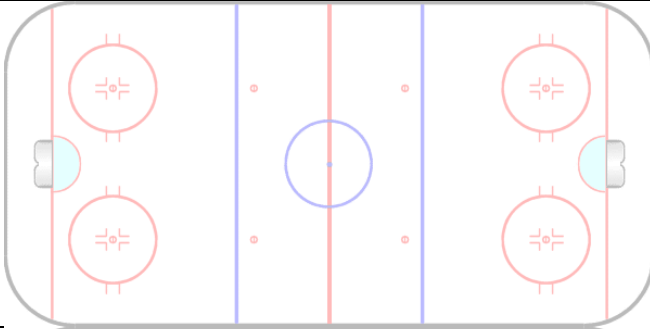
1. Start with an offensive zone face-off and run one option 5-0.
2. Breakout from the far end vs. penalty killers 5-4.
3. Use controlled breakouts for each group.
4. Penalty killers come off the bench to defend against the breakout.
5. Power play versus penalty kill.
 - * Breakout with a double swing 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/VadXPVkBb4I>

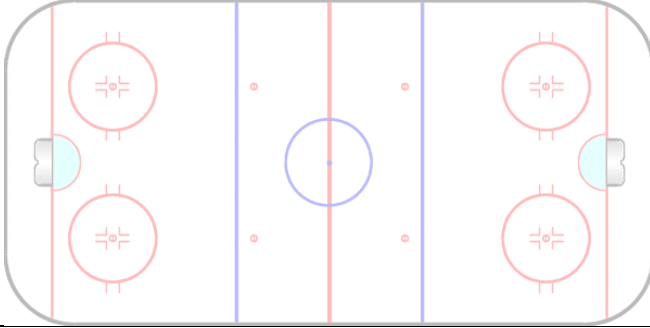


15'

Mike walk through two face off plays.



Explanation/Notes:



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