



SAIT W

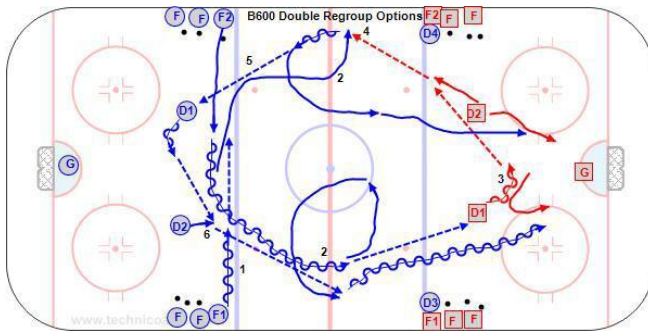
Practice Plan

Date: 11-09-21

Time: 6:15-7:30

Venue: SAIT

Lines:	Notes:
Regroup and hinge	Breakout and point shots
Goalie training	Battling
Defending 3 on 3	Transition



15'

Mel goalies

B600 Regroup x 2 - Hinge 2-0

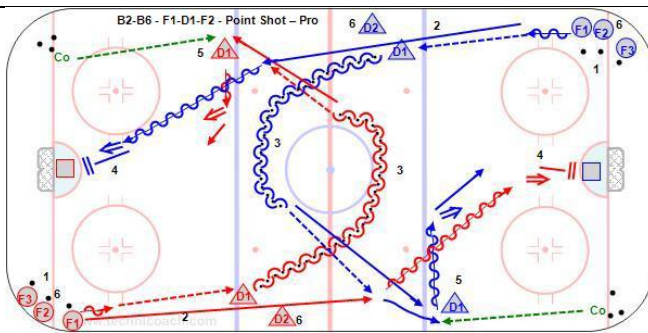
Key Points: Regroup with each D and support from about a half zone away. Give a target and face the puck. Pass hard and always give strong side wall support and middle support.

Description: 1. Blue F1 leave and pass to F2. 2. Cross and regroup with Red D1 and D2. 3. Red D1 hinge and Pass to D2. 4. Red D2 pass to Blue F1 or F2. 5. Blue F's regroup with Blue D1 or D2. 6. Blue D's hinge and pass to Blue F. 7. Blue F's attack the far net vs. either zero, one or two D.

*Options: vary the amount of F up to 3 or D up to 2.

Add a dump in instead of a second regroup to work on breakouts or even a forecheck.

http://www.hockeycoachingabcs.com/filemgmt_data/B600%20Regroup-Hinge%202-0%20one.3gp



12' TJ – focus on D moving laterally before shooting.

B2-B6 - F1-D1-F2 - Point Shot – Pro

Key Points:

Do everything with speed and good habits. Give a target, firm passes, keep the stick square to the pass, carry the puck in the triple threat position, follow the shot for a rebound with the stick on the ice. Shoot low from the point.

Description:

1. Forwards start in diagonal corners and defense at the point.

2. F1 continue skating down the wing.

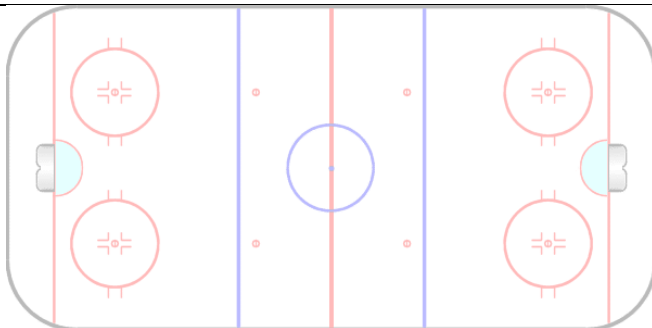
3. D1's carry the puck around the circle and pass to the F1 skating down the other wing

4. Both F1's take a shot, look for the rebound then screen the goalie.

5. D1's get a pass from the coach at the point the drag and shoot.

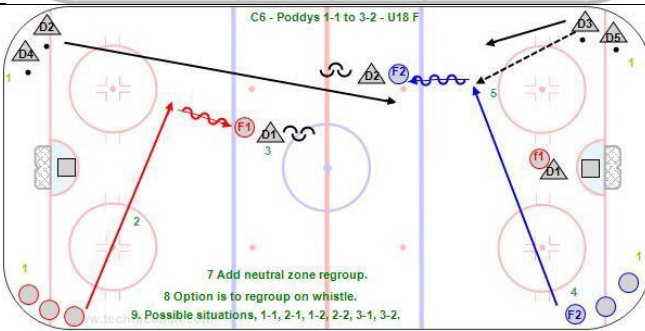
6. Repeat with F2's and D2's.

<https://youtu.be/UGfRzD6nyvk> .



18'

TJ – 3-3 at one end then Mike take half at other end.



10'

C6 – Pardy's 1-1 to 3-2 – Wally - U18 F

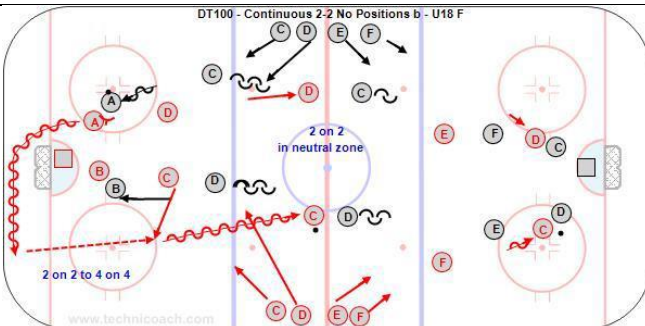
Key Points:

Attack with speed and defend with tight gaps. Add regroup. Vary the number of attackers and defenders.

Description:

1. Attackers and defenders are in corners at each end.
2. F1 skate across the top of the circle and get a pass from D2 who follows.
3. D1 defend the 1-1 attack.
4. F2 leave from the other end when the original attack passes the top of the circle.
5. F2 get a pass from D3 and attack vs. D1 and D3 follow the attack.
6. Two or three forwards can attack vs. one or two defenders.
7. Add F2 regroup with D3 in the neutral zone.
8. Another variation is regroup only if the coach blows a whistle.
9. Possible situations, 1-1, 2-1, 1-2, 2-2, 3-1, 3-2.

<https://youtu.be/NYAhiCwca-4>



10'

DT100 - Continuous 2-2 No Positions - U18 F

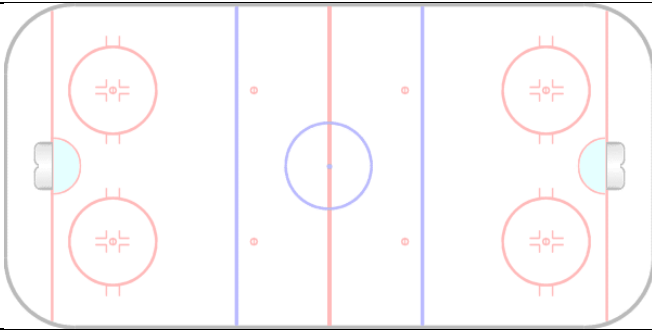
Key Points:

Everyone plays both forward and defence in this transition game. They have to FIO (figure it out) in the defensive and offensive zones so two players are deep on the attack and defending and two at the point on offense and two covering the point on defense. 'Keep Score', it is a 'Game' with no whistles and constant 'Changing on the Go.'

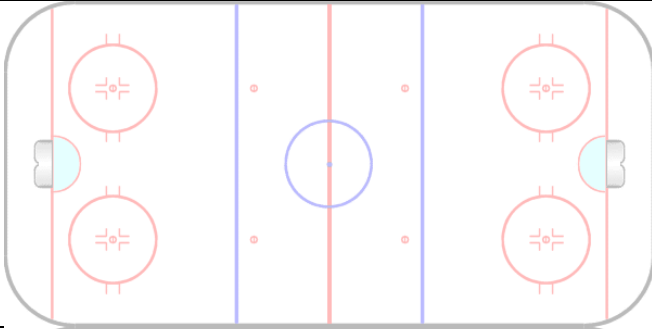
Description:

1. Black A-B attack vs. Red A-B.
2. Black C-D follow when the puck crosses the blue line and support at the point.
3. Red C-D follow from the other side and cover the point.
4. Play 4-4 in the zone.
5. On a goal, frozen puck or change of possession Red C-D attack vs. Black C-D.
6. Red E-F support the attack at the point and Black E-F cover the point.
7. Continue this flow..

<http://www.hockeycoachingabcs.com/>



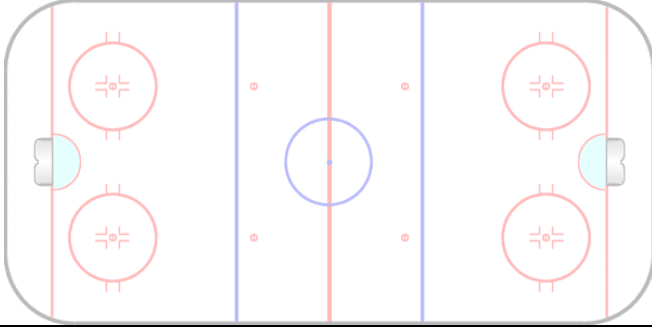
10'
Mike
Battling game



Explanation/Notes:



Explanation/Notes:



Explanation/Notes:
