



SAIT WH

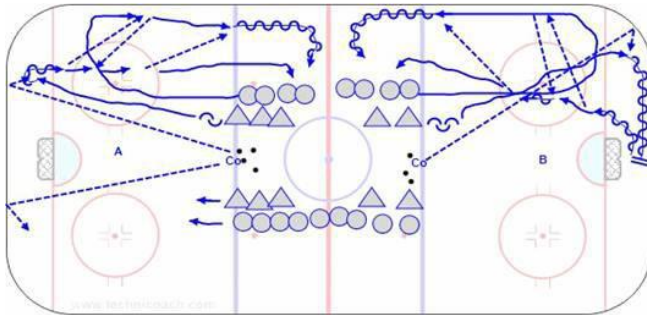
Practice Plan

Date: 11-30-21

Time: 18:30-19:30

Venue: SAIT

Lines:	Notes:
14 skaters and 2 goalies	
Transition	1-1, 2-1, 2-2, 3-3
Breakout options	Backchecking
Timing and shots	



12' – TJ with skaters and Mel with G

B5 Murdoch Breakout Routine A and B

Key Points:

This is a good routine to use at the start of practice instead of just skating around the ice aimlessly.

- Work for 5-10 min. and get in a lot of reps.
- D shoulder check on the way to the puck.
- Forwards funnel through middle lane and watch puck before swinging up the boards.

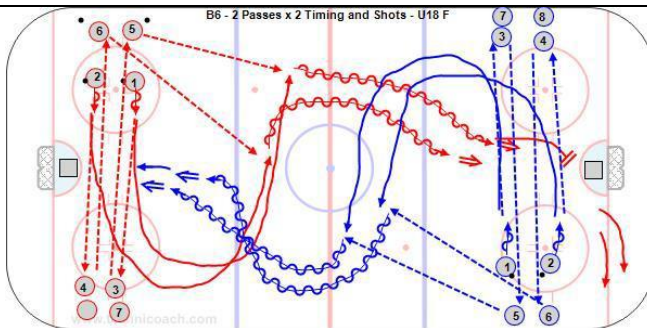
Description:

Wings and Defense

A. Coach shoots puck in and D gets the puck and passes to the wing who times his skating from inside to outside. D to W back to D and up to wing. Then repeat on the other side. All forwards take turns getting the pass on the wing.

B. Coach shoots the puck in and D skates back to get in while the wing times his skating from the middle to the outside lane.

The D drives the back of the net and stops and goes out the same direction making a counter pass to the wing, who returns the pass and gets another pass. Repeat on the other side.



8'

B6 - 2 Passes x 2 Timing and Shots - U18 F

Key Points:

Pass and skate for a return pass. Keep skating while passing, receiving and shooting. Give a target. Handle the puck after receiving and use wrist passes.

Description:

A. 1 and 2 leave from each end and pass across to 3 and 4.

B. 3 and 4 pass across to 5 and 6.

C. 5 and 6 pass up to 1 and 2 skating across the neutral zone.

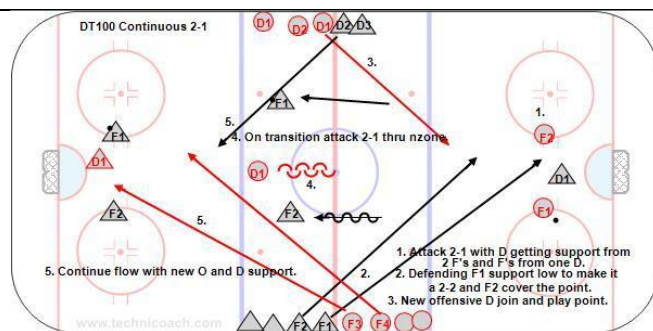
D. 1 shoot-rebound-screen.

E. 2 shoot.

F. 3 and 4 repeat in the other direction.

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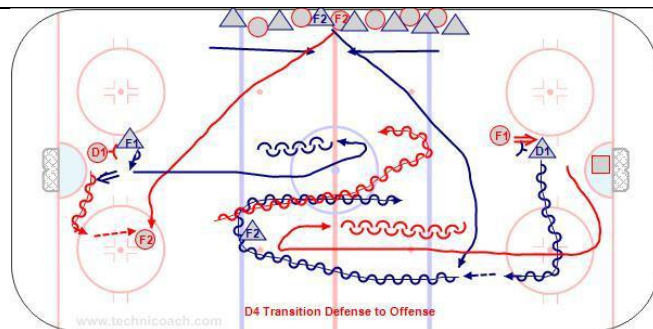
<https://youtu.be/WmpASHh7uL4>.



15'

DT100 Continuous 2-1 with 85ers This is an 85 born team with Mason Raymond and Jeremy Colliton, who are in the NHL. Ryan Duncan who won the Hobey Baker is also one of the players. Aaron Lee is also still playing pro. All but one of these boy's played at least Jr. A. Many major jr. and many NCAA Div. 1. I get chocked up thinking about these kid's because of what happened after the last tournament we played in Vancouver. I started to go around the room and shake their hands to say goodbye and good luck. Instead of shaking hands the first boy got up and hugged me and my assistant coaches and then the whole team did the same thing. Great memory. **Key Points:** New players don't leave the line-up until the puck enters the offensive zone. On dump outs no one change but go back and regroup with the same players. Changes occur when the puck is over the offensive blue line or controlled over the defensive blue line. **Description:** 1. Attack 2-1 with D getting support from 2 F's and F's from one D. 2. Defending F1 support low to make it a 2-2 and F2 cover the point. 3. New offensive D join and play point. 4. On transition attack 2-1 thru nzone. 5. Continue flow with new O and D support. -Continue the flow of 2-1 in nzone and 3-3 at each end. -Dump-ins and regroups can be added.

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15'

DT400 1-1, 2-2, Support-Attack-Defend

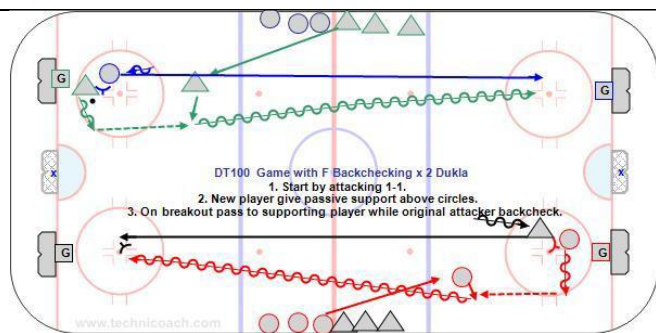
Key Points:

Defending player stay on the defensive side. Supporting player give a target for the pass and get into an open lane.

Description:

1. F1 attack D1 at each end. 2. Players line up on the boards with the first player in line D1 supporting the defense. 3. The coach can determine whether the supporting defender is passive or active. 4. On a turnover or a goal the breakout pass is made to the supporting defender from D1 to F2.. 5. Carry the puck to the red line or if the team has a full ice practice, carry the puck to the far blue line. 6. F2 Attack vs. the original attacker F1. Practice various situations. The big left handed player with the sweat suit is Dany Heatley. It is just after he won the Calder trophy. He came to say hi to the players but because we were playing transition games participated in the whole practice and then stayed and posed for pictures with each of the players.

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10' – One game and not 2 as in diagram

DT100 Game with F Backchecking x 2 Dukla

Key Points:

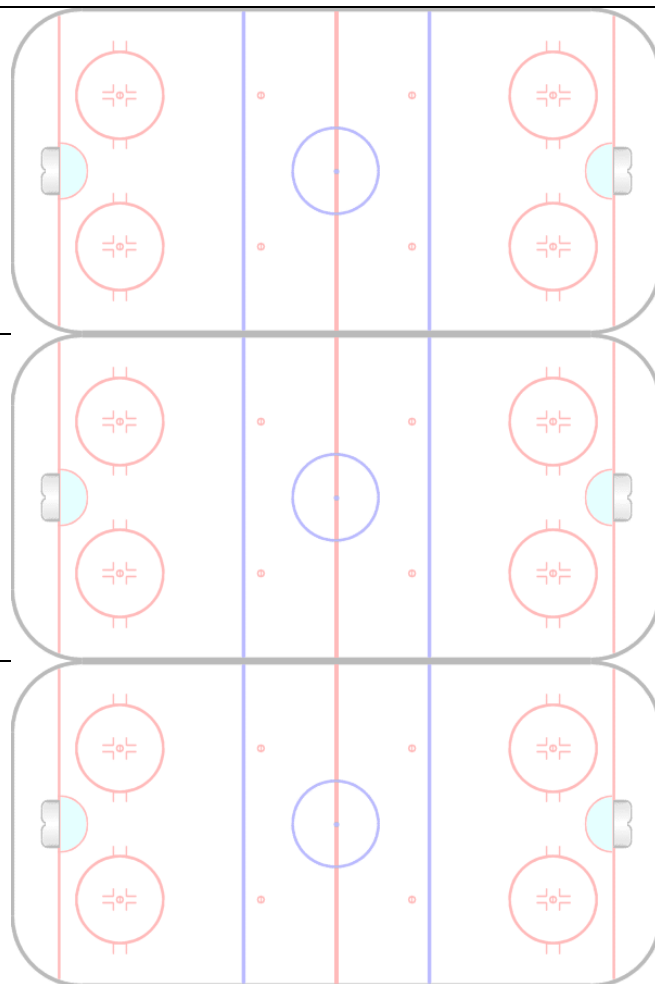
The original attacker backcheck and tie up the attacker stick if there is a shot.

Great game to work on speed in the attack and good defensive habits.

Description:

1. Start by attacking 1-1.
2. New player give passive support above circles.
3. On breakout pass to supporting player while original attacker backcheck.
4. Supporting player can take away the puck if it comes above the circles.
5. Backcheck hard and tie up the stick on rebounds.
7. Battle for loose pucks.
8. Backchecker make sure there is no second shot and goalie clear the rebound.

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2' Get pucks and cheer

13' - Goalies with Mel until 7:30

Players can stay and work on skills.

Explanation/Notes:

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