| ![logo] | **SAIT W** | **Practice Plan** |
|---|---|---|

| **Date: 01-03-20** | **Time: 14:30-16:00** | **Venue: SAIT Arena** |
|---|---|---|

| **Lines:** | **Notes:** |
|---|---|
| Passing, shots, 3-0 weave, | 3-3, 2-2, all situations |
| Keepaway | shootout |
| Full and half ice game | |
| | |
| | |
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B300 Tschumi Around the Clock One Touch
A. 1 and 2 one touch five times 6-12 o'clock
B. 2 pass to 3 at 3 o'clock.
C. 3 one touch across to 2 at 9 o'clock.
D. 2 one touch to 4 at 12 o'clock.
E. Repeat with 4 passing to 3 x 5.
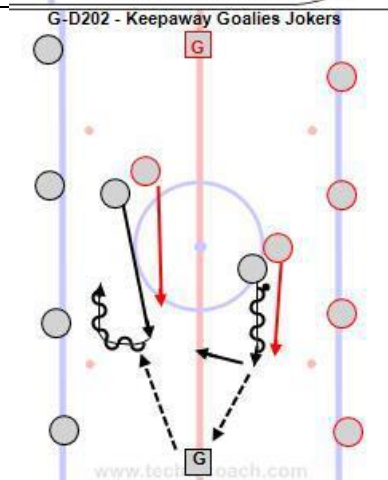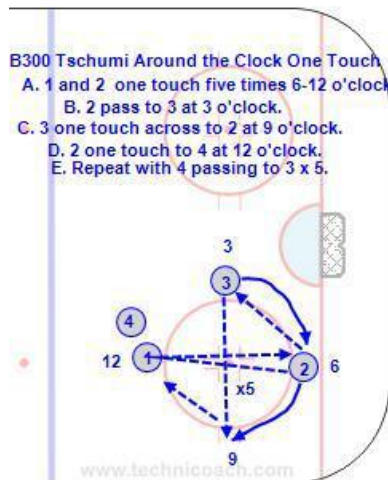
10' Goalies also pass
2' individual puck handle
**B300 Tschumi Around the Clock One Touch**
*Key Points:*
One touch the puck in the middle of the blade and follow through with the top hand away from the body. Start rotating clockwise and then switch to counter clockwise.
*Description:*
A. 1 and 2 one touch five times 6-12 o'clock.
B. 2 pass to 3 at 3 o'clock.
C. 3 one touch across to 2 at 9 o'clock.
D. 2 one touch to 4 at 12 o'clock.
E. Repeat with 4 passing to 3 x 5.
http://www.hockeycoachingabcs.com/filemgmt/index.php?id=90



G-D202 - Keepaway Goalies Jokers

**10'**
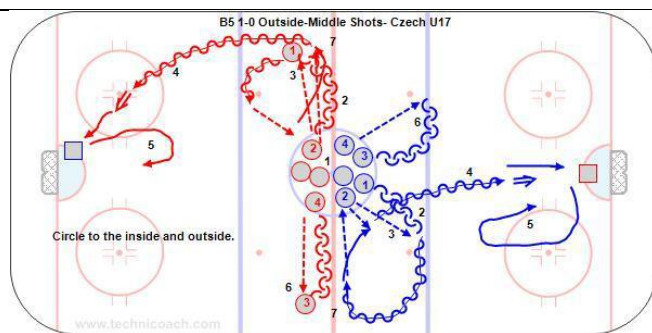**G-D202 - Keepaway Goalies Jokers - Wally Kozak - U18 F**
*Key Points:*
Goalies must be able to handle the puck and pass. Start with just the keepaway and then keep score to increase the compete level.
*Description:*
1. Reds on one blueline and black on the other.

2. Goalies across ice from each other at the red line.

3. Play 2-2 and 3-3 keepaway where you must regroup with either goalie.

4. Goalies pass to the team that passed to them.

5. Start with 2 vs. 2.

6. Progression is 2-2 then 3-3 and you don't check the goalies.

7. Progress to checking the goalies is allowed.

8. 1 pt. for making 10 passes,

9. Switch after 45".

10. Option is to allow passes to players on the blue lines and have them on both sides.
http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2018041110211827

https://youtu.be/fNvtj_SqmHM

B5 1-0 Outside-Middle Shots- Czech U17

Circle to the inside and outside.

www.technicoach.com

**10'**

**B4 1-0 Outside-Middle Shots - Czech U17 and Two Pro**

*Key Points:*

Keep skating, give a target and pass hard and pass while moving. Hit the net and follow the shot. Rebound for the next shooter.

*Description:*

1. All players and pucks are in the middle.

2. One player leave from each side.

3. Player 2 pass to player 1 who circles between the red and blue line.

4. Player 1 skate in and shoot after the third pass.

5. After shooting player 1 circle back and rebound for the next shooter.

6. Alternate sides and player 3 leaves after the first pass.

7. Circle left and right so shots come from both in the middle and the outside lanes.

*\* The first video demo is the Czech National U17 Team and the next two are with pro players.*

http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20130115154629528

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C600 - Multiple One Touch Passes 1-1 x 2 - U18 F

Skate out after shooting to defend 1-1 vs. the next shooter.

www.technicoach.com

**10'**

**C600 - Multiple One Touch Passes x 2 - 1-1 x 2 – U18 F**

*Key Points:*

This drill is done from diagonal corners. Keep skating and make firm passes. Give a target and call for the pass. Face the puck. Shoot, follow the shot for a rebound and then go out to play a tight gap and defend 1-1 vs. the next shooter.
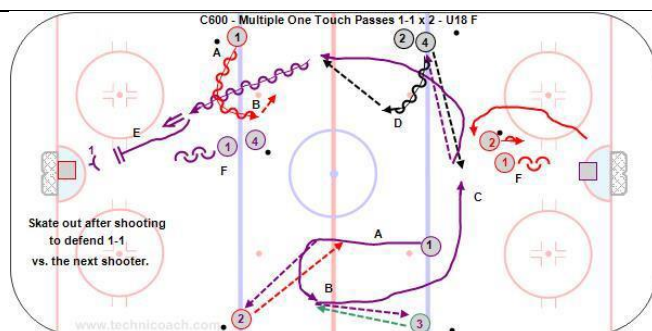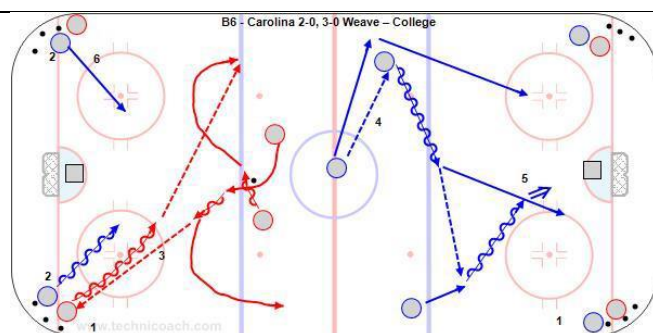
*Description:*

A. 1 exchange passes twice with 2.

B. 1 turn out and exchange passes twice with 3.

C. 1 skate across and exchange passes two with 4.

D. 4 skate to the inside and pass to 1 skating wide up the ice.

E. 1 shoot and follow the shot for a rebound and then skate out to play a tight gap.

F. Defend a 1-1 vs. the next shooter.

*\*1-0, 2-0, etc. drills are not game like. Add a screen, give and go with the last shooter or defend after shooting to practice scoring in realistic situations.*

http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20180501140221605

https://youtu.be/upx3jea6-kg

**10'**

<span style="color:red">**B6 - Carolina 2-0, 3-0 Weave – College**</span>

*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 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.

http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=2018111215552731

https://youtu.be/rTaNDctDKtc



**13'** <span style="color:green">**3-3 at one end and 4-4 other end.**</span>

<span style="color:red">**D4 Two Pass – U15 Boy's**</span>

*Key Points:*

Quick support, get open, give a target, checker on puck, cover away from the puck, box out, take sticks, fight for rebounds. The quicker they make the passes after regaining the puck the more scoring chances they produce. The game is the template and then you can add skill or good habit rules to practice 'How to Play the Game.'

*Description:*

1. Players must stay inside the blueline and if they puck goes out the other team gets it.
2. Before scoring the offensive team must make at least two passes.
3. When the defenders regain the puck they must make at least two passes before a shot.
4. Make rules with skills for skating, shooting, passing or good habits.

http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20141224104513276
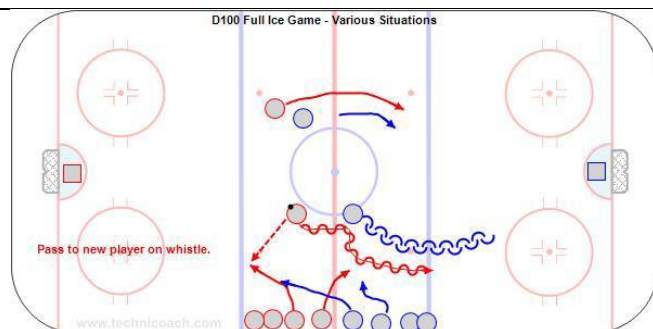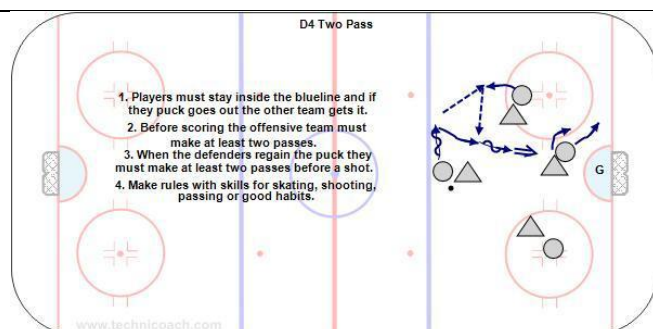


**12'**

**D100 Full Ice Game – 3-3**

*Key Points:*

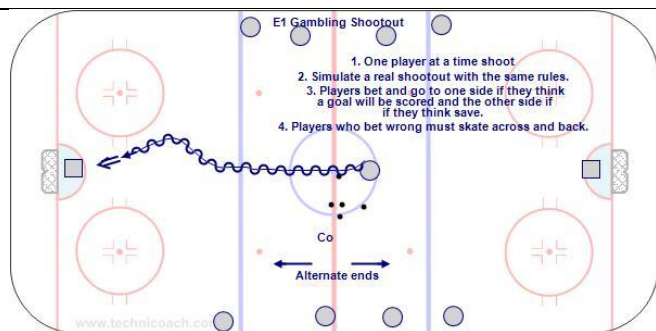Switch between all four game roles.

1-puck carrier.

2-puck support.

3-check puck carrier.

4-cover away from the puck.

*Situations: offense, defense, loose puck.*

*Description:*

1. 3-3 with extra players in the box.

2. Play 3-3.

3. Players change on their own.

4. On a goal scoring team must touch the red line and team scored on get the puck and attack right away.
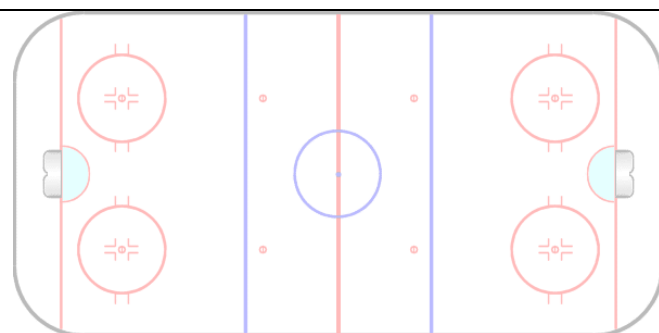5. Keep score.

## 15'
### E1 Gambling Shootout
*Key Points:*
Simulate a real shootout by placing the puck on the dot and the player starting on the whistle and the goalie not moving until the player touches the puck. Get the goalie used to shootout skating.

*Description:*
1. One player at a time shoots.
2. Simulate a real shootout with the same rules.
3. Players bet and go to one side if they think a goal will be scored and the other side if they think save.
4. Players who bet wrong must skate across and back.
5. Alternate ends.
http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20111004080315971

**Pucks**
**Cheer in middle**