



SAIT W

## Practice Plan

Date: 10-14-21

Time: 6:15-7:30

Arena: SAIT

### Lines:

5:00-5:30 Jim video in dressing room.

Skate and shoot

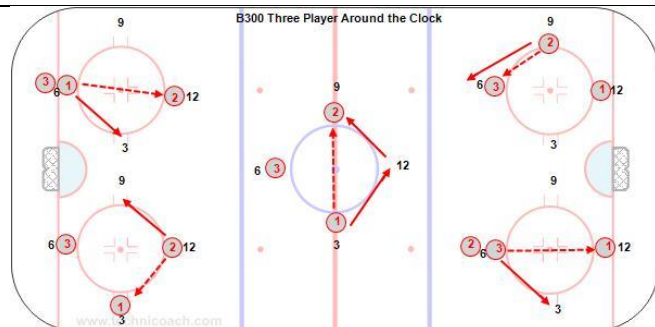
Transition game of 1-1 and 2-1

Maybe 2 goalies. At least one. One 50%

### Notes:

Hinge instruction and practice

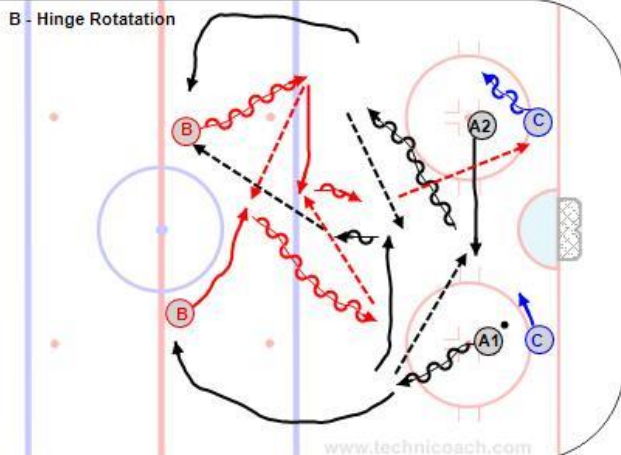
Battle 2-2 with point shots



20' Mel goalies at one end

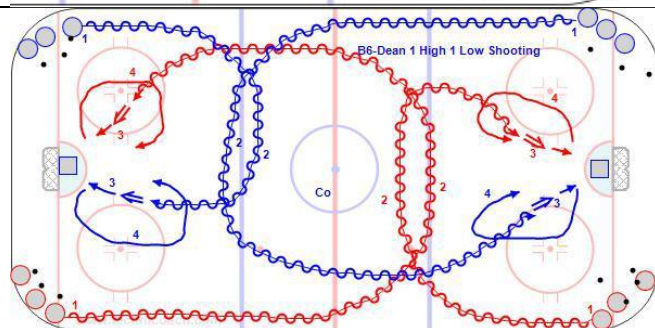
5' Around the clock

### B - Hinge Rotation



15'

TJ instruction on HINGE and review F support with one on boards and one in middle. Then **Tomas Regroup** with stress on hinge.



10' -

### B6 - 1 High 1 x 2 Low Shooting - Pro

#### Key Points:

Shoot with your feet moving. Go to the other corner when finished. Rebound for the next shooter.

#### Description:

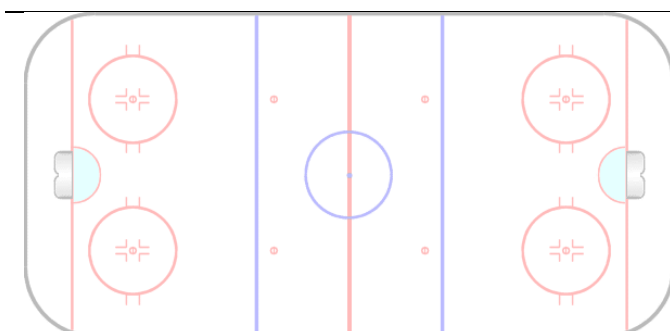
1. One player leave from each corner.
2. One high one low on each side.
3. Shoot, follow the shot.
4. Each shooter rebound for the next shooter.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20101003085932985>

Same drill with agility skating added.

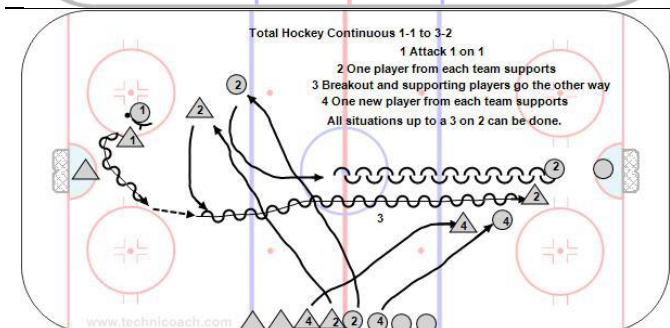
B6 High-Low-Shot then Agility-Shot - Prospects

<https://youtu.be/4gXbWsbKCno>



15'

**TJ – drill that requires Nzone regroup and D hinge. Plan for two lines of skaters and **only one goalie.****



15'

**DT100 Total Hockey 1-1 to a 3-2**

**Key Points:**

The support can be either passive or active. Once the new players are in the neutral zone the original players go back to line; unless a regroup is added.

**Description:**

D100 formation along the boards in the nzone. Start with a 1-1 and when the puck crosses the blue line each player gets support from the lineup on the boards. Various situation up to a 3-2. i.e. A 2-1 thru the nzone with the defender getting 2 and attacker 1 supporting player makes a 2-1 in nzone and 3-3 at each end.

Change the supporting players to create various situations.

Players learn to play in all situations offensive and defensive situations.

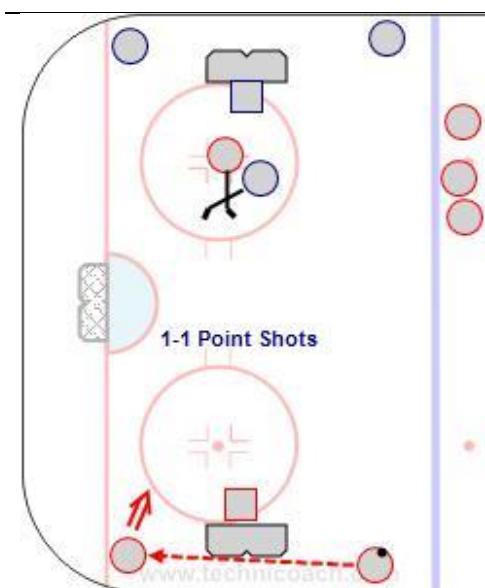
The game can also be played using designated positions.

DT100 Continuous 2-1 - 85er's

<https://youtu.be/3USLKJdp3r8>

DT100 - Continuous 1-1 - 85er's

<https://youtu.be/5c0qnDpWTUM>

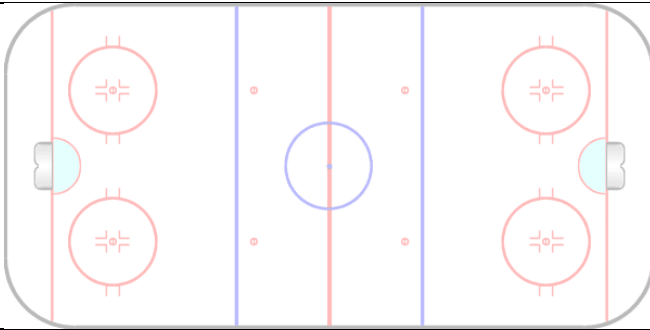


15-

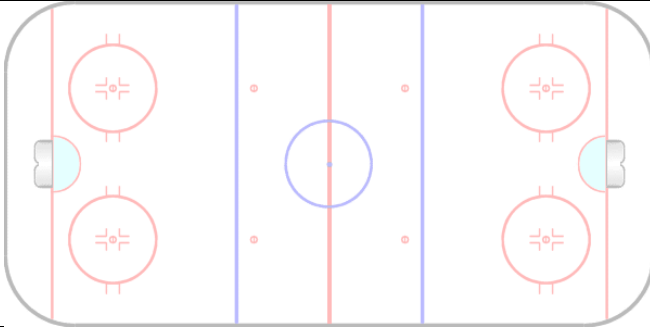
**D200 - 1-1 Defense Shoot**

**I replaced the one net battling game with this game after I got the email saying Boz had to avoid collisions.**

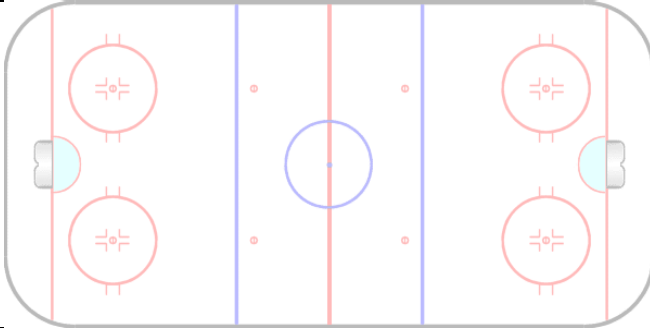
**We did this and she was not ran into. Ask her.**



*5' get puckis*  
*Meet in middle*



**Explanation/Notes:**



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