



SAIT W

Practice Plan

Date: 01-15-20

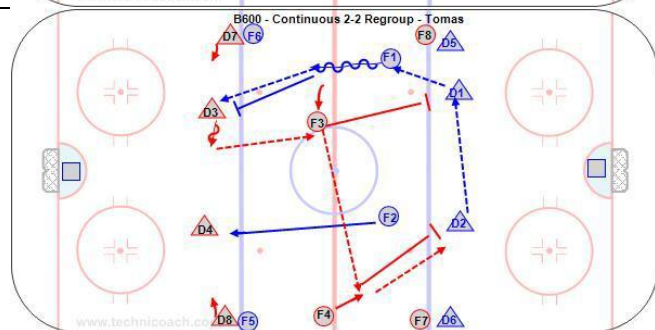
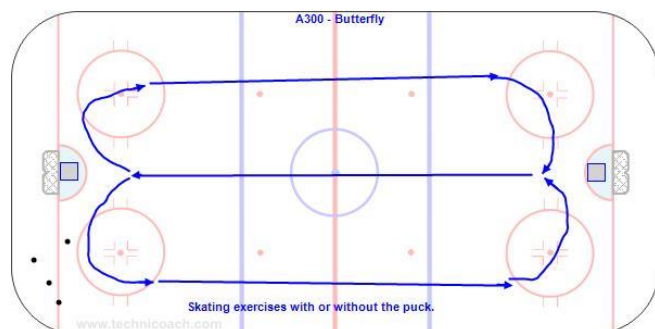
Time: 18:15-19:45

Venue: SAIT Arena

Lines:	Notes:
Butterfly with puck 2'	Tomas Nzone Regroup 2 F
Czech Quick up	Tschumi cut backs each end
Slash breakout x 4	Chip out breakout x 4
D skills Mike	F Tom – Middle Drive 3-0 – Perry Pearn 3-3
Video of Olds BO, PP, PK, Forecheck	

2'

Carry a puck around the body.



10'

B600 - Continuous 2-2 Regroup – Tomas

Key Points:

Forwards support with timing and a good target. Anchor low or high. Take what they give you. Jump across, get open. D look for a quick up before an automatic D to D. Goalies can be warm up at one end.

Description:

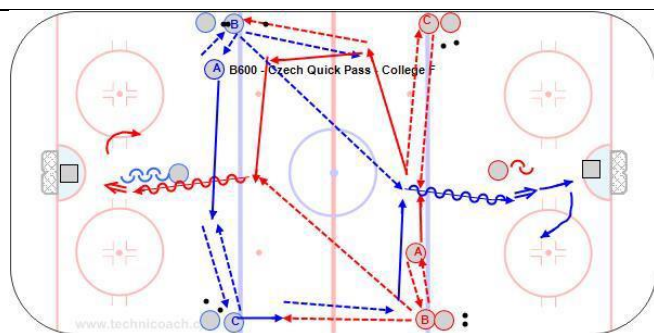
1. D1-D2 pass to F1-F2.
2. F1-F2 regroup with D3-D4.
3. F1-F2 forecheck vx. D3-D4.
4. F3-F4 support D3-D4.
5. D3-D4 make a regroup pass to F3-F4.
6. F3-F4 now regroup with D5-D6 and forecheck.
7. Continue the regroup and forecheck sequence.

** Add dump in, breakout with a low 2-2 where the attackers forecheck to get the puck and score.*

** Use one or two D and from one to three F. A great way to practice quick regroup and if you dump the puck in the breakout, forecheck and on the regroup the neutral zone forecheck.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20170225103512883>

<https://youtu.be/dB6DPGuHn3s>



10'

B600 - Czech Quick Pass - College F

Key Points:

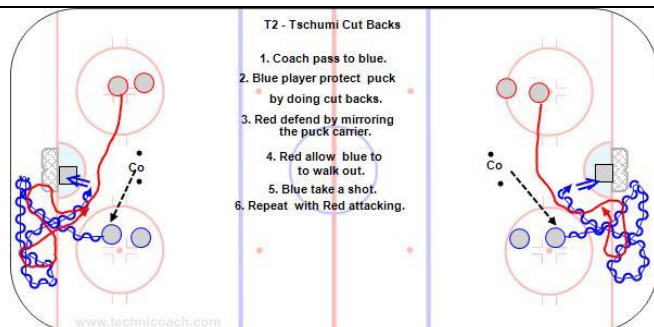
Give a target, one touch using a wrist pass, take the pass with the back third of the blade, especially on the backhand. Target with one had receive with two. No unopposed shots; either screen, circle back for the rebound, give and go with the next shooter or defend a 1-1.

Description:

1. Players on the four blue lines.
2. First player A leave from diagonal blue lines and exchange passes to the second player in line B.
3. A's skate across the blue line and exchange passes with C on the other side.
4. A's skate up the boards and exchange passes with the other B.
5. A's skate to the middle and receive a pass from B at the original starting place.
6. Skate in and shoot, get a pass or attack 1-1 vs. the last shooter.

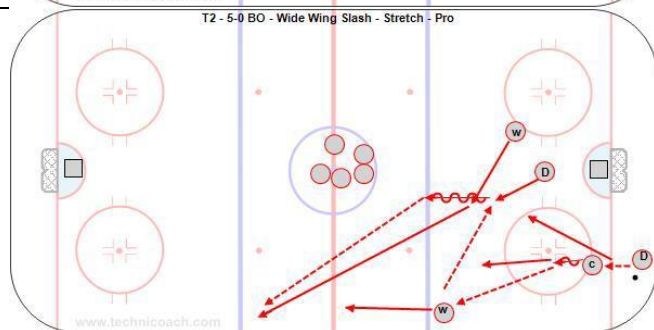
<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20191012151541146>

<https://youtu.be/hTfbfmTPX8>



T2 - Tschumi Cut Backs

1. Coach pass to blue.
2. Blue player protect puck by doing cut backs.
3. Red defend by mirroring the puck carrier.
4. Red allow blue to walk out.
5. Blue take a shot.
6. Repeat with Red attacking.



T2 - 5-0 BO - Wide Wing Slash - Stretch - Pro

10'

T2 - 5-0 BO - Wide Wing Slash - Stretch – Pro

Key Points:

Move the puck up ice quickly. Wide wing read possession and slash across then up to the far blue line. Everyone joins the rush.

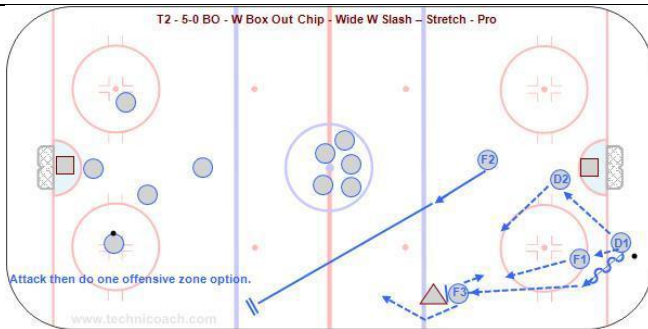
Description:

1. Players leave in 5 man units from the middle circle.
2. Pass the puck to a coach in the corner who spots it for D1 to pick it up.
3. Strong side wing support from just inside the blue line.
4. Wide wing slash across to the far blue line.
5. D pass to the C or low forward.
6. C pass to the wing at the point.
7. W pass to the middle D2 who is skating up ice.
8. D2 pass to the weak side wing at the far point.
9. Attack in the four chambers 5-0.
10. Pass in an offensive sequence 5-0 if there is a rebound

or with a second puck.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20191119162038213>

<https://youtu.be/NfNPqFiZQA4>



10'

T2 - 5-0 BO - W Box Out Chip - Wide W Slash – Stretch - Pro

Key Points:

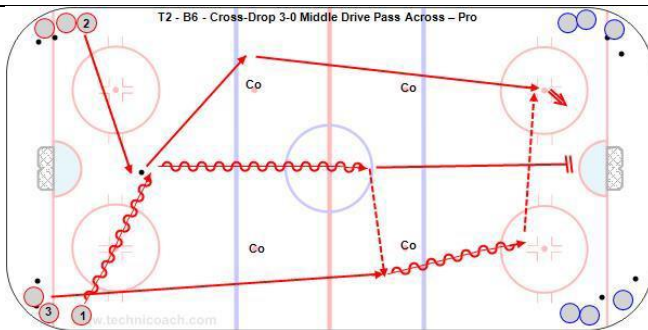
Move the puck up ice quickly. Wide wing read possession and slash across then up to the far blue line. Everyone joins the rush. Strong side forward box out pinching D and pass back or chip puck into the neutral zone.

Description:

1. Players leave in 5 man units from the middle circle.
2. Pass the puck to a coach in the corner who spots it for D1 to pick it up.
3. Strong side wing support from just inside the blue line about a metre from the boards.
4. Wide wing slash across to the far blue line.
5. D pass to the low forward or the other D.
6. C or D pass to the wing at the strong side point.
7. W pass back to a player coming from behind or chip the puck into the neutral zone.
8. Pass to the weak side wing at the far point.
9. Attack in the four chambers 5-0.
10. Pass in an offensive sequence 5-0 if there is a rebound or with a second puck.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=2019112216391543>

<https://youtu.be/WMzyLhRCVCg>



10'

T2 - B6 - Cross-Drop 3-0 Middle Drive Pass Across – Pro

Key Points:

Skate to the Big Ice between the dots with the puck. Attack with speed #1 go hard to the net ready for a pass, tip or rebound.

Description:

1. Players leave from the 4 corners.
2. 1 skate to the middle with the puck and cross and drop with 2 from the other corner.
3. #1 and #3 skate hard down the wide lanes.
4. #2 skate down the middle lane with the puck and pass to either 3.
5. #1 middle drive hard to the net.
6. #3 pass across to #1 in the far lane and 1 shoot.

#2 can pass to 1 or 3 and they have the choice to either pass or shoot.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20191128184603767>

<https://youtu.be/oH3IWNXKn1I>

Mike D 20'

10' Tom with 4 forward lines focus on a player driving to the net without the puck.

DT400 - 3-3 Pearn - U18 F

Key Points:

Great transition game to practice offensive and defensive 3-3 or any other numerical situation. Defend from the net side; closest on puck carrier, second closest one stick length away, third closest halfway. Defenders identify who you cover early. Create 2-1's on offense and fight for the inside position. Attackers pass behind to the other side to spread the defense and create seams. Dump-ins can be added to work on the forecheck and breakout. This game can be played in situations 1-1 to 5-5.

Description:

1. Players line up behind the red line.
2. Defenders allow the attackers to pass and start the new attack in the neutral zone.
3. Start with 3 reds attacking vs. 3 blacks.
4. On a goal, frozen puck or turnover the defenders must carry the puck over the blue line.
5. Black defenders pass to team-mates waiting at the red line.
6. Original attacking reds now defend inside the offensive zone.
7. This game can be done at one or both ends.
8. Blacks must get onside before the new attackers can cross the blue line or reds get the puck.

**Keep score and have tournaments with 4 teams and a game at each end.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20180118124528125>

<https://youtu.be/YPv-FooK9uc>

