



## SAIT W

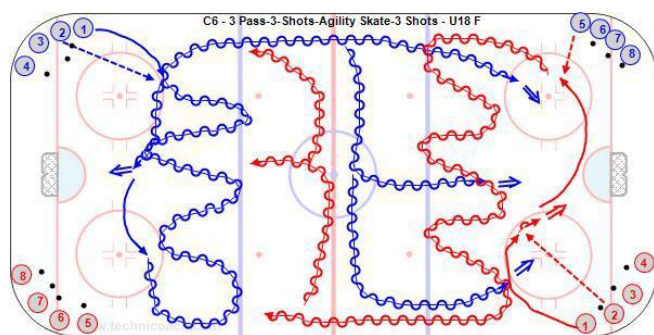
## Practice Plan

Date: 01-20-20

Time: 16:30-17:45

Venue: SAIT Arena

Lines:	Notes:
Agility skate puck handle and shoot	Rush recognition
Defense shooting	Defense skills
Low plays in the offensive zone	Quick transition
Speed scoring	Goalie technique
Sping bike workout	



10'

### B6 - 3 Pass-3-Shots-Agility Skate-3 Shots - U18 F

#### Key Points:

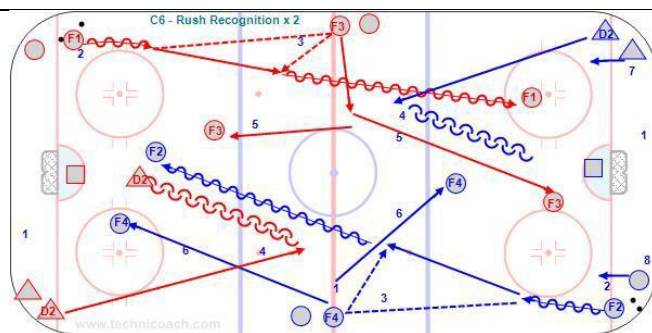
Warm-up drill with passing, shooting, agility skating, puck handling tasks and goalie shots. Shoot from the three lanes while skating. Push ups if you miss the net. Opposite corners leave when the last shot is taken; no need for whistles.

#### Description:

1. Three leave from diagonal corners.
2. 1 skate to the top of the circle and get a pass from 2 then skate into the slot and shoot.
3. 2 and 3 repeat getting passes from 3 and 4.
4. Give a target and get a pass from 5-6-7 in the other corner.
5. Skate up and back to the blue line and top of the circle three times.
6. Cross the red line and 1 skate straight and shoot, 2 skate to the middle lane then down and shoot and 3 to the wide lane and shoot.
7. 5-6-7 repeat from the other diagonal corners.
8. Add skating and puck handling tasks: i.e. puck only on the forehand or backhand of the blade, quick hands and quick feet, face the other end always, chocktaw front to back transition turn, Crosby turns, backward skating, etc. Also vary the kind of shots taken: wrist, backhand, snap, slap and you can even incorporate exchanging give and go with players in the corners.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20170925113514227>

<https://youtu.be/JqCQVaiwwA>



10'

### C6 - Rush Recognition x 2 – U18 F

#### Key Points:

Both the defense and the forwards must read the game situation. It could be a 1-1, 1-2, 2-2, 3-2, 3-1 or if two forwards go there could be 4 on the attack on one side. Defender must learn to look and see who the next player up ice is to recognize if it is a 1-1, 2-1, 1-2 etc..

#### Description:

1. Forwards in diagonal corners and at the red line on each side and D in diagonal corners.
2. Start with F1 leaving from one corner and F2 from the other with a puck.
3. F1 pass to F3 and F2 pass to F4 who touch pass the puck back to F1 and F2.
4. D1 and D2 skate out past the blue line to defend vs. F1 and F2.
5. F3 make a decision to either to either join F1 on the rush or go across the ice and join F4.
6. F4 decide to either join F2 or go across and join F1 who is attacking vs. D1.
7. If you have more than four defenseman you can send 2 D to defend the rush on one or both sides.
8. You can also send more than one forward to start the rush or alternate one then two D or F.

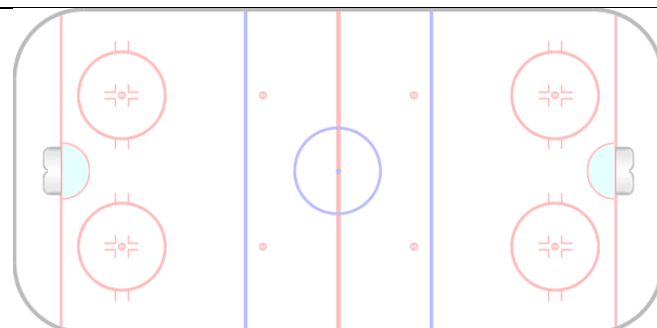
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<https://youtu.be/0VnlOFNtoN0>

10'

### Mike D

Tom F – Scoring. Mirror below goal line.



10'

### DT100 - Continuous 2-1 - D Join Attack – Pro

#### Key Points:

One puck game. If the puck is dumped out regroup and attack again. **This transition game can be played like a continuous drill with the new players giving passive support. Another way is to play as a game and the new forwards help defend deep in the zone and the new offensive defenseman is part of the attack. So it is just an efficient way of changing lines on the go. This is the most game like practice drill/game a coach can use. Basically you can create any numerical situation or isolate team skills like the breakout and forecheck by making the attacking team dump the puck in. This video has the new**

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**players giving passive support. Examples of active and passive support full ice.**

DT100 - Continuous 2-1 and 2-2 - Detroit

[https://youtu.be/eUVJXyP\\_cSA](https://youtu.be/eUVJXyP_cSA)

DT100 Continuous 2-2 Passive Support - Prospects

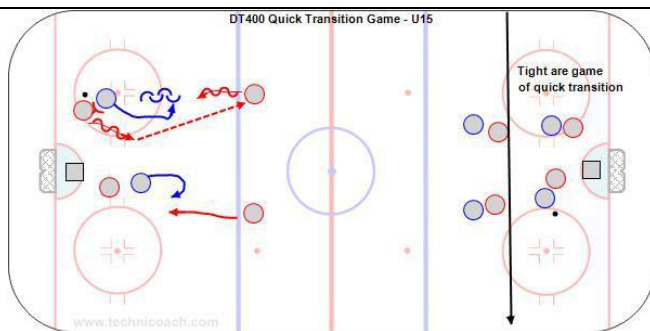
<https://youtu.be/sk4z4ul7rao>

**Description:**

1. Attack 2-1 and two forwards give support to the D and one D follow to support the offense.
2. Defending team break out 2-1 and the D join to make it a 3-1.
3. Two defending F and one attacking D follow the play into the zone.
4. Make a 2-2 by two F and two D joining the play and one D be part of the rush.
5. This flow can be done from 1-1 which would make a 2-1 on the rush.
6. With a D joining a 2-1 is a 3-1 rush, 2-2 is a 3-2 rush.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20191130192416678>

<https://youtu.be/DHt3sCTOULA>



**10' Mike D**

**Tom F** – Goals from plays below the goal line.

**DT400 Quick Transition Game - U15**

**Key Points:**

Players must quickly transition between the 4 game playing roles.

Offense: Role 1. Puck carrier. Role 2. Support puck carrier.

Defense: Role 3. Check puck carrier. Role 4. Cover away from the puck.

**Description:**

1. Play 2 on 2 to focus on transition between the four game playing roles.
2. Extra players wait at the blue line or to create a tight area game at the top of the circles.
3. Attack and try to score.
4. On a goal, frozen puck or turn-over the defending team pass to waiting teammates.
5. New offensive players attack vs. the players who lost the puck on offense.
6. Players who passed now rest.

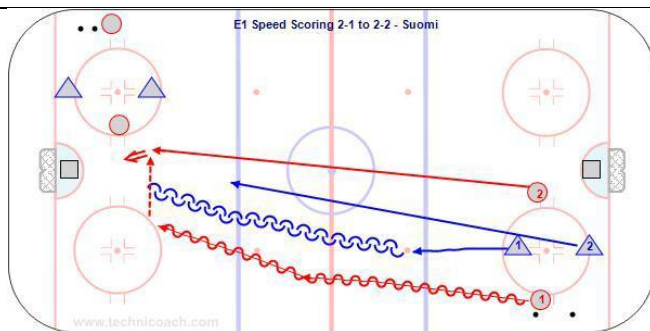
*\* Keep score and have tournaments.*

*\* Any number from 1-1 to 5-5 can be used and move the waiting players to reduce or expand space.*

*\* Modified rules can be used to focus on individual or team skill.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20141224104512232>

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**10'**

### **E1 Speed Scoring 2-1 to 2-2 – Finland**

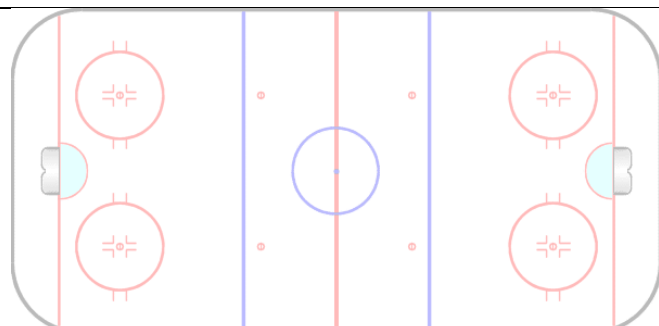
#### **Key Points:**

The purpose is to attack as quickly as possible and pass and shoot while skating.

#### **Description:**

1. Start from one end and when everyone is gone go the other way.
2. Attackers 1 and 2 leave from above the hash marks.
3. Defender 1 is inside the top of the circle with his stick upside down start forward and turn to back skating.
4. Defender 2 start from below the circle and back check.
5. Attacker 1 and 2 race down the ice to score and only ONE PASS is allowed.
6. Keep score.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20121119180045227>



### **Meet in middle**

**Goalies with Mike 30'**

**Skaters do spin 45'**



### **Explanation/Notes:**



### **Explanation/Notes:**