



SAIT W

Practice Plan

Date: 01-22-20

Time: 16:30-17:45

Venue: SAIT Arena

Lines:	Notes:
Goalie passing breakouts	One timers
Stretch pass	Cross ice game – add subtract players
Pass in each zone game	Shoot until you score
Weave double regroup	

20'

T2 - Breakout Sequence - Wally Kozak – College

Key Points:

Practice the low breakout skills first with the goalies passing and they versus no pressure and regroup with the goalies in the neutral zone, then against pressure. Player one skate between the dots before passing.

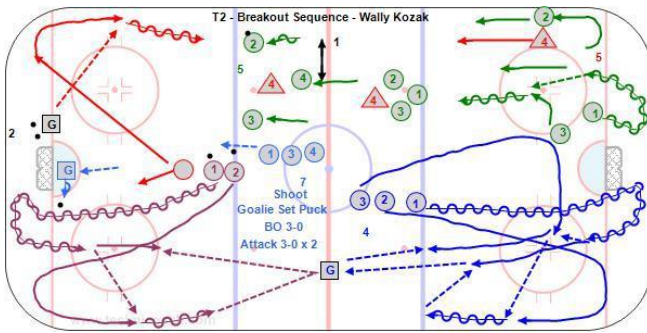
Description:

Sequence One:

1. Set up with one player on each side of the net to make the breakout passes.
2. Player 1 pass to player 2 beside the net then skate for a breakout pass.
3. Players 1 pass then swing to the boards for a pass, then pass to player at the red line.
4. Player 1 pass to the player on the other side and skate low and slow for a pass to the middle.
5. Player 1 pass to the far low player and pick up a wide rim along the boards.

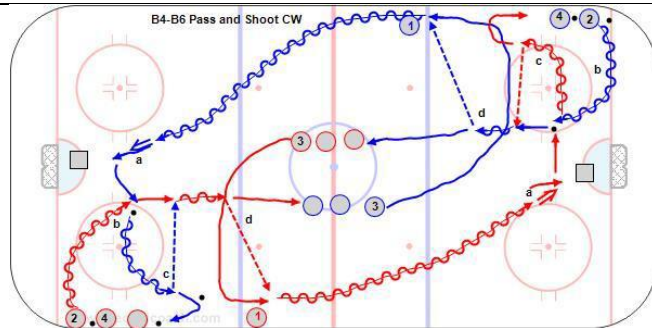
Sequence Two:

6. Player 1 pass and go to wall for rim and player 2 support low and slow for a touch back pass.
7. Add the coach or a player who just did a rep pinch on the boards.
8. Four players leave, 1 dump and retrieve, 2 on boards, 3 low and slow and 4 pressure one player.
9. Player 1 wheel behind the net and pass to either player 2 on wall or player 3 low and slow.
10. Players line up at the top of the circles and goalies at the red line ready to pass.
11. Player 1 shoot the puck in, retrieve and pass to player 2 who supports 'Low and Slow'.
12. Regroup with the goalie who passes back to the other player.
13. Player 1 now pass to player 2 who supports from the boards - pass to goalie.
14. Player 1 pass to player 2 who 'Jack Hammers' the puck back to 1 then to goalie.



<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=2019020604161323>

<https://youtu.be/zD3G8WVzFD0>



10' **ADD 3 Stretch to far blue line.**

B4-B6 Pass and Shoot ProW

Key Points:

Face the puck and give a target. Shoot while skating and accelerate in corners.

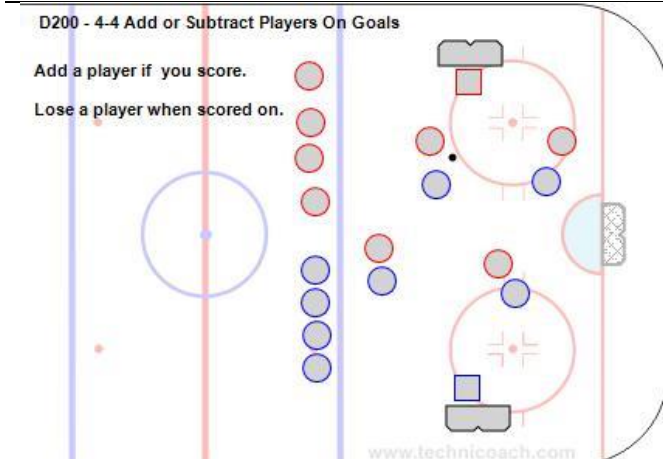
Description:

- Start - 1 skate down the boards and shoot and follow the shot for a rebound.
- 2 leave from corner then cross and drop to 1.
- 1 carry the puck wide and pass back to 2.
- 2 pass wide to 3.
- 3 shoot and cross with 4.
- After passing 1 go to corner, 2 to the centre circle.

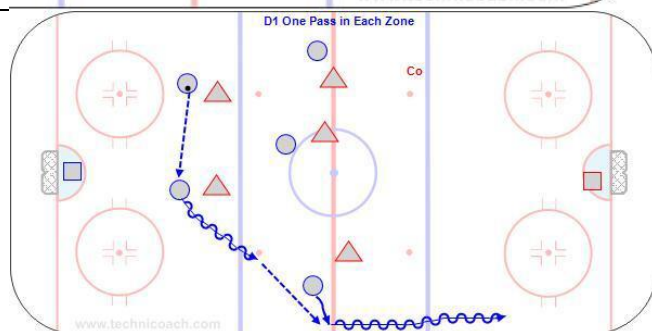
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15'

D200 - 4-4 Add or Subtract Players On Goals



- Start with 4-4.
- Play one minute shifts.
- Scoring team adds a player and opponent loses a player on each goal.



30' **Play 5-5. Change on their own.**

D1 One Pass in Each Zone

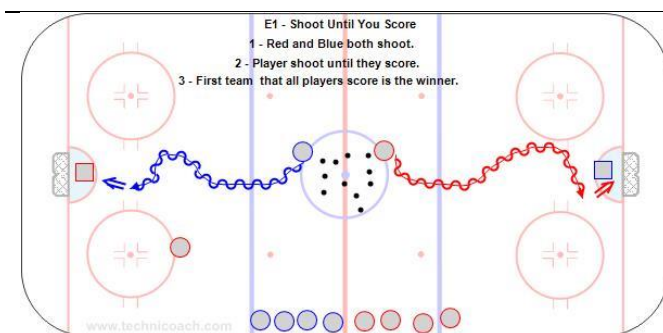
Key Points:

Close support, skate to open ice with the puck, give a target.

Description:

- Play full ice either in shifts or all on the ice at once.
- There must be at least one pass made in each zone. If not the other team gets the puck.
- Controlled scrimmage so everyone stop on the whistle for coach input.
- With shifts in a D100 game pass back to the goalie on the whistle.

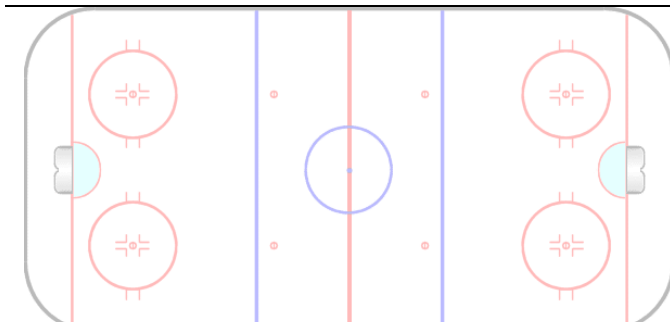
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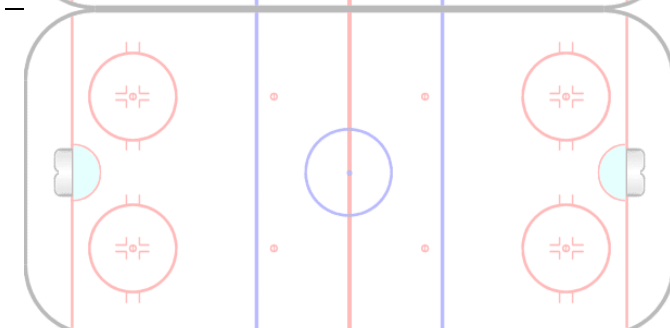
15'

E1 - Shoot Until You Score

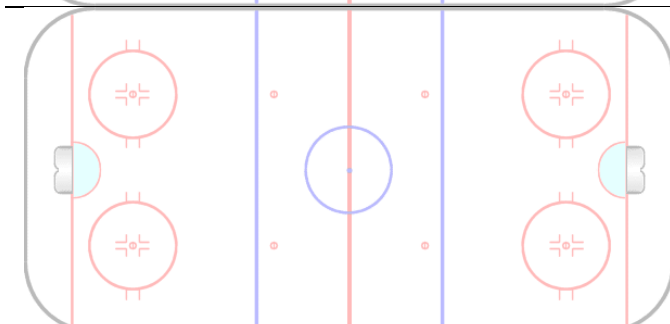
1. Red and Blue both leave from centre.
2. Player shoot until you score.
3. First team that all players score is the winner.
4. Losers skate.



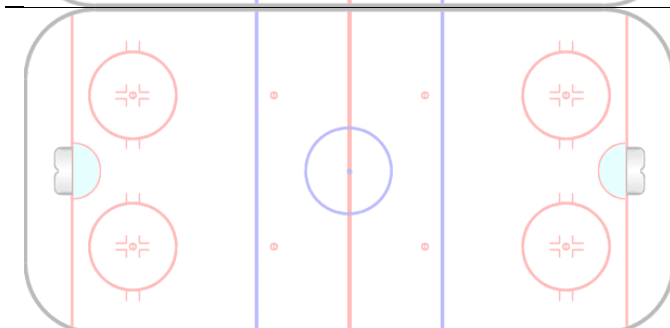
C600 - 3-0 Weave - Double Regroup 3-1 - D Join Attack



Explanation/Notes:



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