



SAIT W

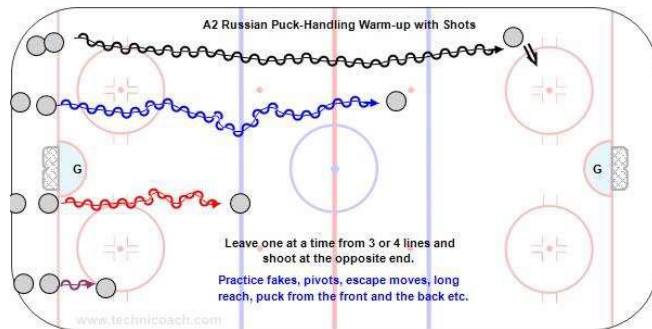
Practice Plan

Date: 01-23-20

Time: 18:15-19:45

Venue: SAIT Arena

Lines:	Notes:
4 lines 2 G and 7 D	Balance and agility skating
Breakouts	Puck handling
One pass in each zone game	Timing passing
2-0 – 2-1 – 3-1 – 1-0 sequence	2-2 continuous regroup
Two 1-1's at once 30" shifts	



10'

Jim skating warm up with puck Mel goalies

A200 Skating Warm-up for Edges and Balance with a Puck and Shot

Key Points:

Good players can move in all directions efficiently because they and use all edges and have great balance on the ice.

Routines for skating, puck handling, shooting and passing are efficient ways for a coach to quickly review the

foundation skills and allow the players to get a lot of reps and improve at their own rate. Do these skating exercises

with a puck.

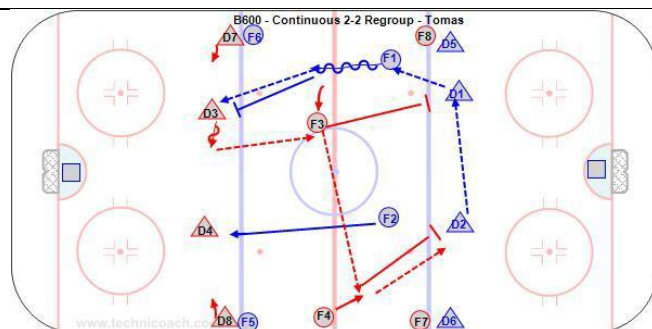
Description:

A200 Formation in Four Groups

- Players start at one end in 4 lines and skate to the other end with a puck and shoot from their lane.
- inside edges - out and in using a snowplow.
- inside edges - sculling one leg at a time on the inside edges.
- outside and inside edges - slalom with the skates together and a good knee bend.
- balance and edges - one length of the ice on each leg.

Repeat the same sequence but skate Backward.

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10' Jim

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.

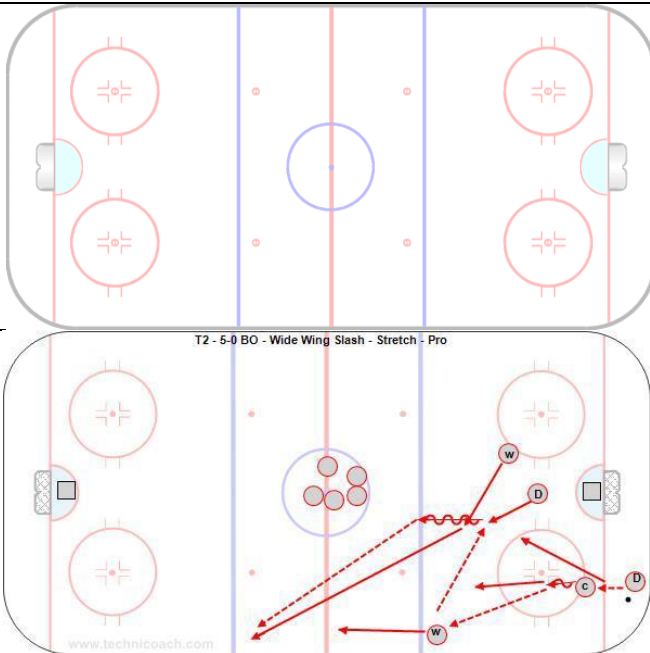
** Add dump in, breakout with a low 2-2 where the attackers forecheck to get the puck and score.*

** 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' Kailey timing drill with stretch pass



10' Each breakout from all 4 corners – 4 lines

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

Key Points:

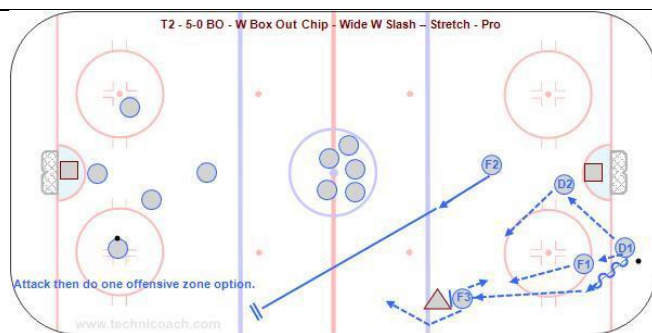
Move the puck up ice quickly. Wide wing read possession and slash across then up to the far blue line. Everyone joins the rush.

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.

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8'

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

Key Points:

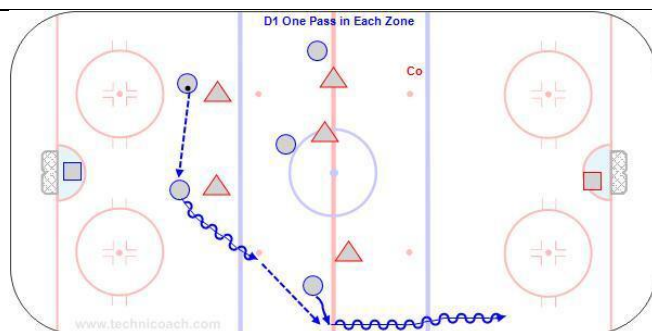
Move the puck up ice quickly. Wide wing read possession and slash across then up to the far blue line. Everyone joins the rush. Strong side forward box out pinching D and pass back or chip puck into the neutral zone.

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.

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<https://youtu.be/WMzyLhRCVCg>



20' Pass in each zone 5-5 game

D1 One Pass in Each Zone

Key Points:

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

Description:

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

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15' two 1-1 at once

D100 Two 1 on 1 Games at Once

Key Points:

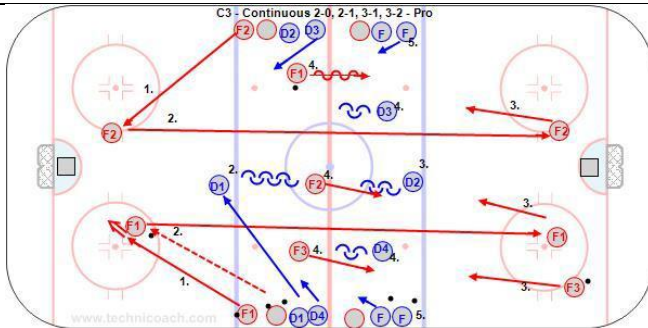
One coach should watch that the players won't collide. It is important to look behind and for the player with the puck to skate away from oncoming players. This is a great game for 1-1 and conditioning.

Description:

1. Players line up along the boards one group on each side of the red stripe.

2. One player of each team leave every 15".
3. Coach blow whistle each 15" and players play for 2 whistles (30")
4. Pass to a teammate when the second whistle blows.
5. Only two pucks on the ice and get the puck out of the net after a goal.
6. After scoring touch the red line before defending.
7. Keep score.

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15' 2-0 - 2-1 - 3-1 D backcheck – 1-0

Similar sequence

C3 - Continuous 2-0, 2-1, 3-1, 3-2 - Pro

Key Points:

Make plays early - create 2-1's - attack with speed - middle drive. Start 2-0 and shoot at one end, one defenseman follow.

Description:

1. Start 2-0 and one defenseman follow.
2. Attack 2-1 the other way and one defenseman follow.
3. One forward join with a puck and attack 3-1 the other direction, two defensemen follow.
4. Attack 3-2 the other way.
5. Start with a 2-0 with another group.

*Options: Make a contest one colour vs. the other to see who can score the most in a certain time or else D and G vs. F's and count the goals scored in 8 minutes and next time see if there are more or less goals scored.

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Explanation/Notes:

