



SAIT W

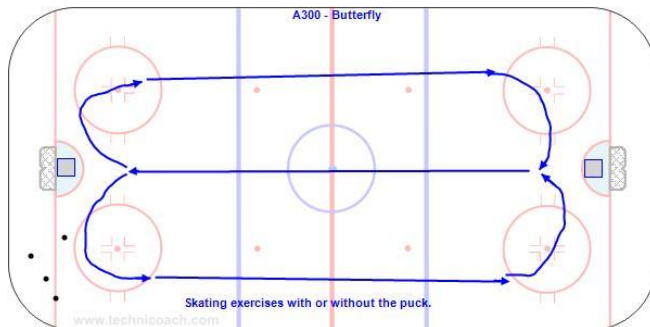
Practice Plan

Date: 01-27-20

Time: 16:30-17:45

Venue: SAIT Arena

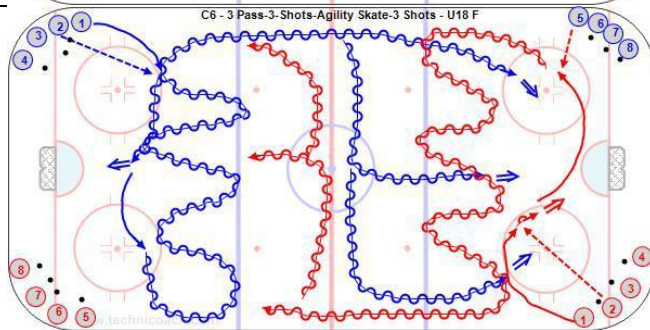
Lines:	Notes:
Puck handle	Agility skate
Pass with timing	Four Chamber attack
Fast breakout with stretch and chip outs	Fast attack 3-0 to 3-3
Total hockey forecheck review	Goalie technique
45' spin class	



2'

Butterfly Puck Handling

Big moves all around the body while skating the butterfly circuit.



8'

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

Key Points:

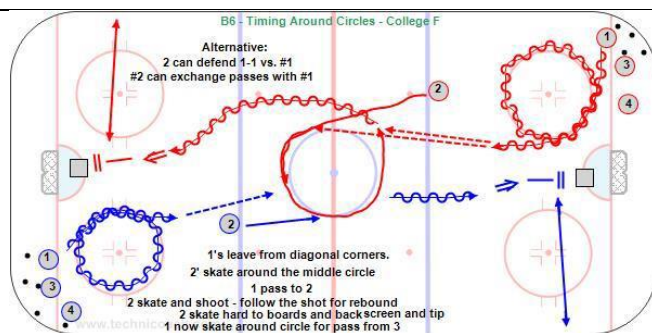
Warm-up drill with passing, shooting, agility skating, puck handling tasks and goalie shots. Shoot from the three lanes while skating. Push ups if you miss the net. Opposite corners leave when the last shot is taken; no need for whistles.

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, Slap shot.

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

<https://youtu.be/JqCQVaiwwA>



10' No opponent then angle check after shooting.

B6 - Timing Around Circles - College F

Key Points:

Timing, pass while skating, cross overs with the puck, shoot while moving, rebound, screen and tip. Possible 1-1 and catch and release.

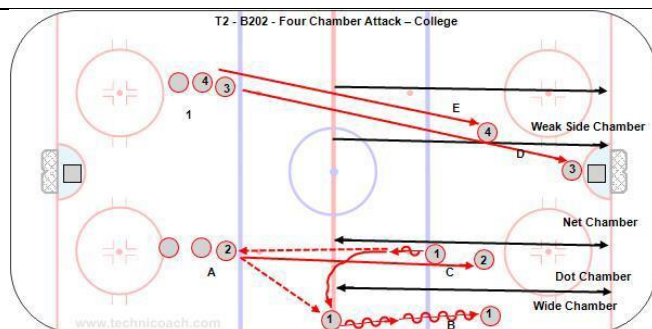
Description:

1. Players are in diagonal corners and one red and one white at the blue line.
2. Player one skate around the low circle with a puck, player two around middle circle.
3. Player one pass to player two who skates in for a shot.
4. Player one continue and now skate around middle circle for a pass from player 3.
5. Player three pass to player one and continue to the middle circle. Etc.
6. Player two follow shot for a rebound then skate hard to boards and back and screen.

Options: Player two can defend 1-1 vs next shooter or exchange passes or circle back and rebound.

<http://www.hockeycoachingabc.com/mediaqallery/media.php?f=0&sort=2&s=20191024033139529>

<https://youtu.be/ckOiQ9OI72E>



10'

T2 - B202 - Four Chamber Attack - College

Key Points:

Attack on the rush has moved from the Offensive Triangle to the Middle Drive and now at the higher levels the Four Chambers. Instead of having a 1-1 on the strong side the offense creates a 2-1 on the widest defender. The player in the middle lane goes hard to the net and the fourth attacker trails high on the weak side. This is one way to practice attacking with the 4 Chambers.

Description:

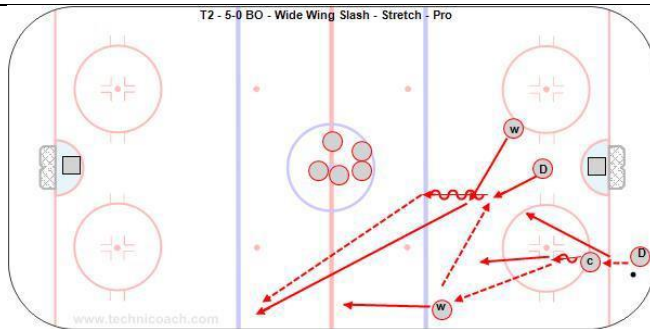
1. Players are in two lines facing each other across the neutral zone.
2. Stage one: 1 pass across to 2 and pivot in outside chamber for a return pass, skate in and shoot.
3. Stage two: 1 pass to 2 outside and join attack in the faceoff dot chamber.
4. Stage three: 1 pass to 2 and join while 3 from the other line goes hard to the net in the middle chamber.
5. Stage four: 1-2-3 repeat while 4 joins as a trailer down the weak side chamber.
6. Fifth attacker support from the point.
7. Repeat the other way.

** Players 1-2 attack the widest defender and can cross and drop, 1 skate to the inside and pass to the outside to 2 who crosses and takes the ice behind, 1 chip and 2 chase, etc. Important that 2 skates hard and takes a defender with him.*

***In the drill this happens at both ends as shown in the video.**

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20181026155737703>

<https://youtu.be/0gMgG3rkXzg>



5'

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

Key Points:

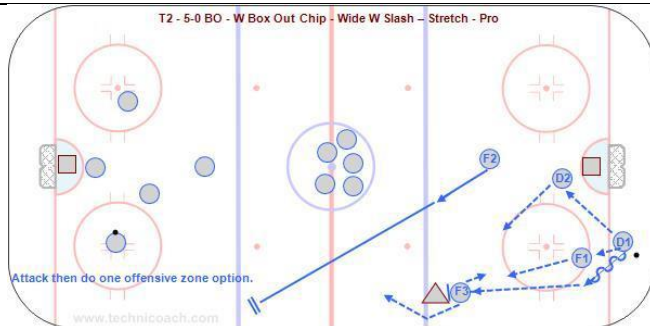
Move the puck up ice quickly. Wide wing read possession and slash across then up to the far blue line. Everyone joins the rush.

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>



5'

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' 3 on 3

DT100 Backchecking Transition Game

Key Points:

Attack quickly and the defender tie up the stick on the rebound then look for the puck.

Description:

Full ice game with the defenders getting support. New attackers have to get the breakout pass inside their zone. This works on quick passes and attack or the backchecker catches up. The backchecker must tie up sticks on the rebound and don't allow a second shot. The attacker must be quick and follow the shot. Defender make a breakout pass to the supporting player in the high slot.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080719141212210>

<https://youtu.be/xoHj-6vH7d4>

<https://youtu.be/wvYUcpT-6Ek>

(Czech team doing two games at once with only F backchecking.)

10'

2-3 Forecheck

Forecheck with F1-F2 in hard, F3 mirror from high slot. No pinch on the strong side but pinch when the puck moves to the weak side.

Description of the forecheck by Peter Laviolette and what to do when we gain the puck.

<https://youtu.be/otXSKglLbfE>

This is me going over the forecheck and defense if we lose the puck battle and must defend. (It is with the magnetic board showing the Midget girl's team I coached last year.)

<https://youtu.be/LzD9THRBIqA>

Goalies 30' with Mike and Tash

Skaters 45' spin class.

