



SAIT W

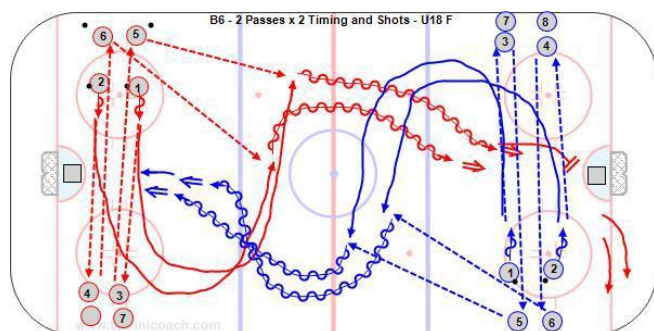
Practice Plan

Date: 01-30-20

Time: 18:15o-19:45

Venue: SAIT Arena

Lines:	Notes:
Passing timing and shots	Weave and middle drive 2-0 and 3-0
Breakouts starting with a reverse	2" game – puck support.
Battle game in small area	Change on go shootout
Goalie training	Video on GMC
Wally – autogenic training	



2' Butterfly with Puck
8'

B6 - 2 Passes x 2 Timing and Shots - U18 F

Key Points:

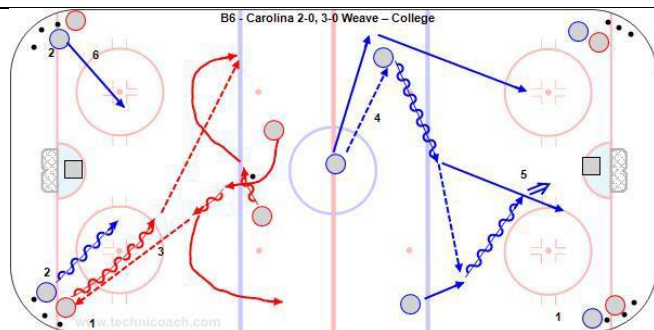
Pass and skate for a return pass. Keep skating while passing, receiving and shooting. Give a target. Handle the puck after receiving and use wrist passes.

Description:

- A. 1 and 2 leave from each end and pass across to 3 and 4.
- B. 3 and 4 pass across to 5 and 6.
- C. 5 and 6 pass up to 1 and 2 skating across the neutral zone.
- D. 1 shoot-rebound-screen.
- E. 2 shoot.
- F. 3 and 4 repeat in the other direction.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20170107125422201>

<https://youtu.be/WmpASHh7uL4>



10' After 5 minutes D move to centre and defend the 3-2 rush.

B6 - Carolina 2-0, 3-0 Weave – College

Key Points:

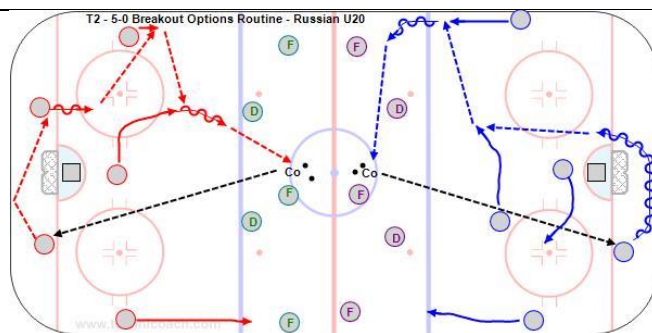
In the middle the two players can simply pass, or cross and drop, or cross-drop-pass, one skate backward, etc..

Description:

- 1. Players start from the four corners.
- 2. One player leave from each corner at one end, skate down the middle lane exchanging passes.
- 3. Pass to a player at either corner who drive skates hard to the middle lane with the puck.
- 4. Three players fill the three lanes and weave by passing and following their pass.
- 5. Finish the rush will a shot on net and all three crash for a rebound.
- 6. The next two players follow the rush and regroup with a player at the far end.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=2018111215552731>

<https://youtu.be/rTaNDctDKtc>



10' Mike work reverses

T2 - 5-0 Breakout Options Routine - Russian U20

Key Points:

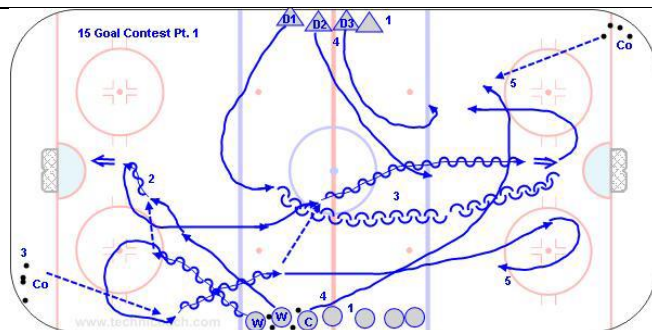
Coach alternate dumping the puck to each side and also rim or shoot so the goalie handles it. Practice the various breakout options. D to D, D to C, D to W, go, reverse, counter, wheel.

Description:

1. Two units of five wait near the red line to break out of each end.
2. Coach at each end shoot the puck in.
3. Unit of 5 break out using various options.
4. Pass to the coach.
5. Coach shoot the puck in and the other unit break out.
6. Continue rotating and practice the various options.

*This is a good routine to do at the start of practice to review the breakout and get everyone involved.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20150818215750296>

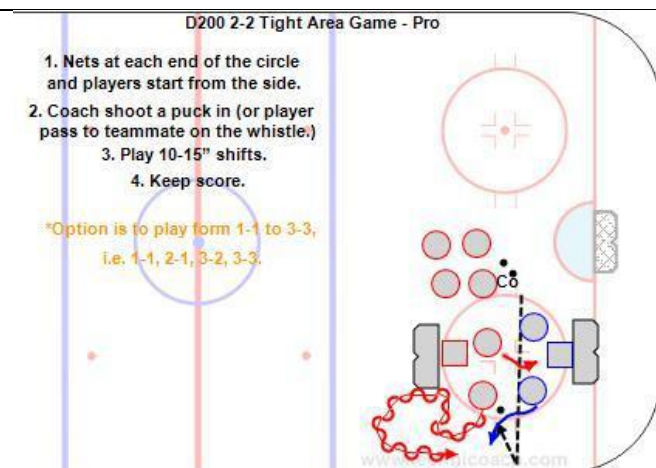


10' Count how many goals are scored G-D vs. F. Next time see if this score is beaten.

D100 15 Goal Game

This is a contest of forwards vs defense and goalie. The aim of the forwards is to score 15 goals as quickly as possible while the defenders try to make it take as long as they can. Time how long it takes and use this as the mark to beat the next time you play the game.

1. C3 Formation with forwards on one side and D on the other. Have the dark D play vs the light F's.
2. 2 F's attack 2-0 with a max of one pass allowed. You can score on direct rebounds.
3. Coach passes a new puck and they attack 2-1 vs a D who has followed the initial 2-0.
4. After the 2-1 a new forward joins the original 2 F's and 2 new D skate to the blueline.
5. Attack 3-2 vs the 2 new D. Original D backcheck.
6. When the 3-2 is finished the coach passes a puck to F3 in the high slot who shoots while the other forwards screen and tip and the D seal their sticks to the outside.
7. The coach now passes a new puck to F3 who goes the other way on a breakaway with one D chasing.



10'

D200 2-2 Tight Area Game - Pro

Key Points:

Protect the puck, use fakes, escape moves, change of direction, feints, shoot and pass quickly, triple threat position.

Description:

1. Nets at each end of the circle and players start from the side.
2. Coach shoot a puck in (or player pass to teammate on the whistle.)
3. Play 10-15" shifts.
4. Keep score.

**Option is to play form 1-1 to 3-3, i.e. 1-1, 2-1, 3-2, 3-3.*

In this video demo watch Red 53 Gaudreau and 63 Bennet, who have exceptional tight moves. #53 scores a few goals because he does things so quickly.

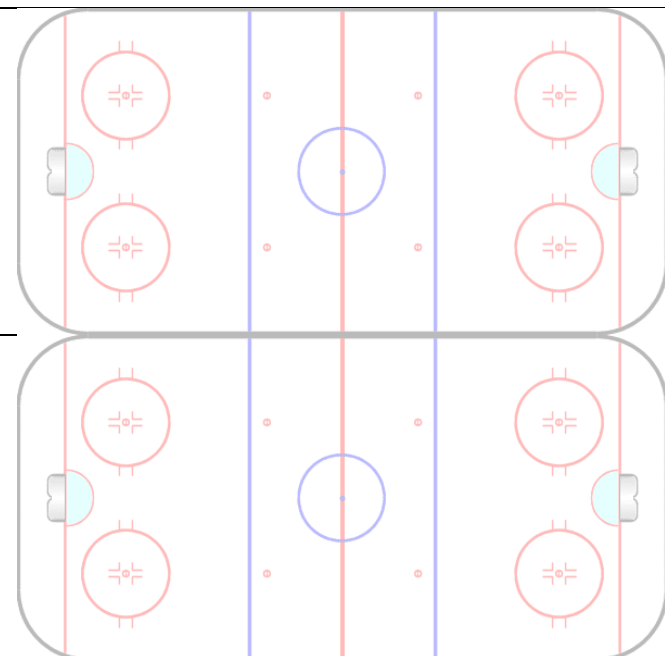
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Cheer in middle

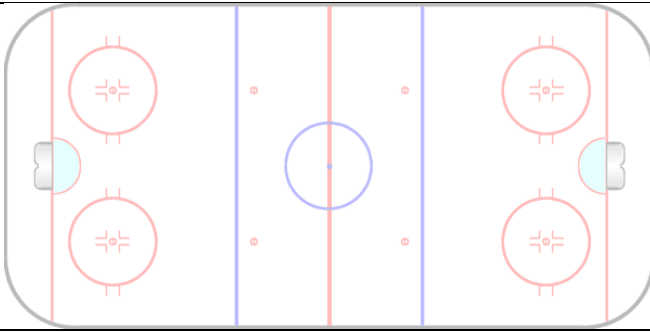
15' - Goalies with Mel and Kailey

5' – Players get skates off.

10' – Video about GMC



Explanation/Notes:



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