



## SAIT Women

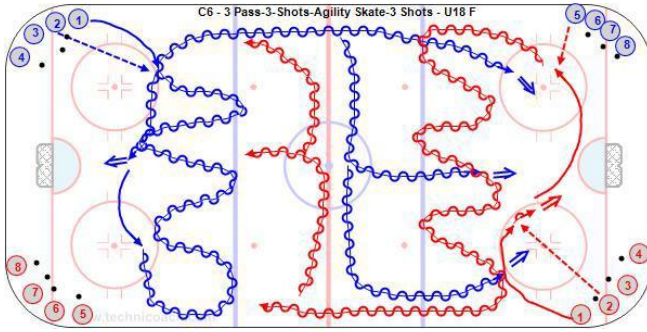
## Practice Plan

**Date: 02-03-20**

**Time: 16:30-18:15**

**Venue: SAIT Arena**

Lines:	Notes:
Overspeed focus	Puck protection and go to the net.
Agility with puck	Slapshots, one timers
Defense skills	Scoring
Angling 1-1, 2-1, 2-2	



10' 2' butterfly **OVERSPEED** – go as fast as possible.

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

#### **Key Points:**

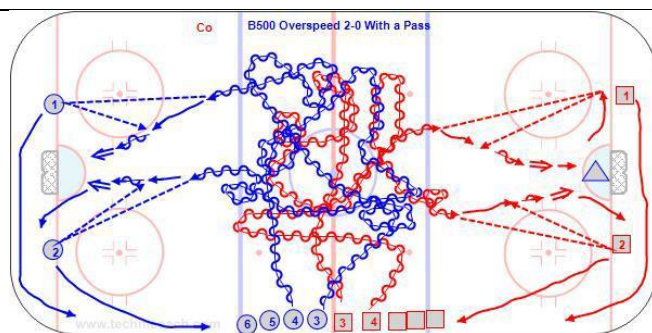
Warm-up drill with passing, shooting, agility skating, puck handling tasks and goalie shots. Shoot from the three lanes while skating. Push ups if you miss the net. Opposite corners leave when the last shot is taken; no need for whistles.

#### **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' Full speed and pass to player in corner then one time shot.

### B500 Overspeed 2-0 with a Pass

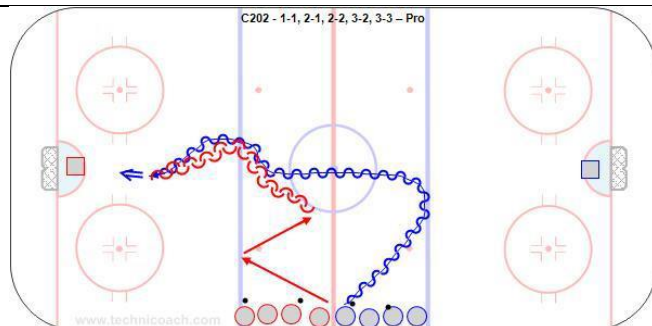
#### Key Points:

Players must challenge themselves out of their comfort zone. Make as many moves as possible and continue until they have shot and looked for a rebound. Take the pass and shoot right away without over handling.

#### Description:

1. Line up along boards on one side.
2. Players 1 and 2 start on the goal line.
3. Players 3 and 4 leave and make moves at top speed.
4. Coach whistle every 7" and they players attack the net.
5. Closest attacker give and go with 1 or 2.
6. Second closest do a tight turn then give and go with 1 or 2.
7. With only one goalie go one way only.
8. After passing return to the back of the line.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20111004075623113>



## 10'

### C202 - 1-1, 2-1, 2-2, 3-2, 3-3 - Pro

#### Key Points:

Start with a 1-1 but many situations are possible. Everyone practices attacking and defending.

#### Description:

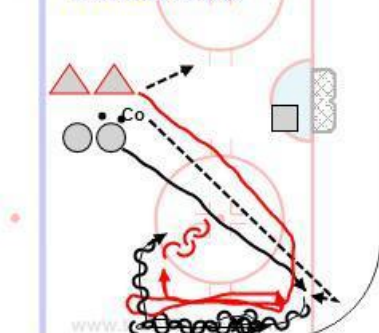
1. Players line up along the boards on one side and leave from the red line.
2. First blue is the attacker and then red.
3. Both players skate back to their blue line and then skate toward the red line.
4. Attacker can carry the puck or bounce it off the boards.
5. Defender close the gap and skate back if attack is down the middle.
6. Angle from inside if the attacker goes wide.
7. Vary the number of attackers and defenders.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=2019111517290924>

<https://youtu.be/kP35VlBpSwA>

### B6 Puck Protection and Stick on Puck

1. Coach dump the puck into the corner.
2. Offensive player protect the puck for 5".
3. Defensive player stay net side with stick on the puck.
4. On the whistle attacker try to score.
5. On the whistle attacker try to score.
6. Alternate corners.



### 20' D with Mike

### 10' Forwards with Tom

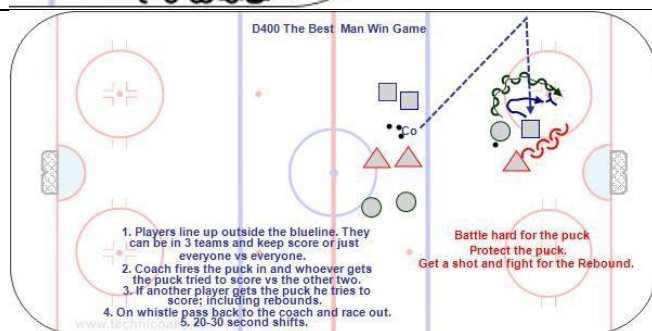
### B6 Puck Protection and Stick on Puck

#### Key Points:

Attacker protect the puck by making tight turns and shielding it with the body. Defender maintain net side and stick on the puck.

#### Description:

1. Coach dump the puck into the corner.
2. Offensive player protect the puck for 5".
3. Defensive player stay net side with stick on the puck.
4. On the whistle attacker try to score.
5. On the whistle attacker try to score.
6. Alternate corners.



### 10' Going to the net with the puck.

### D400 Best Player Wins the Game 1 on 1 on 1

#### Key Points:

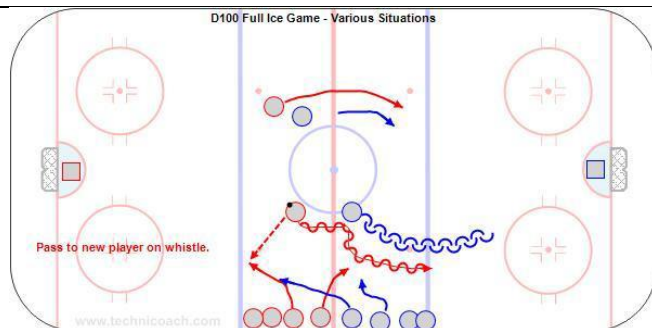
- Battle hard for the puck.
- Protect the puck.
- Get a shot and fight for the Rebound.

#### Description:

1. Players line up outside the blue line. They can be in 3 teams and keep score or just everyone vs everyone.
2. Coach fires the puck in and whoever gets the puck tried to score vs the other two.
3. If another player gets the puck he tries to score; including rebounds.
4. On whistle pass back to the coach and race out.
5. 20-30 second shifts.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20160928093149315>

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### 10'

### D100 Full Ice Game – 3 on 3

#### Key Points:

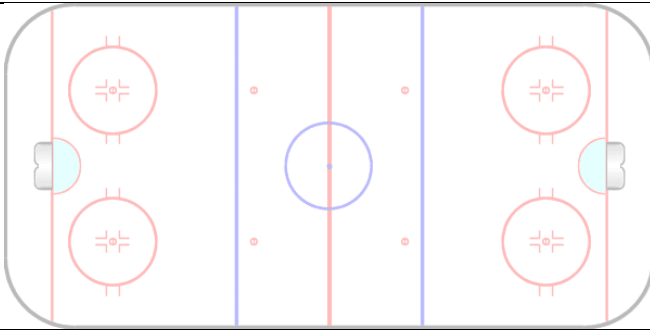
Switch between all four game roles.

- 1-puck carrier.
- 2-puck support.
- 3-check puck carrier.
- 4-cover away from the puck.

Situations: offense, defense, loose puck.

#### Description:

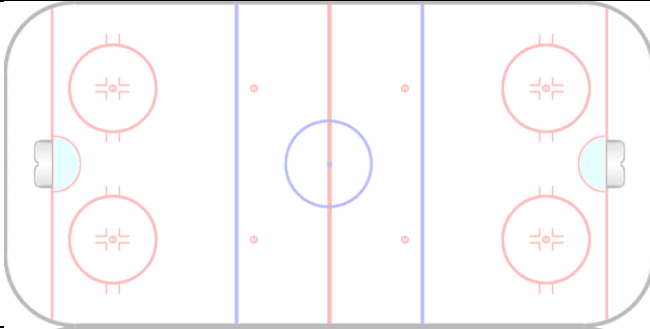
1. Start with NHL faceoff and 3-3. Extras on bench and change on your own.
2. Play situations from 1-1 to 4-4, including uneven situations like 2 on 3.
3. On a goal defenders must touch the red line.
4. Keep score.



**Cheer in middle.**

**Goalies with Mel.**

**Skaters spin – mandatory unless excused.**



**Explanation/Notes:**



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