



## SAIT Women

## Practice Plan

Date: 02-06-20

Time: 18:15-19:45

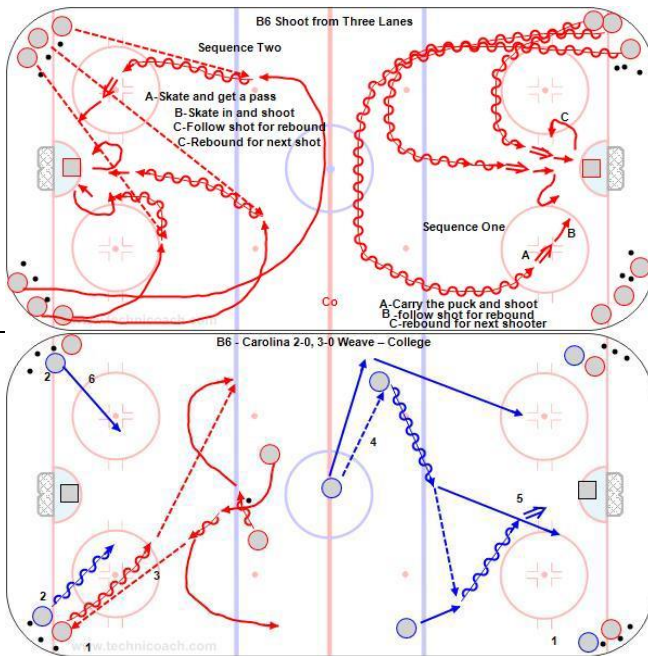
Venue: SAIT Arena

Lines:	Notes:
Shots,	Breakouts
Neutral zone regroup	Pass and receive with speed
Overload PP	3-5 pk vs spread
Transition 2-1 D join attack	2/3 ice game of 4-4
Dzone review	RDC prep
Autogenic training with Wally Kozak	

8' 2' butterfly. Shoot while skating.

B6

Shoot from 3 lanes.



7'

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

### Key Points:

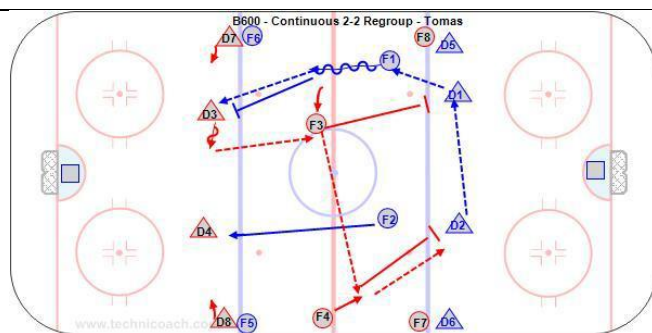
In the middle the two players can simply pass, or cross and drop, or cross-drop-pass, one skate backward, etc..

### 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>



8'

### 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:

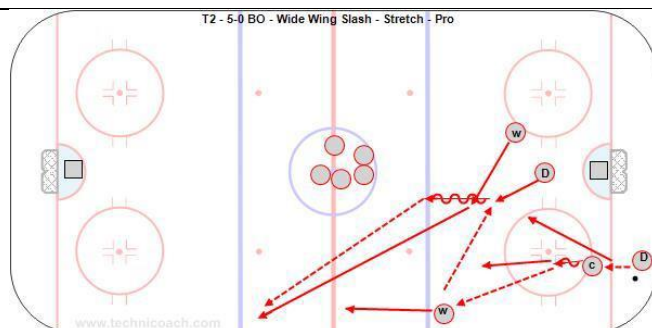
1. D1-D2 pass to F1-F2.
2. F1-F2 regroup with D3-D4.
3. F1-F2 forecheck vx. D3-D4.
4. F3-F4 support D3-D4.
5. D3-D4 make a regroup pass to F3-F4.
6. F3-F4 now regroup with D5-D6 and forecheck.
7. Continue the regroup and forecheck sequence.

*\* 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 regroupings 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>



### 7' – Both slash and chip out one rep each corner.

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

#### Key Points:

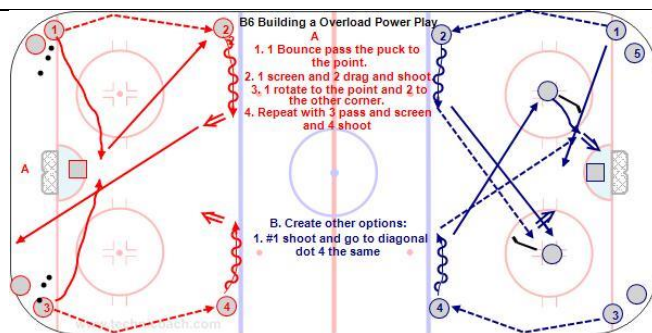
Move the puck up ice quickly. Wide wing read possession and slash across then up to the far blue line. Everyone joins the rush.

#### 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>



## 10' Jim PP units one end.

### B6 Building a Power Play

#### Key Points:

Start by practicing point shots and screens then move to one timers and the shot pass. Add a low cycle and change sides. Progress into a diamond. Practice one timers from off wing and shot passes on the proper wing.

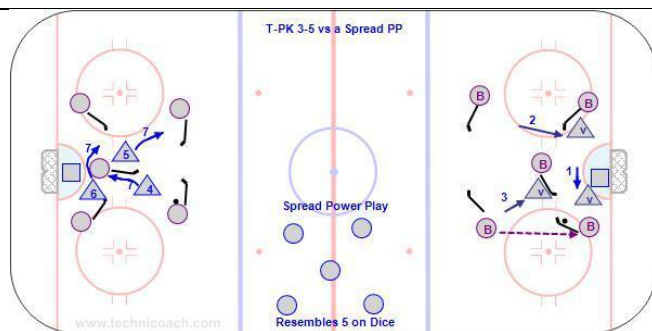
#### Description:

##### A. Point Shots and Screen

1. 1 Bounce pass the puck to the point.
2. 1 screen and 2 drag and shoot.
3. 1 rotate to the point and 2 to the other corner.
4. Repeat with 3 pass and screen and 4 shoot. You can add a D to D one timer.

##### B. Create Options, One Timer, Shot Pass, Rotate into a 1-3-1 Diamond

1. #1 shoot and go to diagonal dot # 4 the same
2. Point now fake a shot and pass across for a one timer or a shot pass.
3. Progress to a low cycle and point pass where cycles attacking the seam and passing low then head to the net and #5 passes to the point.
4. We will add the weak side D into mid slot to move into a 1-3-1 diamond.



## 10' Mike and Tom 3-5 pk one end

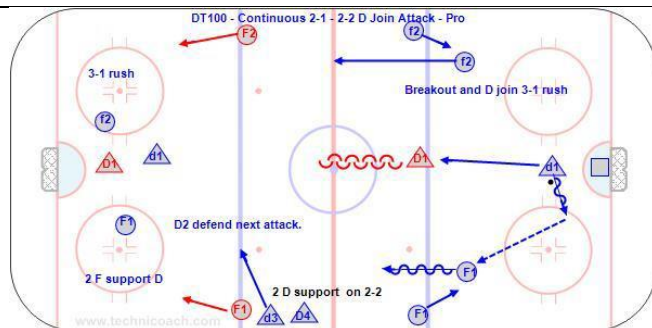
### T4-PK 3-5 vs a Spread PP

#### Key Points:

The key is to eliminate one timer shots from the point, from the player in the middle and the back door play.

#### Description:

1. When the puck is passed down the D in front moves to that side.
2. Weak side high player drop low to take away back door one timer.
3. Strong side high player drop down and front the middle attacker.
4. Strong side high player get in shooting lane when puck is at the point.
5. Weak side high player cover middle and take away cross ice pass with stick.
6. Low player eliminate tip ins in front but don't get tied up.
7. D to D pass everyone shift.



## 10'

### DT100 - Continuous 2-1 - D Join Attack – Pro

#### Key Points:

One puck game. If the puck is dumped out regroup and attack again. **This transition game can be played like a continuous drill with the new players giving passive support. Another way is to play as a game and the new forwards help defend deep in the zone and the new offensive defenseman is part of the attack. So it is just an efficient way of changing lines on the go. This is the most game like practice drill/game a coach can use. Basically you can create any numerical situation or isolate team skills like the breakout and forecheck by making the**

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attacking team dump the puck in. This video has the new players giving passive support. Examples of active and passive support full ice.

DT100 - Continuous 2-1 and 2-2 - Detroit

[https://youtu.be/eUVJXyP\\_cSA](https://youtu.be/eUVJXyP_cSA)

DT100 Continuous 2-2 Passive Support - Prospects

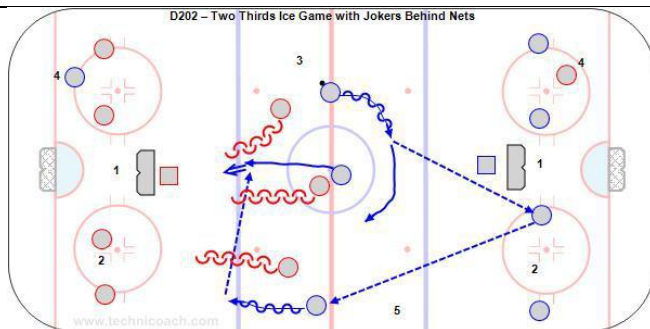
<https://youtu.be/sk4z4ul7rao>

**Description:**

1. Attack 2-1 and two forwards give support to the D and one D follow to support the offense.
2. Defending team break out 2-1 and the D join to make it a 3-1.
3. Two defending F and one attacking D follow the play into the zone.
4. Make a 2-2 by two F and two D joining the play and one D be part of the rush.
5. This flow can be done from 1-1 which would make a 2-1 on the rush.
6. With a D joining a 2-1 is a 3-1 rush, 2-2 is a 3-2 rush.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20191130192416678>

<https://youtu.be/DHt3sCTOULA>



10'

**D202 – Two Thirds Ice Game with Jokers Behind Nets**

**Key Points:**

Modified Rules: only 2" with the puck, you must make 2 passes, 2 passes and one touch shots, all must touch the puck, everyone skate backward, only forehand passes, only backhand, must make and escape move when you get the puck, on touch game, skate a Crosby when you get the puck, regroup with joker, pass to jokers at each end and any other skill you want to focus on.

**Description:**

1. Nets are at the top of the circles in each end.
2. Extra players are jokers who can pass or shoot and are behind their own net.
3. Play 1-1 to 4-4 or 1-2, 2-2, 3-2, 3-3, 3-4, 4-4.
4. An option is to have jokers from each team behind the nets.
5. Play games with modified rules to practice individual and team skills,

**Pucks – cheer**

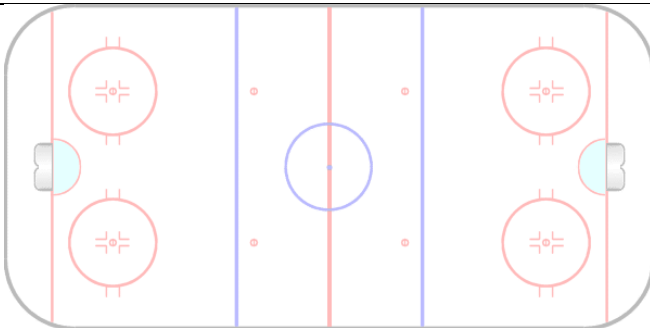
**5' review of RDC team play**

**10' Dzone coverage on magnetic board.**

**15' Autogenic training with Wally Kozak.**

**15' Mel-Kailey with goalies then join team.**

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