



SAIT W

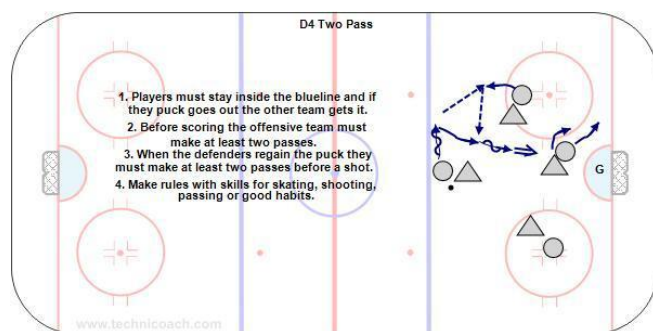
Practice Plan

Date: 02-12-20

Time:
16:30-18:00

Venue: SAIT Arena

Lines:	Notes:
Agility skate and escape moves.	Pass and 1-1
Four Chamber attack starting with 2-0	Transition 2-1 and 3-2
Power play	Face-off plays
Defensive zone coverage	Penalty kill
Full ice pp and plk	



10'

D4 Two Pass Game

Key Points:

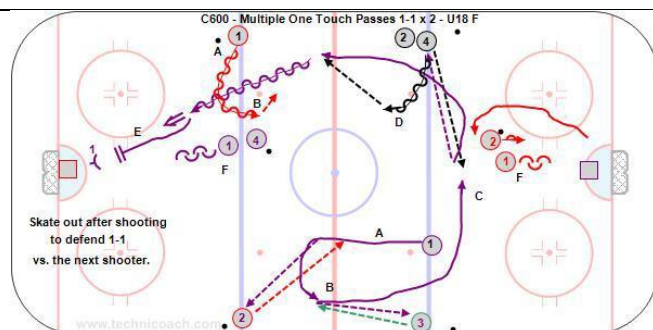
This game causes a few things to happen. Transition from puck carrier to pass support, checking the puck carrier to covering away from the puck happen very quickly. The puck carrier must use pivoting, escape moves and puck protection skills to pass on the forehand and everyone must face the puck and give a target.

Description:

1. Players must stay inside the blueline and if they puck goes out the other team gets it.
2. Before scoring the offensive team must make at least two passes.
3. When the defenders regain the puck they must make at least two passes before a shot.
4. Make rules with skills for skating, shooting, passing or good habits.

In this game the rule is that you can only pass on the forehand. If a player does a back hand pass the other team gets the puck.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20111005184904487>



10'

C600 - Multiple One Touch Passes 1-1 x 2 – U18 F

Key Points:

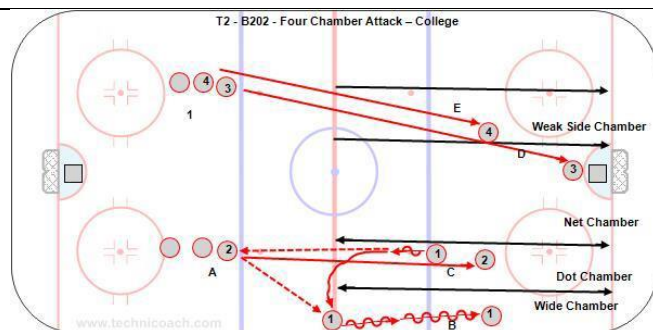
This drill is done from diagonal corners. Keep skating and make firm passes. Give a target and call for the pass. Face the puck. Shoot, follow the shot for a rebound and then go out to play a tight gap and defend 1-1 vs. the next shooter.

Description:

- A. 1 exchange passes with 2.
- B. 1 turn out and exchange passes with 3.
- C. 1 skate across and exchange passes with 4.
- D. 4 skate to the inside and pass to 1 skating wide up the ice.
- E. 1 shoot and follow the shot for a rebound and then skate out to play a tight gap.
- F. Defend a 1-1 vs. the next shooter.

**1-0, 2-0, etc. drills are not game like. Add a screen, give and go with the last shooter or defend after shooting to practice scoring in realistic situations.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20170128103207347>



<https://youtu.be/7sdcZtyS6VY>

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:

A. Players are in two lines facing each other across the neutral zone.

B. Stage one: 1 pass across to 2 and pivot in outside chamber for a return pass, skate in and shoot.

C. Stage two: 1 pass to 2 outside and join attack in the faceoff dot chamber.

D. Stage three: 1 pass to 2 and join while 3 from the other line goes hard to the net in the middle chamber.

E. Stage four: 1-2-3 repeat while 4 joins as a trailer down the weak side chamber.

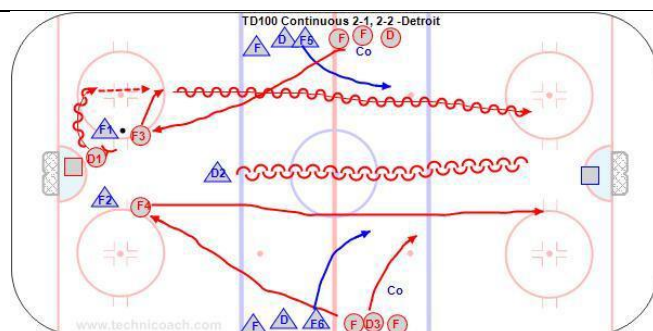
F. Fifth attacker support from the point.

G. 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>

10'

DT100 Continuous 2-1, 2-2 -Detroit

Key Points:

Face the puck. Forwards attack with speed. D stay in the middle and deny F to F pass. Forwards make the first play near the offensive blue line to force the D to make a decision. D delay the play as much as possible.

Description:

1. F1 and F2 attack vs D1.

2. F3 and F4 support D1 as far as the hash marks.

3. D2 support F1 and F2 passively from the point.

4. D1 make a breakout pass to F3 or F4.

5. F3-F4 attack D2 in the other direction.

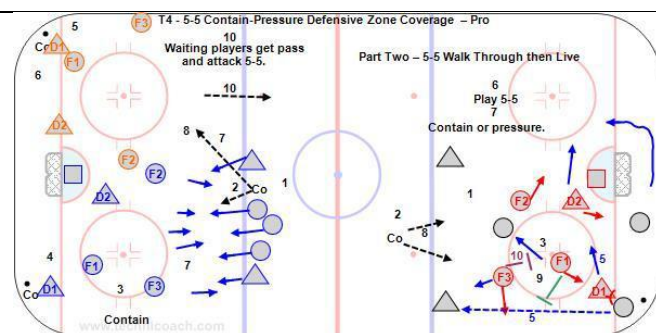
6. F5 and F6 support D2 and D3 support F3 and F4.

7. Continue this flow.

8. Add a D to make it a 2 on 2.

Options. There could be active support with a 2-1 in the nzone and a 3-3 at each end. Another option is to combine active and passive support or add dump ins and regroup.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20101208083750407>



15' Two lines then coaches switch ends after 15'.

T4 - 5-5 Contain-Pressure Defensive Zone Coverage – Pro

Key Points:

Everyone must see the puck and see their man. Stay on the net side (defensive) of the player they are covering. Sticks on the ice and in the passing lanes. It is a combined 'man to man-zone defense'. All defenders must cover one player. Closest defender to the puck on tight, 'Body on body and stick on the puck.' next closest a stick length away, third closest half way, fourth and fifth closest maintain a 'man-you-puck triangle', see the puck and your man with the stick in the passing lane. Weak side defending forward pick up F3 if he is high in the slot.

Description:

Part One – Defensive Zone Rotation Contain then Pressure (Swarm)

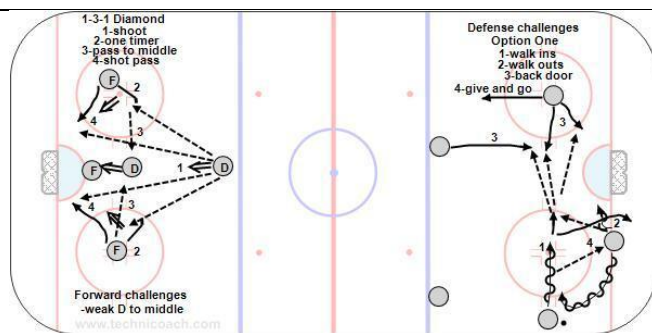
1. 5 defenders start from the blue line with a coach in each corner.
2. Coach pass the puck to the corner and defenders skate into the zone. 'Man on Box Behind.'
3. Read offensive control and play 'man to man-zone defense.'
4. D1 on puck, D2 net front, F1 support D1 low, F2 mid slot, F3 puck side point.
5. Read no offensive control so pressure and outnumber the offense – 'Swarm.'
6. D1 on hard, D2 move to goal line, F1 close support for D1, F2 net front coverage, F3 move to boards above the hash marks. D2 and F3 intercept any low or high rim.
7. Pass to coach, players skate out - pass to the coach in the other corner - the 5 defenders rotate.
8. D2 to corner, F1 skate in front and to corner, F2 cover puck side point, F3 mid slot.
9. Repeat the contain and pressure, 'Swarm' walk through.
10. After each group has practiced a few times go live.
11. Repeat the walk through in both corners then skate out and pass to 5 attackers and defend 5-5.

Part Two – 5-5 Walk Through then Live

1. Set up in one zone with 5 attackers and 5 defenders.
2. Coach pass the puck to the corner and all 5 defenders rotate.
3. D1 on puck, D2 net front, F1 support D1, F2 mid slot - cover high offensive OF3, F3 puck side point.
4. Pass puck to strong side point and all rotate.
5. F3 up to point, F2 slide to mid slot, F1 cover high offensive OF3, D1 and D2 be half way or box OF1-OF2.
6. After the low and high walk through play 5-5 live.
7. Communicate to switch between 'contain and pressure' defending.
8. Coach spot a new puck if the play ends right away.
9. F1 pressure the puck at the hash marks or half wall and D1 support.
10. F3 drop down to prevent a high walk-in if F1 is beaten on the wall.

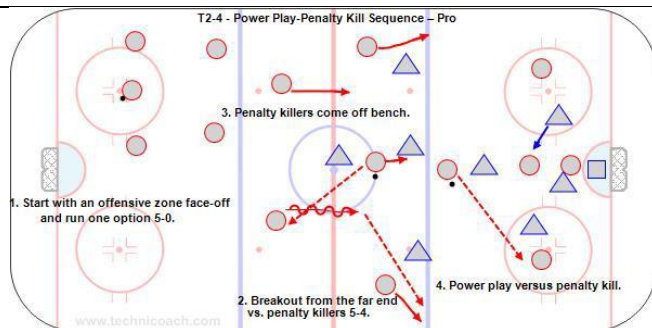
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<https://youtu.be/gREv1mFhTqU>



15' Coaches switch ends Option One: Set up at the hash and attack the seam between the D and F. -If no one plays you skate thru and shoot or pass back door to the F or the D coming down. -If the D plays you cycle low and keep going for a give and go and if that isn't there become the low option. -Original low player attack the seam again.

Option Two: -If the F plays you pass to the point and the low player moves in front to screen. -If the point player can get to the middle move into a 1-3-1 Diamond and the weak side D skate down to the middle slot between the hash marks. -In the Diamond we have 4 triangles for one timers, a middle one timer option. -If the puck is loose always outnumber the defenders and start the same sequence. **RULES and READS** -When you get the puck either you or the puck moves. No standing still. -If the weak side D comes down to back door the weak side F slide back. Look for defenders staring at the puck and move into the passing seams behind them. - Create 2 on 1's. -Short passes that only beat one defender. * Progress to a high cycle.



20' 10' Whites PP and Red kill

10' Red PP and White kill

T2-4 - Power Play-Penalty Kill Sequence - Pro

Key Points:

Develop a power play that fits the skill of each five player unit. Practice the Diamond 1-3-1 both from the blue line and below the goal line. Defend from the net out, stop and start, stick on puck and in the passing lanes. Swarm when the offense doesn't have control along the boards. Weak side forward fall under and cover the middle attacker. Power play create shooting lanes, screen, crash for rebounds.

Description:

1. Start with an offensive zone face-off and run one option 5-0.
2. Breakout from the far end vs. penalty killers 5-4.
3. Use controlled breakouts for each group.
4. Penalty killers come off the bench to defend against the breakout.
5. Power play versus penalty kill.

** Breakout with a double swing and five attack.*

** Breakout in the three lanes and two forwards swing behind for a trailer pass and attack late, these players attack the static defense and carry in, pass to each other or the wide players at the blue line.*

** Aggressive penalty kill when the puck is loose or the attackers back is turned.*

** Option one is to have the wide players on their forehand side for one timers.*

** Option two is to have a passing PP with right and left handed shots on the right and left sides.*

** Rotate positions and keep moving.*

** Defender stay with the puck carrier but do not chase passes.*

** Play a 4-4 on the strong side and deny the cross ice pass with sticks in the lane.*

* Many teams give the goalie the walk out player jam and cover the other four.

* Power play create confusion with quick puck movement, switches and back door options, outnumber the defenders on rebounds.

* A coach can use this sequence to practice from 3-3 to 5-5.

<http://www.hockeycoachingabc.com/mediaqallery/media.php?f=0&sort=2&s=20170428111213953>

<https://youtu.be/VadXPVkJMb4I>

10'

T2-4, D4 – Reilly Team Play Rotation

Key Points:

Practice team play situations at each end. Even or odd man. Leave players in the neutral zone for pp and pk. Situations.

Description:

1. For specialty teams start with 5-5 at each end with one defensive player in the neutral zone making it a 5-4. You can use any number 3-3 to 6-5. 2. Start green on pp vs. white on pk at one end. On a goal, frozen puck or shot down the ice the green get ready to pk and the white the pp. 3. The other end starts with the white on the offense first.

<https://1drv.ms/v/s!AukXg5gWoW-9hccE8AU6ibliKHvj4g?e=recigF>

*The play rotates from end to end.

Explanation/Notes:

