



## SAIT W

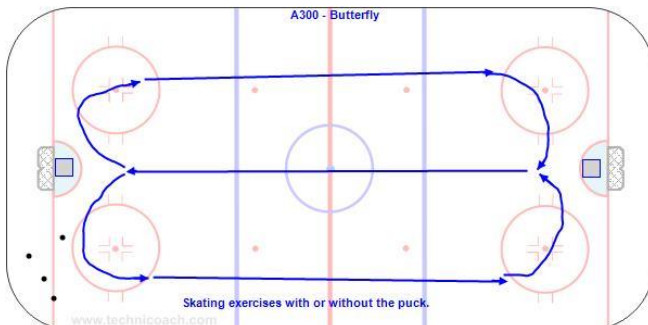
## Practice Plan

Date: 02-18-20

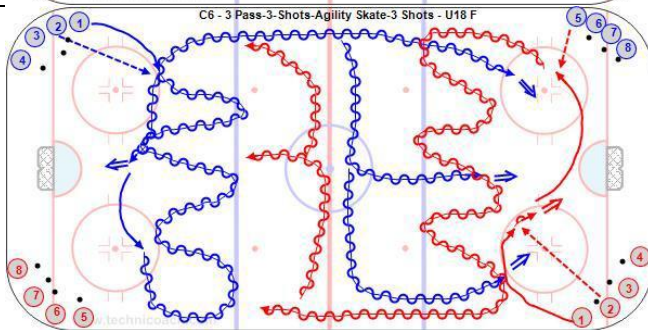
Time: 18:15-19:45

Venue: SAIT Arena

Lines:	Notes:
Warm up with a puck	Agility skating with the puck and a shot
Small horseshoe with pass and shot 1-0, 2-0	Team in four units
Two units work on power play 25'	Two units work on face-off plays 25'
Units rotate	Reilly power play game



**3' Butterfly carry a puck and then pass.**



**8'**

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

### Key Points:

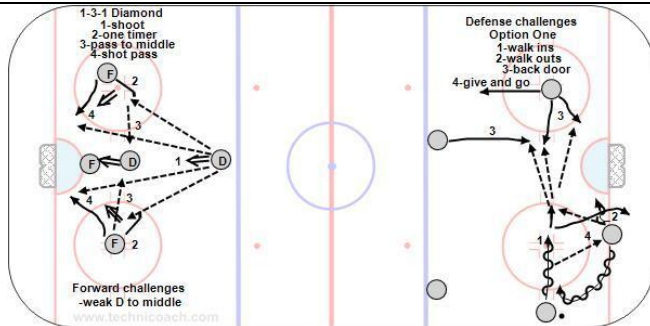
Warm-up drill with passing, shooting, agility skating, puck handling tasks and goalie shots. Shoot from the three lanes while skating. Push ups if you miss the net. Opposite corners leave when the last shot is taken; no need for whistles.

### 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, 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/JqCQValiwwA>



## 50' – 4 units – two at each end Power Play Options: Overload

**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.



## 25' x 2

### T2 - Face-off Win Plays – Pro

#### Key Points:

Face the puck at all times. Be ready to shoot quickly. Always screen the goalie.

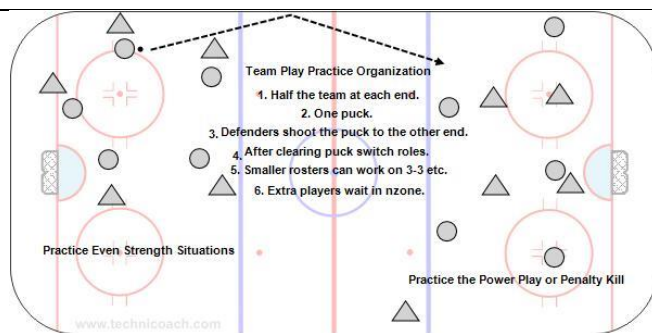
#### Description:

1. Defensive zone face-off win. Inside D1 get puck and reverse to wide D2 who skates behind the net and pass to W or C. Weak side W stretch through the middle. Walk through with each unit.
2. Offensive zone face-off win one. Wings switch sides. Win back to the point, D skate down boards and pass back to inside wing who skates back to the point – shoot.
3. Offensive zone face-off win two. Wings play strong sides. Win back to point. Inside wing F1 rotate up the boards, C F3 to front, and F2 to high slot. D to F1 to F2 who shoots.
4. Repeat win one to D who skates down boards and pass back to F1 who covers the point. F2-F3 screen and tip in front.

Bossy, Lucky,

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20160413140832317>

<https://youtu.be/aaK6Sm2yfGg>



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.

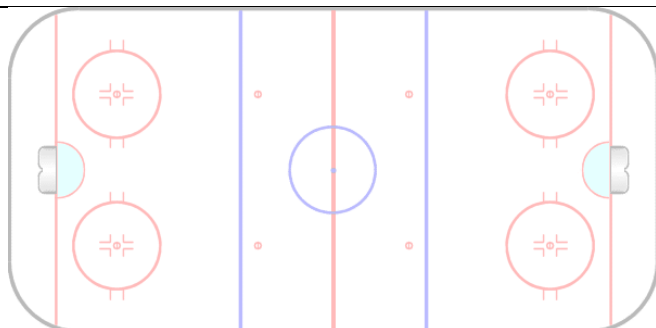
Start green on pp vs. white on pk at one end. On a goal, frozen puck or shot down the ice the green get ready to pk and the white the pp.3. The other end starts with the white on the offense.

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

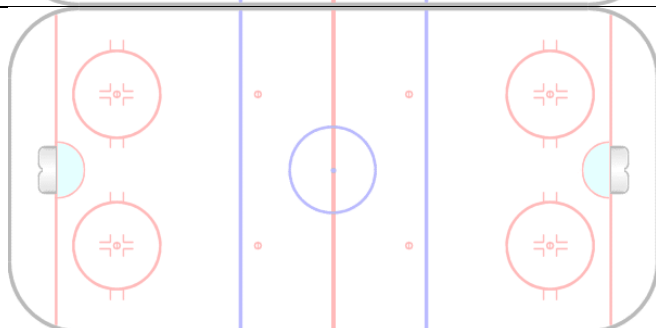
*\*The play rotates from end to end.*

**Team cheer in middle.**

**Goalies work with Mel.**

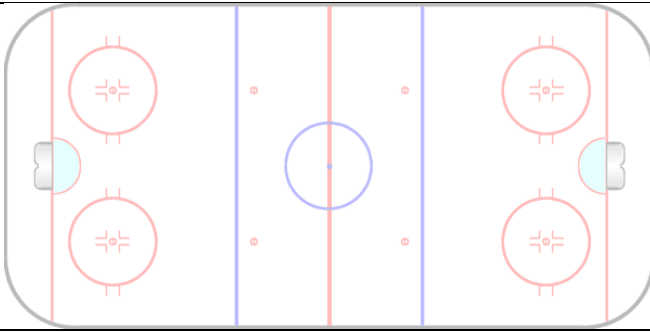


**Explanation/Notes:**



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