



SAIT W

Practice Plan

Date: 02-19-20

Time: 15:30-16:30

Venue: SAIT Arena

Lines:

12 F, 7 D half black and half red
Puck handling warm up chaos
Four chamber attack
Breakout with chip out
Full ice transition 2-1 D join rush
Shootout attacker go either way- defender chase

Notes:

Shots from three lanes
Dizzy passing and timing drill with shots
Breakout with slash
Quick neutral zone 1-1, 2-1, 2-2
Full ice transition game 3-2 to 6-5
Video Olds team play. Autogenic training with Wally Kozak.

5'

A200 Chaos Puck Handling

Key Points:

Make moves, protect the puck, go hard on the whistle. Designate moves, add pucks, play keepaway, use ball, multiple pucks, etc.

Description:

1. Carry a puck and protect it while skating in random directions. Stay in the zone.
2. Go hard for about 5" on the whistle and slow down on the next whistle.
3. Coach designate the move to be practiced, i.e, tight turn when you approach someone.
4. Exchange pucks-pass with eye contact.
5. Spread pucks around which also must be avoided.
6. Keepaway-coach take a puck away every 10".

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6'

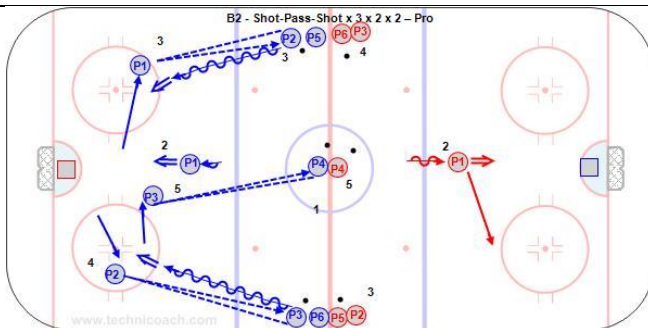
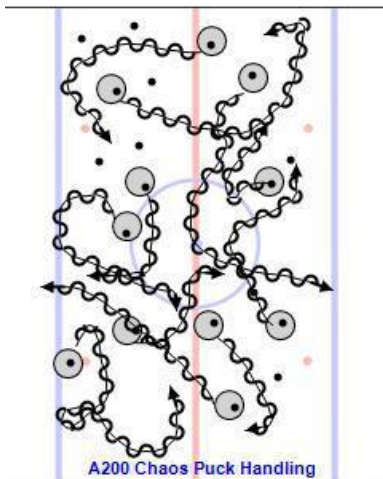
B2 - Shot-Pass-Shot x 3 x 2 x 2 - Pro

Key Points:

Pass and shoot while skating. Make firm one touch wrist passes. Hit the net.

Description:

1. Players line up at the red line with pucks facing each end.
2. P1 in middle leave and shoot.
3. P1 turn and exchange passes with P2 on the right who shoots.
4. P2 turn inside and exchange passes with P3 on the left who shoots.
5. P3 skate into the middle lane and exchange passes with P4 in the middle who shoots.
6. After passing the player replace the player they passed to.
7. Continue this rotation.



<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20171119101355948>

<https://youtu.be/slO0FFCNd3g>

8'

B6 - Timing Around Circles - College F

Key Points:

Timing, pass while skating, cross overs with the puck, shoot while moving, rebound, screen and tip. Possible 1-1 and catch and release.

Description:

1. Players are in diagonal corners and one red and one white at the blue line.
2. Player one skate around the low circle with a puck, player two around middle circle.
3. Player one pass to player two who skates in for a shot.
4. Player one continue and now skate around middle circle for a pass from player 3.
5. Player three pass to player one and continue to the middle circle. Etc.
6. Player two follow shot for a rebound then skate hard to boards and back and screen.

Options: Player two can defend 1-1 vs next shooter or exchange passes or circle back and rebound.

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10'

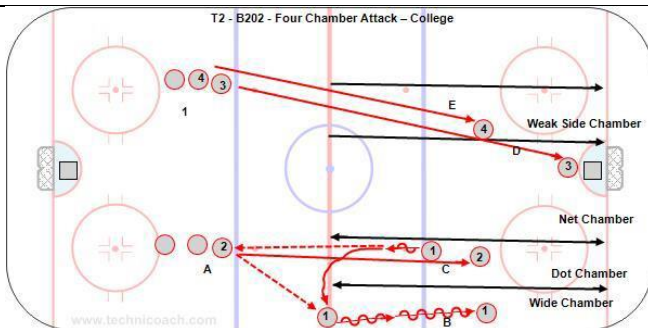
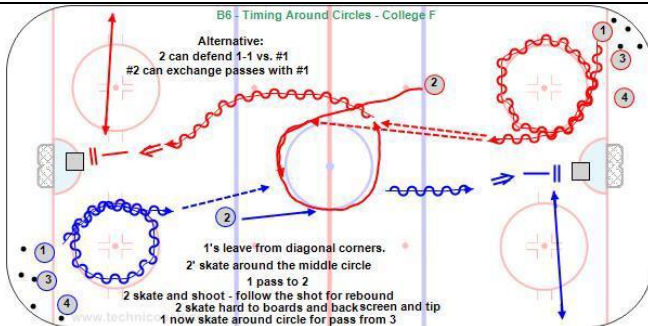
T2 - B202 - Four Chamber Attack – College

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.*

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<https://youtu.be/0gMgG3rkXzg>

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>

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5'

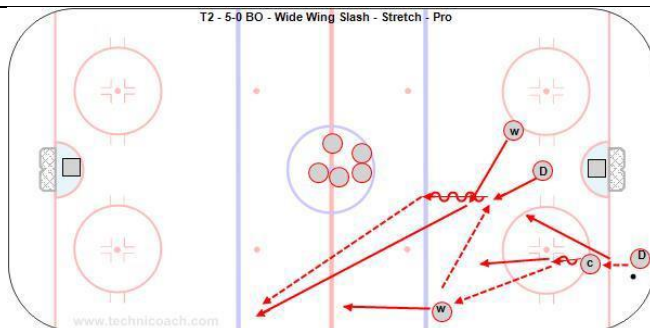
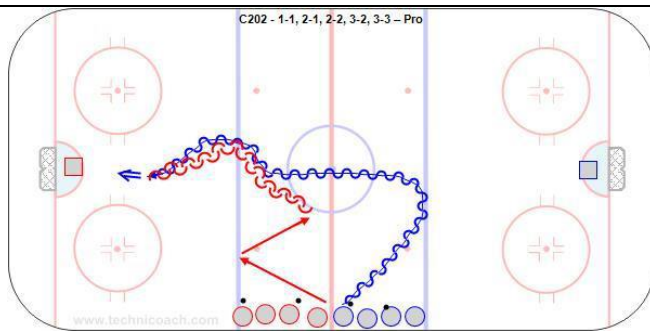
T2 - 5-0 BO - Wide Wing Slash - Stretch – Pro

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.
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<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20191119162038213>

<https://youtu.be/NfNPqFiZQA4>

5'

T2 - 5-0 BO - W Box Out Chip - Wide W 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. Strong side forward box out pinching D and pass back or chip puck into the neutral zone.

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 about a metre from the boards.
4. Wide wing slash across to the far blue line.
5. D pass to the low forward or the other D.
6. C or D pass to the wing at the strong side point.
7. W pass back to a player coming from behind or chip the puck into the neutral zone.
8. 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.

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<https://youtu.be/WMzyLhRCVCg>

6'

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

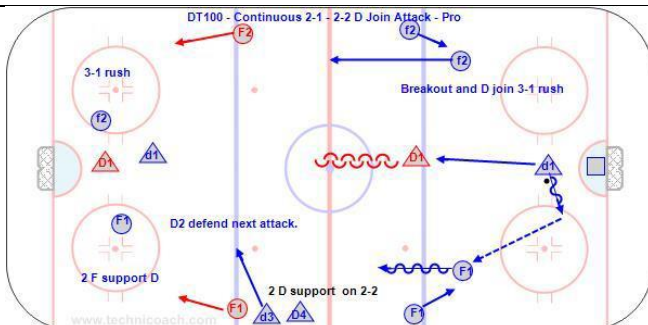
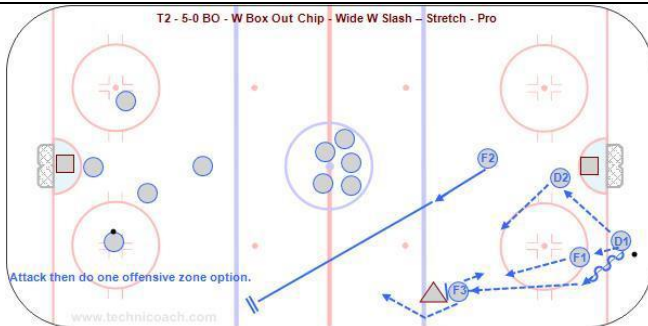
DT100 - Continuous 2-1 and 2-2 - Detroit

https://youtu.be/eUVJXyP_cSA

DT100 Continuous 2-2 Passive Support - Prospects

<https://youtu.be/sk4z4ul7rao>

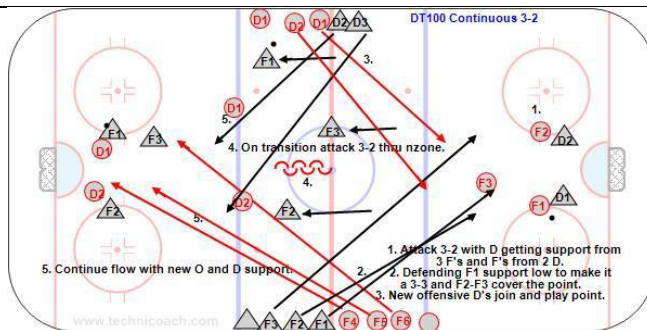
Description:



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.

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<https://youtu.be/DHt3sCTOULA>



6'

DT100 Continuous 3-2 to 5-5 – Dukla Czech U20 – TPS Pro Finland

Key Points:

New players don't leave the line-up until the puck enters the offensive zone.

On dump outs no one change but go back and regroup with the same players. Changes occur when the puck is over the offensive blue line or controlled over the defensive blue line. In Jihlava, Czech Republic the U20 is leaving from each side and in Turku, Finland they leave from the bench.

Description:

1. Attack 3-2 with D getting support from 3 F's and F's from 2 D.
 2. Defending F1 support low to make it a 3-3 and F2-F3 cover the point.
 3. New offensive D's join and play point.
 4. On transition attack 3-2 thru nzone.
 5. Continue flow with new O and D support.
- Continue the flow of 3-2 in nzone and 5-5 at each end.
-Dump-ins and regroupings can be added.

Dukla U20 – Jihlava, Czech Republic

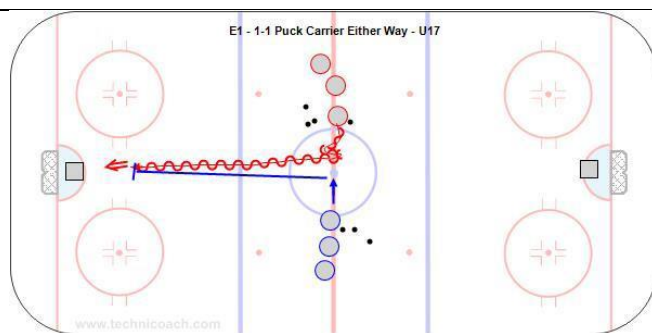
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<https://youtu.be/xcbokEplsTQ>

DT100 3-2 to 5-5 – TPS, Turku, Finland - Pro

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150104223808287>

https://youtu.be/aAGRjGf_hv4



8'

E1 - 1-1 Puck Carrier Either Way - U17

Key Points:

Puck carrier make deceptive moves and break to either net. Defender use controlled defensive skating and approach with toe caps facing the puck carrier, then chase without taking a penalty. Goals on a rebound in the slot count.

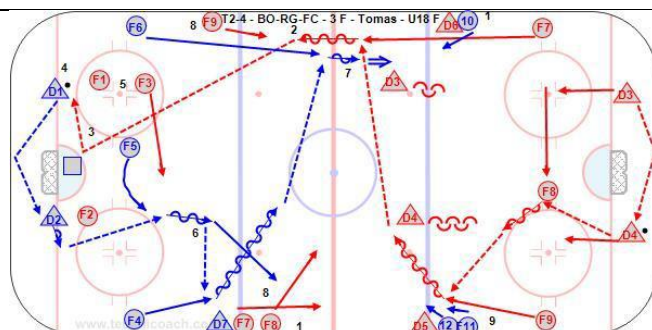
Description:

1. Red face the blue on the red line just outside of the circle.
2. Blue attacker skate into the circle with the puck and attack either net.
3. Red player defend and chase the attacker without taking a penalty.
4. Blue can score on direct rebounds.
5. Red defender box out attacker and tie up the stick on any rebound.
6. The next blue now is the attacker vs. the next red.
7. Continue alternating sides.
8. Keep score.

**Do this 1-1, 1-2, 2-2 as well.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20191022154812841>

<https://youtu.be/YuEckedLbtU>



8' Did this after the four chambers.

T2-4 - BO-RG-FC - 3 F - Tomas - U18 F

Key Points:

Game like passing as you practice the forecheck and breakouts at the same time. *This may be the magic warm-up drill I have been searching for since I started coaching in 1971.*

Description:

1. Players leave from inside the four blue lines.
2. Forwards dump the puck into their own end and forecheck the other defense.
3. F1-F2-F3 cross the red line and dump the puck in so the goalie must handle it.
4. D1-D2 go back for the puck.
5. F1-F2-F3 forecheck; F1-F2 within a stick length and F3 mirror.
6. D3-D4-F4-F5-F6 breakout and everyone must touch the puck up ice.
7. F4-F5-F6 shoot the puck in and forecheck vs. D3-D4.
8. F7-F8-F9 follow the play into the zone and breakout with white D1-D2.
9. Continue this flow end to end.

In this video example they are dumping in at one end and regrouping at the other because the goalies are working at one end. The description is for dumping in at each end.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20170920121223948>

<https://youtu.be/8ul6AQPQRY8>

Pro's doing the flow. <https://1drv.ms/v/s!AukXg5gWoW-98EX8pPJZB2DQGBzk>

Cheer in middle.

Marc show video of Olds team play.

Wally do Autogenic training.
