



SAIT W

Practice Plan

Date: 02-21-20

Time: 15:30-16:15

Venue: SAIT Arena

Lines:

Passing forehand and backhand

Multiple double pass with 1-1

Breakout with WW slash

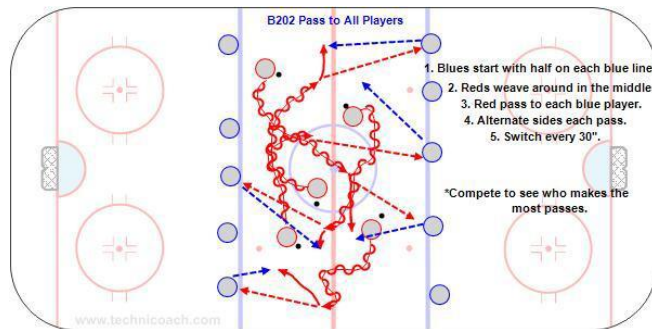
Full ice 2' game of 4-4

Notes:

Regroup with F's shoot – D shoot. X 2

Carolina Weave 2-0 to 3-0

Breakout with Chip out. C shoot at net or rim



6'

B202 Pass to All Players

Key Points:

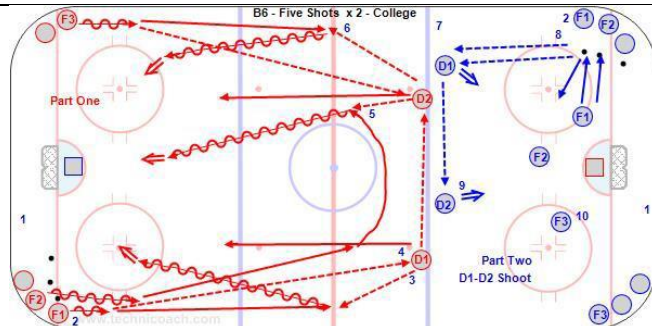
Give and go pass. Give a target and make eye contact before passing.

Description:

1. Blues start with half on each blue line.
2. Reds weave around in the middle.
3. Red pass to each blue player.
4. Alternate sides each pass.
5. Switch every 30".

*Compete to see who makes the most passes.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20130519181719805>



8'

B6 - Five Shots x 2 – College

Key Points:

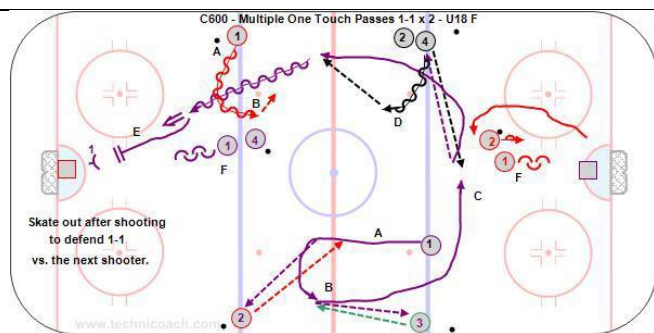
Pass hard while skating, face the puck and give a target, shoot while skating and follow the shot for a rebound. The same sequence is done from both ends starting from diagonal corners.

Description:

1. White forwards at one end and white D at the far blue line. Red F and D opposite.
2. F1 skate and pass to D1 then open up for a regroup pass at the red line.
3. D1 pass to F1 who skates in and shoot from the wide lane.
4. F2 leave from the same corner, skate and pass to D1 who passes to D2.
5. F2 cross the red line and mirror the puck for a pass from D2 then skate and shoot.
6. F3 leave from the opposite corner, regroup with D2 and shoot from the wide lane.
7. D1-D2 skate up to the blue line.
8. F1 get a puck from the corner and pass to D1 who shoots.
9. F1 pass another puck to D1 who passes across to D2 who shoots.
10. F1-F2-F3 have a net presence.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20190108181642748>

<https://youtu.be/QC7hvuGCowI>



8'

C600 - Multiple One Touch Passes x 2 - 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.

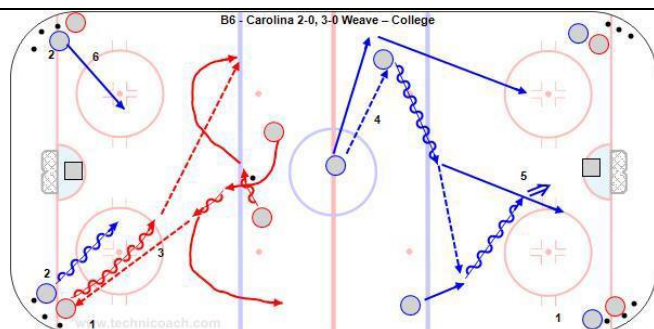
Description:

- A. 1 exchange passes twice with 2.
- B. 1 turn out and exchange passes twice with 3.
- C. 1 skate across and exchange passes two 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=20180501140221605>

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7'

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

Key Points:

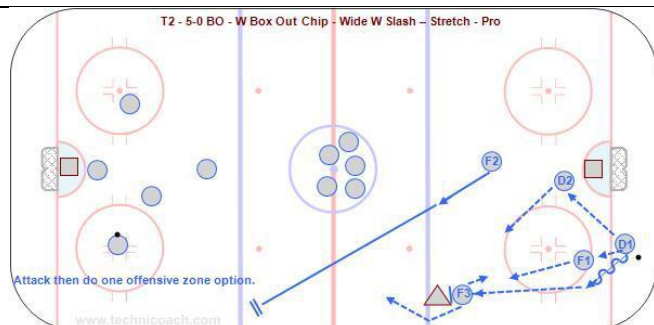
In the middle the two players can simply pass, or cross and drop, or cross-drop-pass, one skate backward, etc..

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>



3'

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.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=2019112216391543>

<https://youtu.be/WMzyLhRCVCg>

3'

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>

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10' 4 on 4

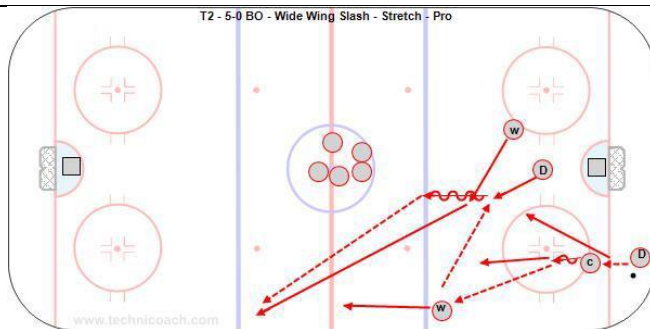
D100 Two Second Game - College

Key Points:

Great game for quick and close puck support and facing the play with the puck. Players must switch right away from offense to defense to loose puck and constantly change roles from, 1-puck carrier, 2-puck support, 3-check puck carrier, 4-cover away from the puck. 2" rule can be used in SAG, cross or half ice.

Description:

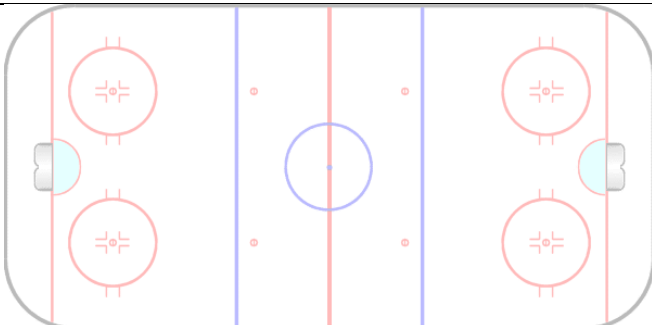
1. Play a full ice game of 3-3, 4-3, 4-4, 5-4, 5-5, 6-5 with the extra players on the bench.



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2. Players change on their own.
 3. Players can only have the puck for 2" and must make a play, gain a zone or shoot.
 4. Coach blow whistle if the puck is carried over 2" and the other team gets it.
 5. Encourage talking, facing the puck, always give a target, skate into passes and get open.
 6. Scoring team must skate back to the red line before forechecking.
- * Option is to give another 2" with the puck if the player makes an escape move.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20181002161932826>

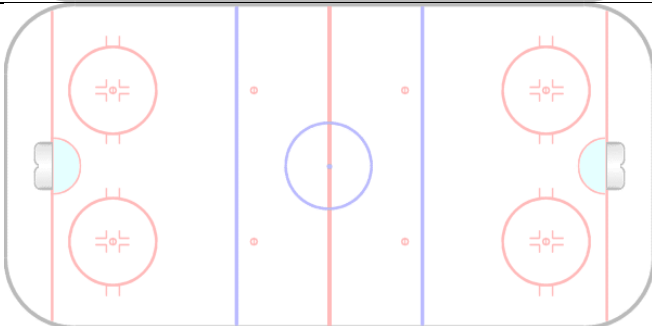
<https://youtu.be/PVy5NjFsV9w>



Get pucks

Cheer in middle.

Tap gloves with each player as they leave.



Explanation/Notes:
