



## SAIT W

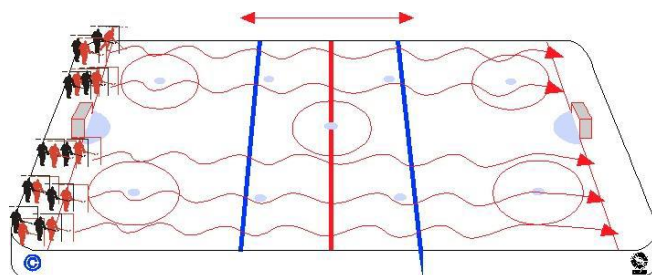
## Practice Plan

Date: 02-24-20

Time: 16:30-17:45

Venue: SAIT Arena

Lines:	Notes:
7 D – 10 F – 2 G	Machine gun pass-timing-shots.
Big moves and puck dog.	Pardy's 1-1 and 2-1
D indirect stretch pass	D one timers
F Agility around circles and shots x 3	4 on 4 full ice two second game
Goalie training	Spin for 45'



### 10" Finish with Puck Dog

#### A200 Big Moves \_ Russian Warm-up – Yashin

##### Key Points:

Increase the size of the moves by reaching as far as possible with the puck. Separate the movement of the upper and lower body by skating away from the puck. Players must be able to handle the puck under control around and through their body.

**Description:** - Skate away from the puck. Skate right reach left and skate left and reach right. - Reach as far forward and back as you can using the top hand.

-Put the puck from the stick to inside and outside edges back to the stick.

-Move puck from behind to front through skate forehand and backhand.

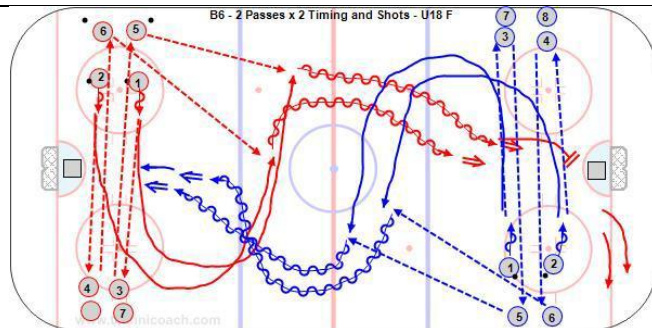
-Escape moves backward with the puck and tight turns each way.

-Fake a shot and go left then right. Spin on backhand.

-Touch each knee while skating. - Yo-yo the puck give it and take it away. - Toe drag fake inside and pull the puck back while sliding back. - Bring the puck from behind to in front through the skates on forehand. - Bring the puck from behind to in front through the skates on backhand. - Skate fake inside and go outside.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080722140651119>

<https://youtu.be/91xTyEp6DM0>



### 10' Second player carry puck around circles then shoot.

#### B6 - 2 Passes x 2 Timing and Shots - U18 F

##### Key Points:

Pass and skate for a return pass. Keep skating while passing, receiving and shooting. Give a target. Handle the puck after receiving and use wrist passes.

##### Description:

A. 1 and 2 leave from each end and pass across to 3 and 4.

B. 3 and 4 pass across to 5 and 6.

C. 5 and 6 pass up to 1 and 2 skating across the neutral zone.

D. 1 shoot-rebound-screen.

E. 2 shoot.

F. 3 and 4 repeat in the other direction.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20170107125422201>



<https://youtu.be/WmpASHh7uL4>

10'

### C6 – Pardy's 1-1 to 3-2 – Wally - U18 F

#### Key Points:

Attack with speed and defend with tight gaps. Add regroup. Vary the number of attackers and defenders.

#### Description:

1. Attackers and defenders are in corners at each end.
2. F1 skate across the top of the circle and get a pass from D2 who follows.
3. D1 defend the 1-1 attack.
4. F2 leave from the other end when the original attack passes the top of the circle.
5. F2 get a pass from D3 and attack vs. D1 and D3 follow the attack.
6. Two or three forwards can attack vs. one or two defenders.
7. Add F2 regroup with D3 in the neutral zone.
8. Another variation is regroup only if the coach blows a whistle.
9. Possible situations, 1-1, 2-1,

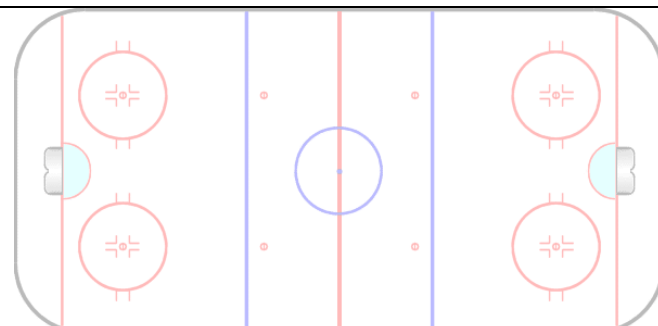
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20'

### Mike D – Indirect stretch pass and one timers.

### Jim F – shooting off the pass x 3.



10'

### DT400 Quick Transition Game - U15

#### Key Points:

Players must quickly transition between the 4 game playing roles.

Offense: Role 1. Puck carrier. Role 2. Support puck carrier.

Defense: Role 3. Check puck carrier. Role 4. Cover away from the puck.

#### Description:

1. Play 2 on 2 to focus on transition between the four game playing roles.
2. Extra players wait at the blue line or to create a tight area game at the top of the circles.
3. Attack and try to score.
4. On a goal, frozen puck or turn-over the defending team pass to waiting teammates.
5. New offensive players attack vs. the players who lost the puck on offense.
6. Players who passed now rest.

\* Keep score and have tournaments.

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\* Any number from 1-1 to 5-5 can be used and move the waiting players to reduce or expand space.

\* Modified rules can be used to focus on individual or team skill.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20141224104512232>



**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.
2. Play 40-45" shifts and pass back to your goalie when the coach whistles for a change or 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.

\* Don't blow the whistle if they have started shooting. Start time when the goalie gets puck. Keep score and losing or winning have a consequence.

\* Option is to give another 2" with the puck if the player makes an escape move.

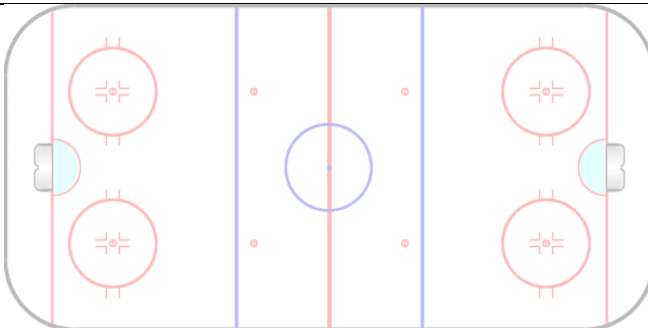
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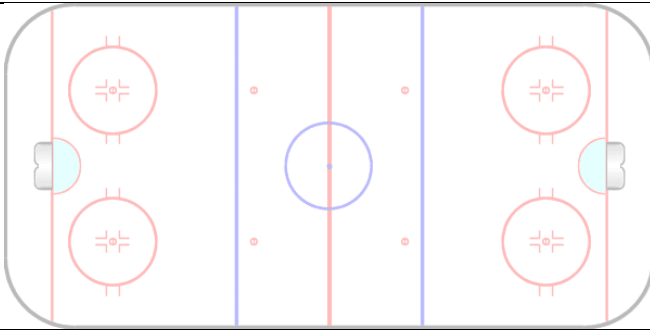
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### **Cheer in middle**

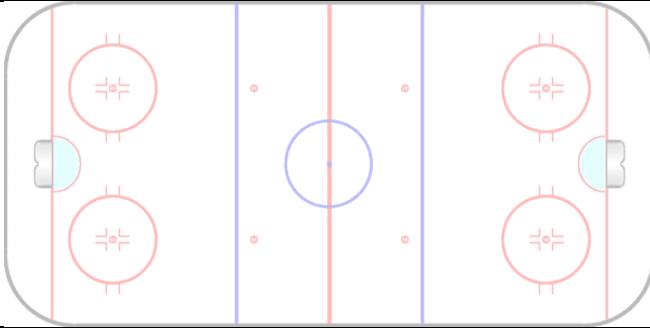
**Skaters change and go to spin for 45'.**

**G work with Mel 30'**





**Explanation/Notes:**



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