



SAIT W

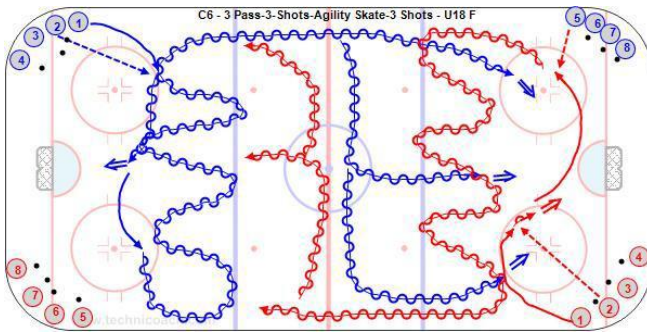
Practice Plan

Date: 02-25-20

Time: 18:15-19:45

Venue: SAIT Arena

Lines:	Notes:
Agility skate, pass, shoot	B600 - Czech Quick Pass - College F
Shot blocking F	D point shots
Power play two groups	Face-off plays and Dzone face-offs
Power play breakout everyone	



10' 2' butterfly first

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

Key Points:

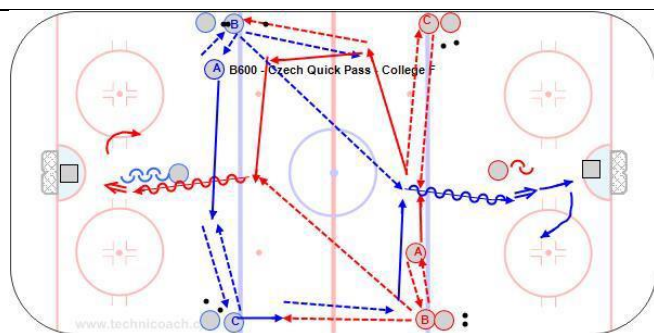
Warm-up drill with passing, shooting, agility skating, puck handling tasks and goalie shots. Shoot from the three lanes while skating. Push ups if you miss the net. Opposite corners leave when the last shot is taken; no need for whistles.

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/JqCQVaiwwA>



10' Kailey B600 - Czech Quick Pass - College F

Key Points:

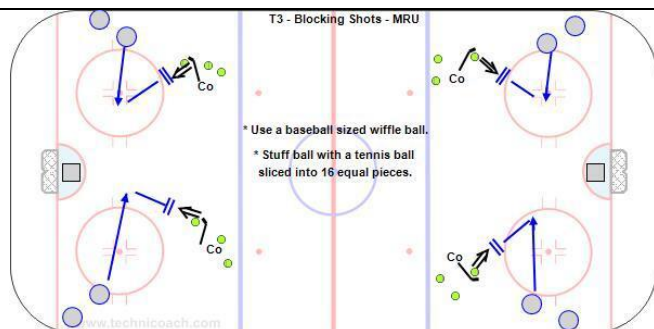
Give a target, one touch using a wrist pass, take the pass with the back third of the blade, especially on the backhand. Target with one had receive with two. No unopposed shots; either screen, circle back for the rebound, give and go with the next shooter or defend a 1-1.

Description:

1. Players on the four blue lines.
2. First player A leave from diagonal blue lines and exchange passes to the second player in line B.
3. A's skate across the blue line and exchange passes with C on the other side.
4. A's skate up the boards and exchange passes with the other B.
5. A's skate to the middle and receive a pass from B at the original starting place.
6. Skate in and shoot, get a pass or attack 1-1 vs. the last shooter.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20191012151541146>

<https://youtu.be/hTfbfmTPX8>



10' Kailey with F. Mike with D point shots

T3 - Blocking Shots – MRU

Key Points:

Skate to defensive side and look where the net is, then out toward the shooter. Drop to one knee, turn the face sideways with the free hand protecting the face pad side out. Turn the inside elbow pad to face the shooter. This technique keeps the skate on the ice and allows the player to quickly skate.

Cut a tennis ball into 16 equal strips and insert through the holes in a baseball sized waffle ball. This makes it about the same weight as a puck and it slides well on the ice and doesn't injure the players.

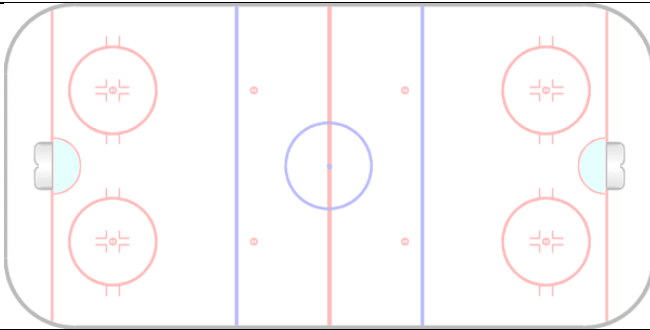
Description:

1. Coaches have wiffle balls stuffed with a tennis ball.
2. Player skate to the inside and look to line up between the shot and the net.
3. Player skate toward the shooter.
4. Player drop to one knee sideways when shooter takes his stick back.
5. Coach shoot and player block the shot.

**Players have make sure they don't slide out of the shooting lane on a fake shot and retain the ability to be lined up between the puck and the net.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=2017011912114433>

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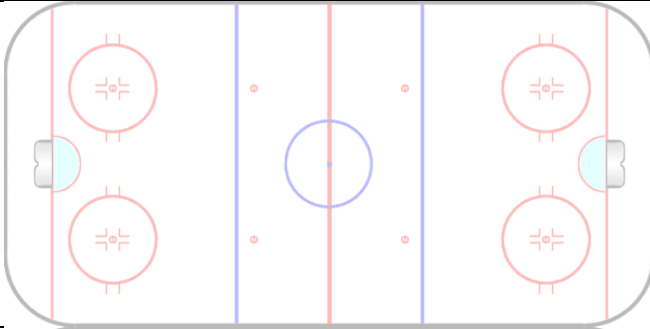


15' x 2

Jim pp group 1

**Mike faceoff plays and dzone faceoffs
group 2**

Switch



20' - Jim

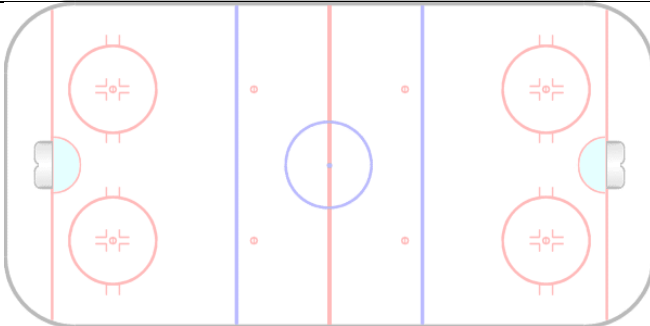
Group 1 and 2 pp breakout.



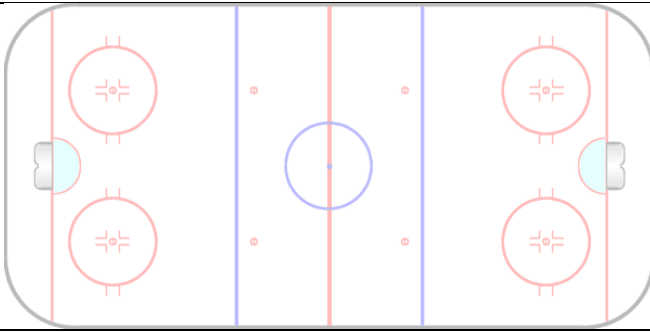
Explanation/Notes:



Explanation/Notes:



Explanation/Notes:



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