

## **Subject: Weekly Practice Plan Template**

### **Monday – Focus on Individual Offensive Skills**

- A - Skating edges, puck handling, shooting, overspeed skills.
- B – Passing skills, partner work.
- D – Games for skills with modified rules.
- C – Offensive skills in 1-1 situations.
- DT – Transition games focused on individual offensive skills.
- T1 – Partner, individual and small group work with offensive skills.
- O – Team goes to spin class. Team is divided into small groups who weights two times a week.
- G – Goalies stay and work on technique.

### **Tuesday – Focus on Individual Defensive Skills**

- A – Agility skating, back skating, pivots, puck and shooting skills.
- B – Passing skills with defensive pressure.
- T3 – Angling, checking, shot block, and other defensive techniques.
- D – Games that focus on defensive skills.
- C – Game situations focused on individual defensive skills.
- DT – Transition games up to 3-3 focused on individual defensive skills.
- E – Shootouts and contests.
- F – Skate for fitness.

### **Wednesday – Focus on Team Offensive Skills**

- T2 – Team play warm up passing.
- C – Game situation drills up to 5-5.
- DT – Transition games 3-3 up to 5-5.
- T2 – Offensive team play situations.
- T2-4 – Offense vs. Defense games and drills focused on scoring.
- DT – Transition games 3-3 to 6-5 with an offensive focus.
- D – Games full and SAG focus on offensive skills and habits.
- T2 – Small group work on faceoff plays and team offensive skills.

### **Thursday – Focus on Team Defensive Skills**

- A – Overspeed skill work.
- D – Game with modified rules focused on good habits.
- C – Game situation drills with a defensive technique focus.
- T4 – Defending in each zone 5-5, 4-4, 5-6, PK instruction and practice.
- T2-4 – Defense vs. Offense with a focus on defending.
- DT – Transition games 3-3 to 5-6 with a defensive focus.
- D – Full and small area games with a defensive focus.
- E – Shootout.
- T1 – Individual and small group work i.e. one timers, face-offs.

**Weekly Practice Planning Data Base – SAIT Women's Hockey**  
**Practice M-T-W-Th – Play Friday-Saturday – Sunday Off.**

**ABC Video and PDF Folders of Practice Ideas**

[https://1drv.ms/f/s!AukXg5gWoW-9hZJPZIJ\\_7gLL8bGYaQ](https://1drv.ms/f/s!AukXg5gWoW-9hZJPZIJ_7gLL8bGYaQ)

**Each Folder with Video and PDF's**

A – Individual Skills – Skate, Shoot, Puck Handle

[https://1drv.ms/f/s!AukXg5gWoW-9hZJQZ-PvzNHP\\_u0MA](https://1drv.ms/f/s!AukXg5gWoW-9hZJQZ-PvzNHP_u0MA)

B - Partner Skills vs. Zero Opponents – Partner and Group Passing

[https://1drv.ms/f/s!AukXg5gWoW-9hZZ5xuYaaHojfYY7\\_g](https://1drv.ms/f/s!AukXg5gWoW-9hZZ5xuYaaHojfYY7_g)

C - Game Situation Skills starting with 1-1

[https://1drv.ms/f/s!AukXg5gWoW-9hZZ4\\_cMdUpvRuIn32A](https://1drv.ms/f/s!AukXg5gWoW-9hZZ4_cMdUpvRuIn32A)

D – Full ice and SAG – small area games to teach the game.

<https://1drv.ms/f/s!AukXg5gWoW-9hZZ6ARewfjVhO0sFBw>

DT – Transition games with one puck to practice game situations.

<https://1drv.ms/f/s!AukXg5gWoW-9hZZ7JuZukqRQVoZHTA>

E – Shootouts and Contests.

<https://1drv.ms/f/s!AukXg5gWoW-9hZZ8dwypiHN9KPupew>

F – Skating for Fitness

<https://1drv.ms/f/s!AukXg5gWoW-9hZZ9XnBV1j3w9ZXYyw>

G – Goaltending Training

<https://1drv.ms/f/s!AukXg5gWoW-9hZZ-NGUV4uCi-biGbw>

O – Off-ice Training

[https://1drv.ms/f/s!AukXg5gWoW-9hZZ\\_cudxFAhwt1iD0g](https://1drv.ms/f/s!AukXg5gWoW-9hZZ_cudxFAhwt1iD0g)

T1 – Individual offensive skills in small groups or individual work.

<https://1drv.ms/f/s!AukXg5gWoW-9hZh05cyJgqB5G0nctQ>

T2 – Team of Offensive Skills

<https://1drv.ms/f/s!AukXg5gWoW-9hZh1XAjYRpujgvheaQ>

T3 – Individual Defensive Skills

<https://1drv.ms/f/s!AukXg5gWoW-9hZh3XErZOKraQYAeTQ>

T4 – Team Defensive Skills [https://1drv.ms/f/s!AukXg5gWoW-9hZh4FKfwxkZrg3SW\\_w](https://1drv.ms/f/s!AukXg5gWoW-9hZh4FKfwxkZrg3SW_w)

T2-4 – Team Offense vs. Team Defense <https://1drv.ms/f/s!AukXg5gWoW-9hZh2WdB8x2fAjDTodw>