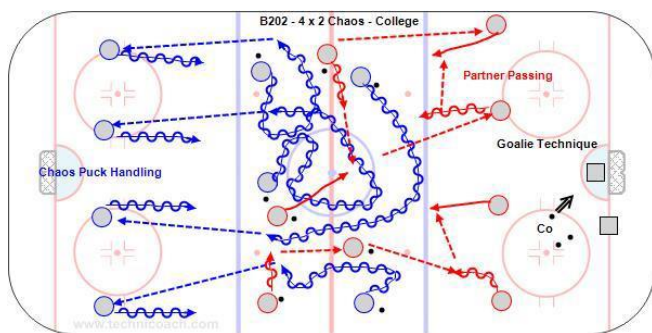




## SAIT Trojans

## Practice Plan

|                                    |        |        |
|------------------------------------|--------|--------|
| Date:                              | Time:  | Venue: |
| Lines:                             | Notes: |        |
| Book: Culture Code by Daniel Coyle |        |        |
|                                    |        |        |
|                                    |        |        |
|                                    |        |        |
|                                    |        |        |



10'

### B202 - 4 x 2 Chaos Overspeed – College

Goalies with Jim first 20'

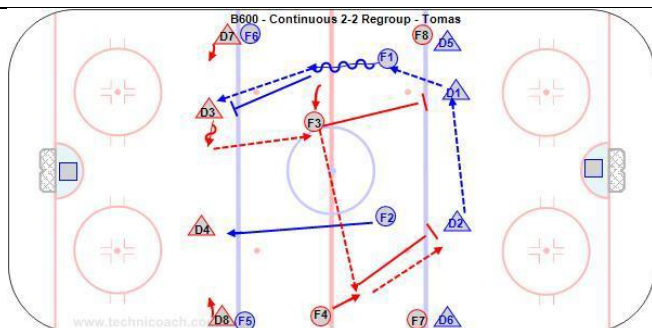
#### Key Points:

Overspeed with the puck. Go as fast as possible making moves and cutbacks. Pass quickly always facing the partner.

#### Description:

1. Four players from each end leave and puck handle in the neutral zone as fast as possible.
  2. On the whistle pass to the first player in the line you started in.
  3. Break into two groups of two.
  4. Pass quickly in the neutral zone.
  5. One the whistle pass to the line you came from.
  6. Goalie training with the coach at one end.
- <http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20180930143940302>

<https://youtu.be/fEGcEqZUQAE>



10'

### B600 - Continuous 2-2 , 3-2 Regroup – Tomas

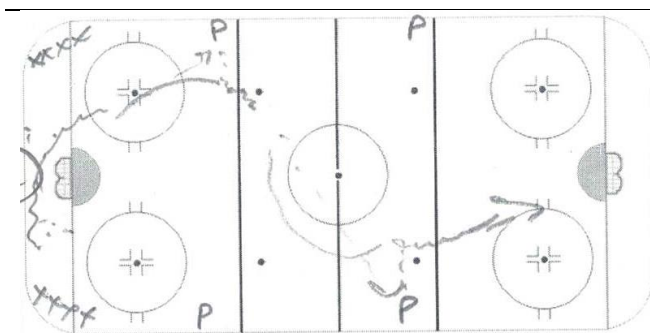
#### Key Points:

Forwards support with timing and a good target. Anchor low or high. Take what they give you. Jump across, get open. D look for a quick up before an automatic D to D. Goalies can be warm up at one end.

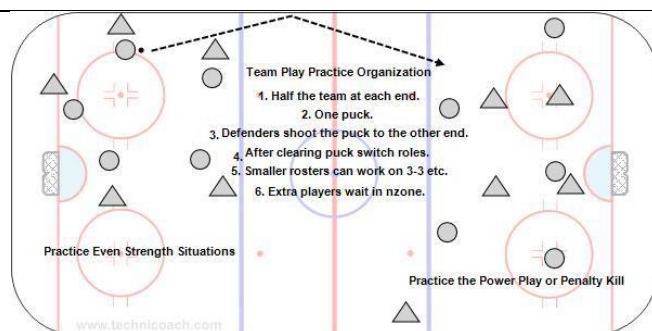
#### Description:

1. D1-D2 pass to F1-F2.
  2. F1-F2 regroup with D3-D4.
  3. F1-F2 forecheck vx. D3-D4.
  4. F3-F4 support D3-D4.
  5. D3-D4 make a regroup pass to F3-F4.
  6. F3-F4 now regroup with D5-D6 and forecheck.
  7. Continue the regroup and forecheck sequence.
- \* Add dump in, breakout with a low 2-2 where the attackers forecheck to get the puck and score.
- <http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20170225103512883>

<https://youtu.be/dB6DPGuHn3s>



Goalie Warm-up Shooting  
4 passer (Quick pass; touch back)  
x skate behind net, get puck  
pass to P get close for 1-touch  
then diagonal to net P for one touch  
then shot



20'

### T2-4, D4 – Reilly Team Play Rotation

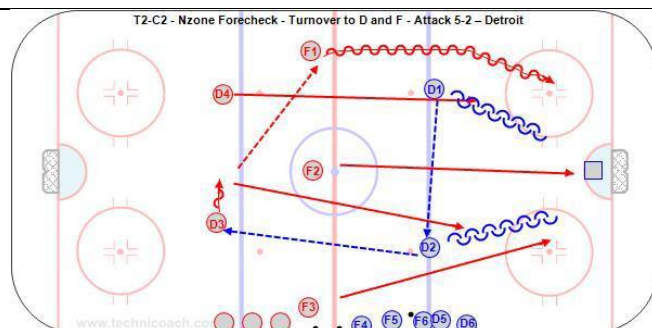
#### Key Points:

Practice team play situations at each end. Even or odd man. Leave players in the neutral zone for pp and pk. Situations.

#### Description:

1. For specialty teams start with 5-5 at each end with one defensive player in the neutral zone making it a 5-4. You can use any number 3-3 to 6-5.
2. Start green on pp vs. white on pk at one end. On a goal, frozen puck or shot down the ice the green get ready to pk and the white the pp.
3. The other end starts with the white on the offense first.

*\*The play rotates from end to end.*



10'

### T2-C2 – Neutral Zone Forecheck - Turnover to D and F - Attack 5-2 – Detroit

#### Key Points:

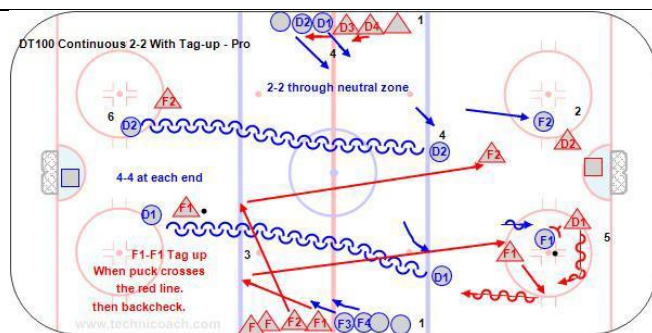
Face the puck, give a target, isolate a wide defender, attack with speed, head man the puck, middle drive.

#### Description:

1. Players are lined up on one side.
2. One set of D at each blue line.
3. F1-F2-F3 start in the neutral zone and regroup with D1-D2.
4. Defense hinge and then pass and turnover the puck to D3-D4.
5. D3-D4-F1-F2-F3 attack 5-2 vs. D1-D2.
6. F4-F5-F6 repeat and regroup with D4-D5 who turn it over to D3-D4 and they attack 5-2 in the other direction.
7. Change the drill so that the D now turn over the puck to the forwards who quickly attack 5-2.

<https://youtu.be/9E8mKuxqLwI>

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20141006101020879>



10'

### DT100 Continuous 2-2 With Tag-up – Pro

#### Key Points:

Defenders collapse low in the zone. Create 2 on 1's by attacking the widest defender on the 2-2 rush and use crosses, drops and picks. Add competition by keeping score and timing the game or play to a certain score like first team to 3 goals.

#### Description:

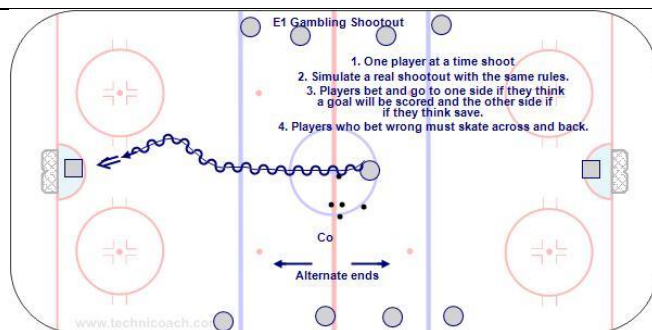
1. Extra forwards and defense line up on the sides in the neutral zone.
2. Start with a 2 on 2 attack Blue F1 and F2 vs Red D1 and D2.
3. When the puck crosses red line red F1 and F2 tag up at far blue and backcheck.
4. Blue D1-D2 support rush from the point.
5. Play 4-4 at each end.

\* Flow is 2-2 through the neutral zone, 2 F support D, 2 D support F when the puck crosses the red line.

\* You can play this transition game from 1-1 to 3-2, i.e. 1-1 gives a 2-2 at each end, 3-2 gives a 5-5 at each end. You can also send out random numbers so the players have to recognize the situation.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120722101726758>

<https://youtu.be/pBE2B41Zklc>



10'

### E1 Gambling Shootout

#### Key Points:

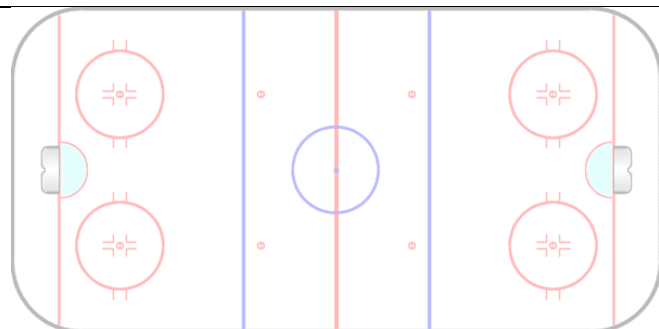
Simulate a real shootout by placing the puck on the dot and the player starting on the whistle and the goalie not moving until the player touches the puck. Get the goalie used to shootout skating.

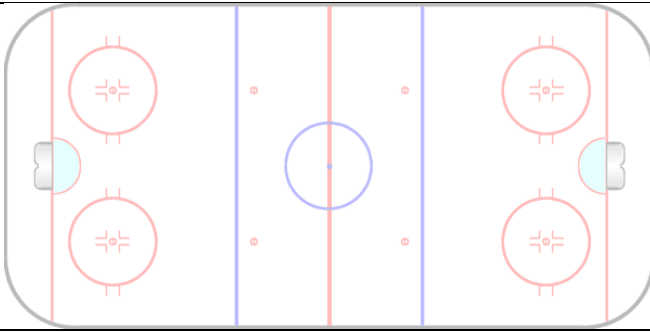
#### Description:

1. One player at a time shoots.
2. Simulate a real shootout with the same rules.
3. Players bet and go to one side if they think a goal will be scored and the other side if they think save.
4. Players who bet wrong must skate across and back.
5. Alternate ends.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20111004080315971>

#### Explanation/Notes:





**Explanation/Notes:**

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