



SAIT Trojans

Practice Plan

Date:10-04-18

Time:16:30-18:00

Venue:

Lines:

Players in red and white.

pp-pk, forecheck review,

1-1, 2-1

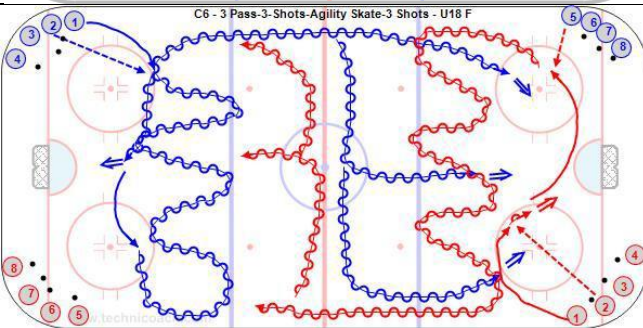
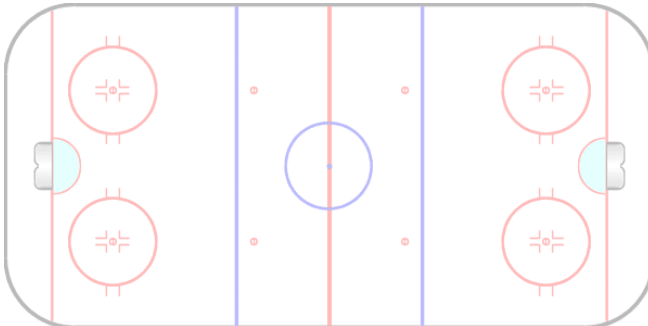
Power play game all situations at end.

Notes:

Breakouts 5-0 to 3-2,

4'

Butterfly with skating variations in nzone.



8'

B6 - 3 Pass-3-Shots-Agility Skate-3 Shots

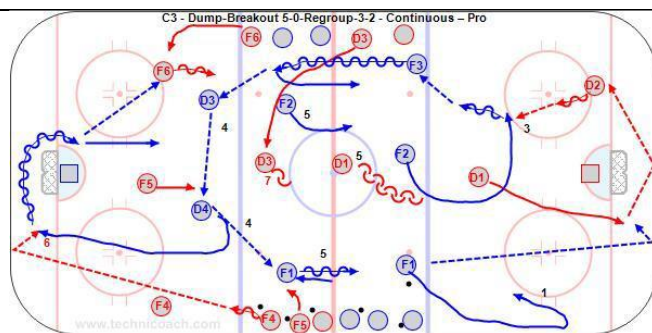
Key Points:

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.

<https://youtu.be/P3sze6ddDW8>



10'

C3 - Dump-Breakout 5-0-Regroup-3-2 - Continuous – Pro

Key Points:

Defense shoulder check when going back for the puck. Forwards support on the boards middle and far wing. D practice D to D options and hinges as well as quick ups. D skate to the big ice between the dots before passing.

Description:

1. F1, F2 or F3 dump the puck in and D1 and D2 skate back for the puck.
 2. D3 and D4 follow the play.
 3. D1 or D2 make a breakout pass to F1, F2 or F3 and follow up ice.
 4. Forwards regroup with D3 and D4 in the neutral zone.
 5. F1-F2-F3 attack 3-2 vs. D1-D2.
 6. F4-F5-F6 dump the puck into the far end and D3-D4 skate back for the puck and breakout.
 7. F4-F5-F6 regroup with D5-D6 in the neutral zone and attack 3-2 vs. D3-D4.
- ☐ Continue this flow.
- ☐ Instead of the first regroup D3 or D4 could dump the puck in the other corner and D1-D2 break out again before the regroup and 3-2.

C3 - Dump-BO 3-0-RG x 2 - 2-1 - Pro

<https://youtu.be/xavhMTqX8w8>

10'

C6 Regroup x 2, 1-1 and 2-1 B – Pro

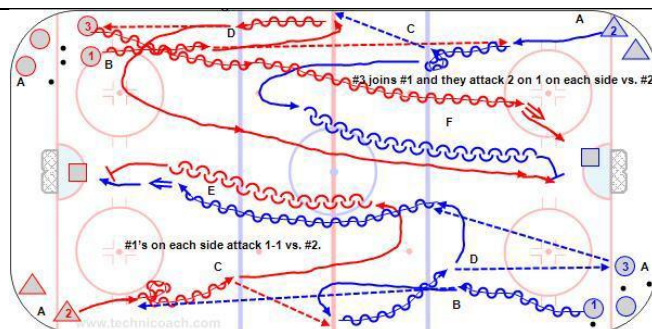
Key Points:

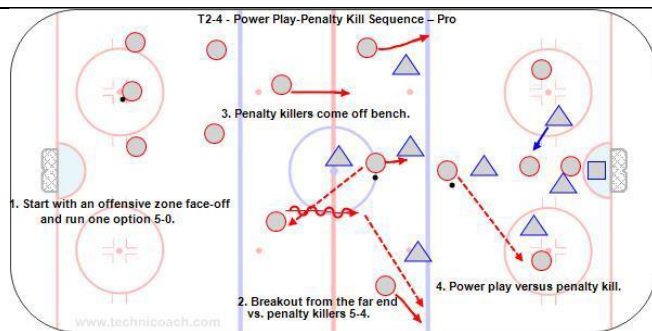
Defense stay between attacker and net with a tight gap on the 1-1, attack with speed, use skate and stick fakes. One the 2-1 attack with 'one high and one low, one fast and one slow', while the defender delay the play and take away the most dangerous shot and deny play across the middle of the goal.

Description:

- A. Defenders line up at each end in diagonal corners and attacker in the other diagonal corners.
- B. #1 attacker from each corner leave with a puck, skate to the blue line and pass to the #2 near the far blue line.
- C. #2 make a deception move and pass to #1 in the neutral zone.
- D. #1 skate back and regroup with #3.
- E. #1's on each side attack 1-1 vs. #2.
- F. Change the drill and now #3 joins #1 and they attack 2 on 1 on each side vs. #2.

<https://youtu.be/IBeStMukGQA>





13'

T2-4 - Power Play-Penalty Kill Sequence – Pro

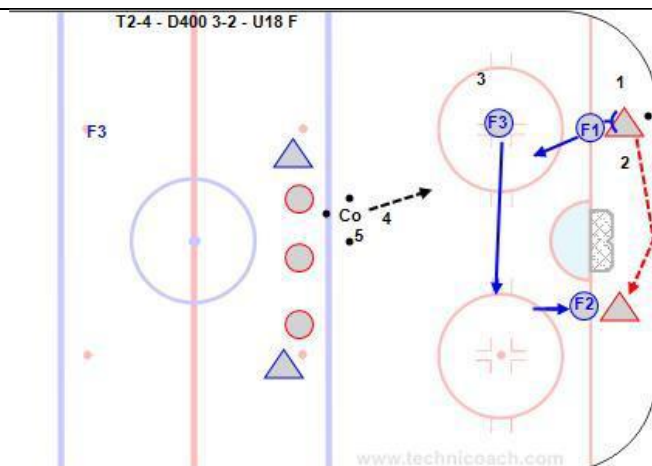
Key Points:

Develop a power play that fits the skill of each five player unit. Practice the Diamond 1-3-1 both from the blue line and below the goal line. Defend from the net out, stop and start, stick on puck and in the passing lanes. Swarm when the offense doesn't have control along the boards. Weak side forward fall under and cover the middle attacker. Power play create shooting lanes, screen, crash for rebounds.

Description:

1. Start with an offensive zone face-off and run one option 5-0.
2. Breakout from the far end vs. penalty killers 5-4.
3. Use controlled breakouts for each group.
4. Penalty killers come off the bench to defend against the breakout.
5. Power play versus penalty kill.

<https://youtu.be/VadXPVkBb4I>



12' White F Red D one end Red F White D other end.

T2-4 - D400 3-2

Key Points:

Forwards have to get on the puck hard. Two in deep. F1 make contact, F2 double team D1 or pressure D2 on a D to D. F3 mirror from about the hash marks. Rotate who is F1-F2-F3 according to who is closest to the puck. Make eye contact before passing and avoid 'hope passes' that result in turnovers.

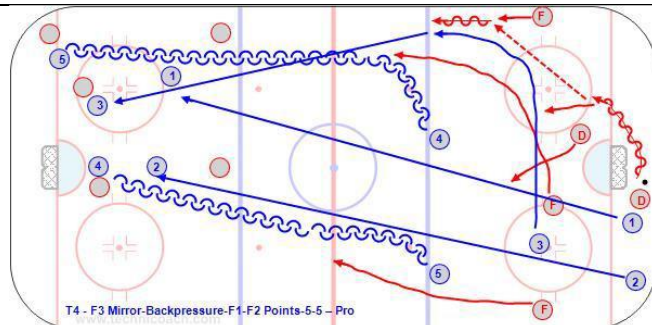
Description:

1. Play the low 3-2.
2. Two D go back for the puck vs. three forwards.
3. Forwards try to score and defense to breakout.
4. Coach dump the puck in.
5. Coach shoot in a new puck if original puck is out of play.
6. Go about 30'.

<https://youtu.be/YzmysU4REu4>

Laviolette talking about the forecheck. 10' video.

<https://www.youtube.com/watch?v=otXSKglLbfE>



15'

T4 - F3 Mirror-Backpressure - F1-F2 Backtrack – Pro

Key Points:

F1-F2 forecheck deep while F3 mirror for a pass in the high slot F1-F2 backtrack hard on transition. When the puck goes side to side F3 Backpressure the puck carrier while F1-F2 Backtrack to the slot and pick up attackers. Good sticks, no hooking, defense play tight gaps.

Description:

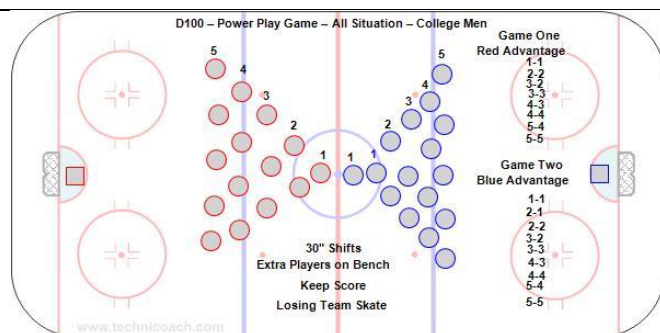
1. Start with the offensive D skating behind the net and pass to the C or W.

2. Defend with F1-F2 below the goal line and F3 high in the slot on the strong side.
3. F3 mirror the puck covering their C then backpressure the first pass.
4. F1-F2 back track through the middle lane to the slot and pick up attackers.
5. D1 pick up the C if he gets a pass and play a tight gap on the strong side.
6. D2 skate back through the middle and pick any attacker on the weak side.
7. Defend from the net out with 'one man on and a box behind, combined zone man on man.
8. 3 F's come back hard and first F back play the low 3-3, second mid-slot, third strong side point.

*D1 pinch on any wide rim and F3 fill behind.

*If the breakout is on the strong side then F3 pressure the pass to the boards or middle.

<https://youtu.be/bI-iigJfSdQ>



15'

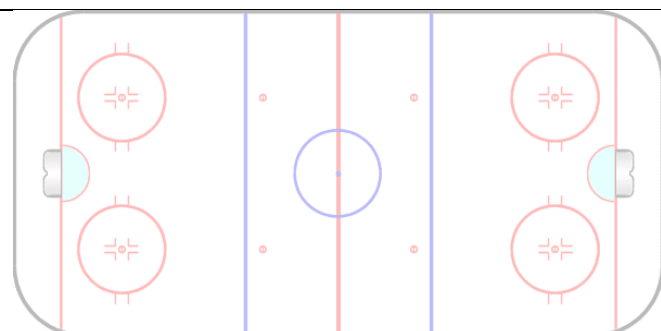
D100 – Power Play Game – All Situation – College Men

Key Points:

Teams take turns having the man advantage. Players must read the situation and adjust.

Description:

1. Start with 1-1 and the extra players are on the bench.
2. You can play situations up to ¼ of your total amount of players. i.e. to get to 5-5 you need a total of 20 players. 4-4 needs 16 players, 3-3 at least 12.
3. One team gets the advantage first. In the diagram the Red gets the advantage first.
4. Change on the go about 30" shifts and pass to teammate coming on or back to the goalie.
5. Part One: Red, 1-1, 2-1, 2-2, 3-2, 3-3, 4-3, 4-4, 5-4, 5-5.
6. Part Two: Blue, 1-1, 2-1, 2-2, 3-2, 3-3, 4-3, 4-4, 5-4, 5-5.
7. Keep Score and losing team skate or push ups



5' Stretch

