



SAIT Trojans

Practice Plan

Date: 11-20-18

Time: 16:30-18:00

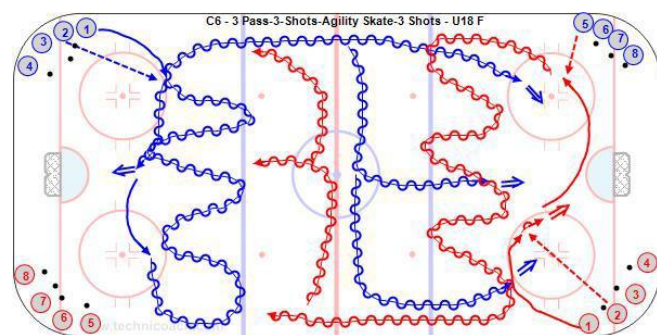
Venue: SAIT

Lines:

Angling, rush recognition, dzone low
Puck support, 1-1, 2-1, 3-1, 3-3, 4-4, 5-5

Notes:

Agility skating, shots, passing and timing



10'

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

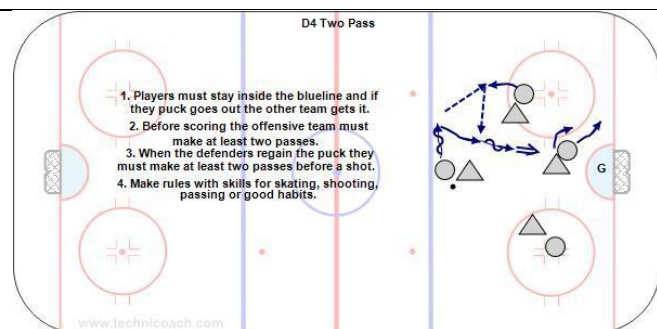
Key Points:

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://1drv.ms/v/s!AukXg5gWoW-9hPZe2hVeYSK829MniQ>



10'

D4 Two Pass

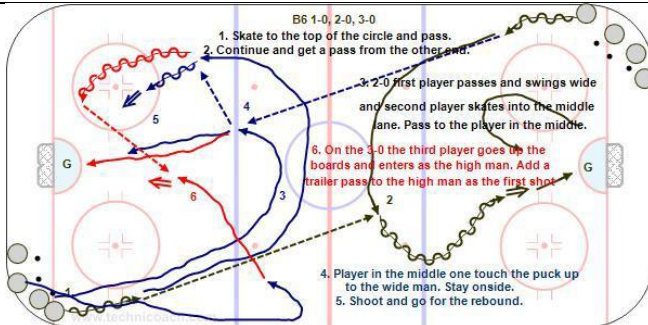
Key Points:

Quick support, get open, give a target, checker on puck, cover away from the puck, box out, take sticks, fight for rebounds. The quicker they make the passes after regaining the puck the more scoring chances they produce. The game is the template and then you can add skill or good habit rules to practice 'How to Play the Game.'

Description: 1. Players must stay inside the blueline and if they puck goes out the other team gets it. 2.

Before scoring the offensive team must make at least two passes. 3. When the defenders regain the puck they must make at least two passes before a shot. 4. Make rules with skills for skating, shooting, passing or good habits.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20141224104513276>



4' Stretch

8'

B6 1-0, 2-0, 3-0 Small Horseshoe - MRU

Key Points:

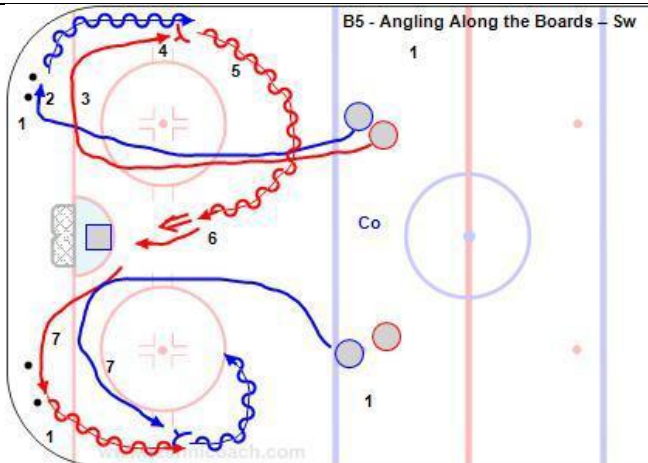
This is a great timing drill with good flow for early in the practice. Pass hard and get your top hand away from your body. Call for the pass. Give your stick and skates as a target. Pass and shoot while skating. Follow your shot for a rebound.

Description:

1. Skate to the top of the circle and pass.
2. Continue and get a pass from the other end and skate outside the dots in the neutral zone so the goalies have time to set for the next shooter.
3. Progress to 2-0 first player passes and swings wide and pass to the second player who quickly moves passes wide to player one.
4. On the 3-0 the third player goes up the boards and joins the middle drive attack in the wide lane.
5. Screen or rebound for the next shooter.

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<https://youtu.be/VgW3XTM1JXQ>



10' Both ends

B5 - Angling Along the Boards - Sw

Key Points:

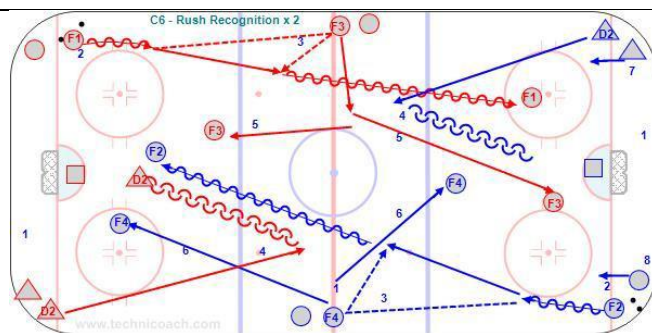
Approach the puck carrier from slightly behind angling toward the back of the inside shoulder with the stick on the puck and body on body. Skate through the hands with the inside leg in front and pick up the loose puck.

Description:

- 1 - Players line up just outside the blue line near the dots, puck are in each corner. 2 - F1 leaves and picks up a puck in the corner then skates up the wide lane. 3 - F2 follows from slightly behind and steers F1 along the boards. 4 - F2 approaches at the back shoulder with 'body on body and stick on the puck.' 5 - F2 angle checks F1 with the inside leg in front then picks up the loose puck. 6 - F2 skates into the slot and shoot - rebounds. 7 - F2 picks up a puck from the opposite corner and F3 becomes the checker.

* Repeat alternating sides.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140625103708719>



10' Mike run this

C6 - Rush Recognition x 2 – U18 F

Key Points:

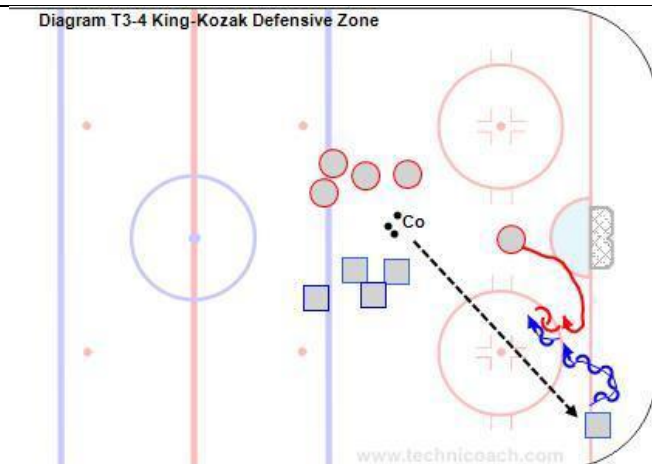
Both the defense and the forwards must read the game situation. It could be a 1-1, 1-2, 2-2, 3-2, 3-1 or if two forwards go there could be 4 on the attack on one side. Defender must learn to look and see who the next player up ice is to recognize if it is a 1-1, 2-1, 1-2 etc..

Description:

1. Forwards in diagonal corners and at the red line on each side and D in diagonal corners.
2. Start with F1 leaving from one corner and F2 from the other with a puck.
3. F1 pass to F3 and F2 pass to F4 who touch pass the puck back to F1 and F2.
4. D1 and D2 skate out past the blue line to defend vs. F1 and F2.
5. F3 make a decision to either to either join F1 on the rush or go across the ice and join F4.
6. F4 decide to either join F2 or go across and join F1 who is attacking vs. D1.
7. If you have more than four defenseman you can send 2 D to defend the rush on one or both sides.
8. You can also send more than one forward to start the rush or alternate one then two D or F.

<https://youtu.be/OVnlOFNtoN0>

Diagram T3-4 King-Kozak Defensive Zone



15' First 5' together then at each end 10'

Do 3 on 3 with principle. Closest player contact on D side, second closest within a stick length, third half way.

T3-4 King-Kozak Defensive Zone

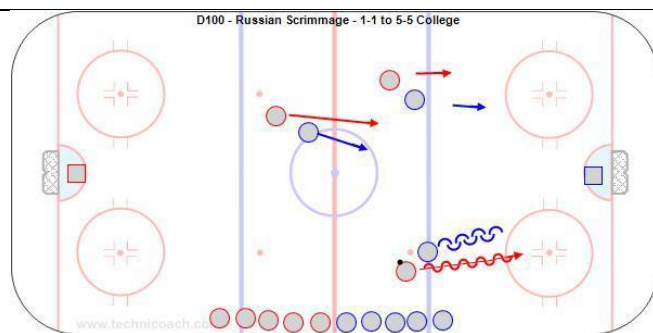
Key Points:

Defensive player must quickly close the gap and maintain defensive side and with stick on the puck, body on body.

Description:

1. Defender or defenders start on two knees in front of the net.
 2. Attacker stands waiting for a pass from the coach. If multiple attackers then spread out.
 3. Coach passes to the attacker and defender stands and defends.
 4. Add another attacker and defender.
 6. Add a third attacker.
 7. If the puck is cleared, frozen or a goal the coach quickly passes another puck to an attacker and the play re-starts.
- *Option is to have uneven situations and add attackers and defenders as you go.
- *To create more space the coach and waiting players move back to the blue line. You can go up to 5-5 with this drill.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150202092547285>



10' One over and back for every goal u lose by.

D100 - Russian Scrimmage - 1-1 to 5-5 College

Key Points:

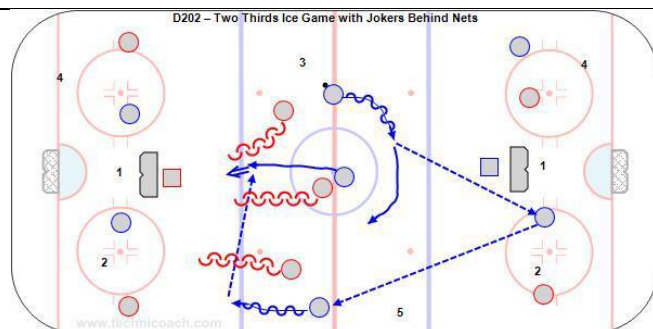
Players must recognize the game situation they are in and play accordingly. Everyone plays both forward and defense and they must FIO – Figure It Out.

Description:

1. Players line up against the boards along the boards on either side of the red line, Blue and Red.
2. Coach either yells out a number or blows a number of whistles and that many players play.
3. Shifts 30-40".
4. Touch up at the red line if you score.
5. If scored on get the puck out of the net and attack.
6. Keep score.

*Play hard – 'Enjoy the Game', Let the 'Game be the Great Coach', Have Fun.

<https://youtu.be/z5vxH8Z-iV8>



15' Pair up with one as Joker and one Playing. Should be 5-5, so one Joker on each team at Red Line.

D202 – Two Thirds Ice Game with Jokers Behind Nets

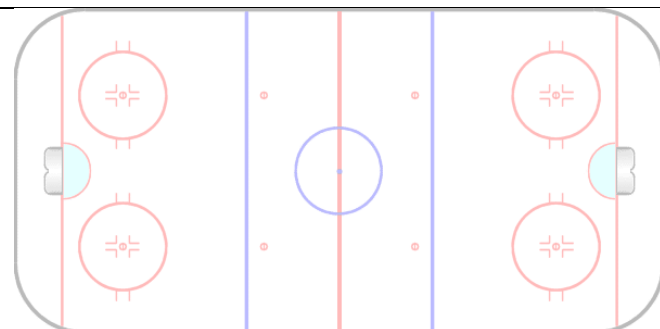
Key Points:

Modified Rules: only 2" with the puck, you must make 2 passes, 2 passes and one touch shots, all must touch the puck, everyone skate backward, only forehand passes, only backhand, must make and escape move when you get the puck, on touch game, skate a Crosby when you get the puck, regroup with joker, pass to jokers at each end and any other skill you want to focus on. Bachko is a great game for puck support. Rules for scoring such as goals must be on one timers, on give and goes, etc.

Description:

1. Nets are at the top of the circles in each end.
2. Extra players are jokers who can pass or shoot and are behind their own net.
3. Play 1-1 to 5-5 or 1-2, 2-2, 3-2, 3-3, 3-4, 4-4.
4. Have jokers from each team behind the nets.
5. Play games with modified rules to practice individual and team skills,

<https://youtu.be/vE83XiyCS48>



Explanation/Notes:
