



## Trojans

## Practice Plan

Date:01-17-19

Time:18:15-19:45

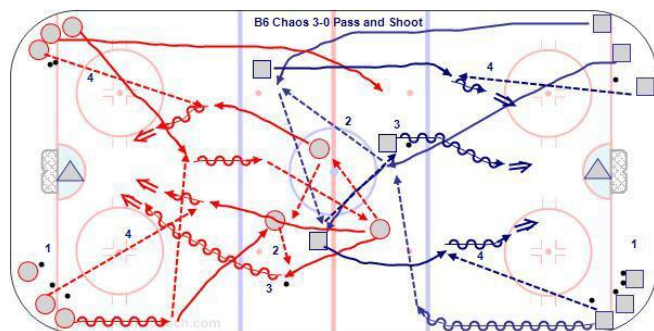
Venue:SAIT Arena

Lines:

Pass and shoot, 1-1, 2-1, 2-2, 3-2, 3-3, 5-5

Notes:

Transition, Games 1-1, 2-2, 4-4



10' First 2' carry puck – tight turn and 5 strides on whistle.

### B6 Chaos 3-0 Pass and Shoot

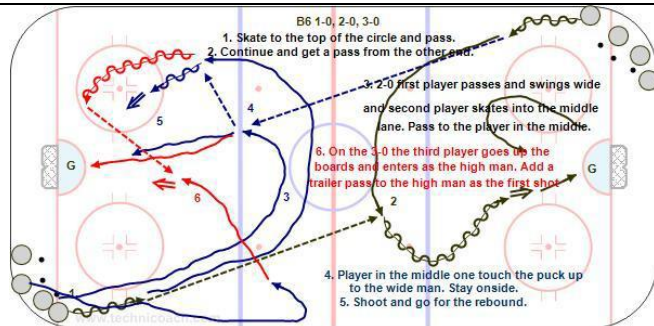
#### Key Points:

Give a target, pivot to face the puck all the time; use forehand passes and backhand only when passing forward.

#### Description:

1. Three players leave from each end.
2. Each group passes one puck in nzone.
3. On the whistle player with the puck shoot.
4. Other two players save ice and get a pass from the corner and shoot. a few seconds apart.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20101006084345432>



10' Do for 8' then stretch for 2'

### B6 1-0, 2-0, Small Horseshoe

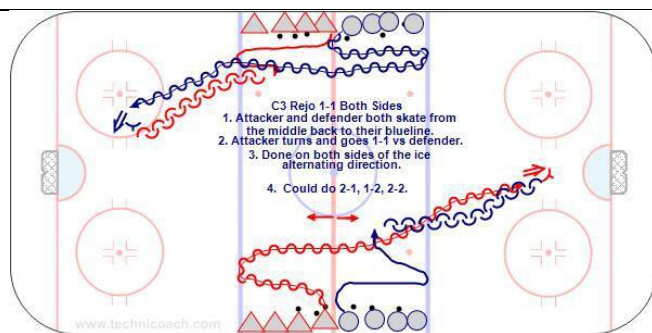
#### Key Points:

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.

<https://youtu.be/VgW3XTM1JXQ>



10'

### C3 Rejo 1-1, 2-1 Both Sides - Gap Control

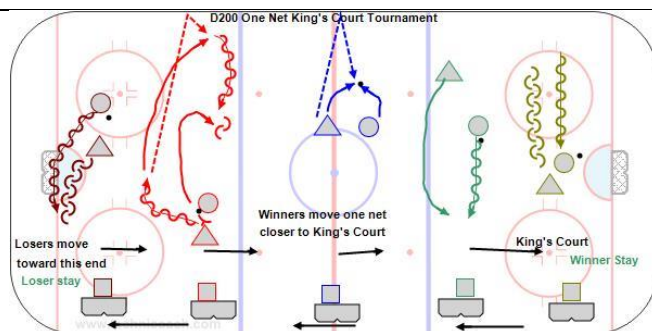
#### Key Points:

The defender needs to get within a sticklength of the attacker before the blueline. Attacker should try moves, dekes, fakes, change of pace, shooting beside the D's foot. Both F's and D's should take turns defending and attacking.

#### Description:

1. Attacker and defender both skate from the middle back to their blueline.
2. Attacker turns and goes 1-1 vs defender.
3. Done on both sides of the ice alternating direction.
4. Could do 2-1, 1-2, 2-2.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090823122856482>



20'

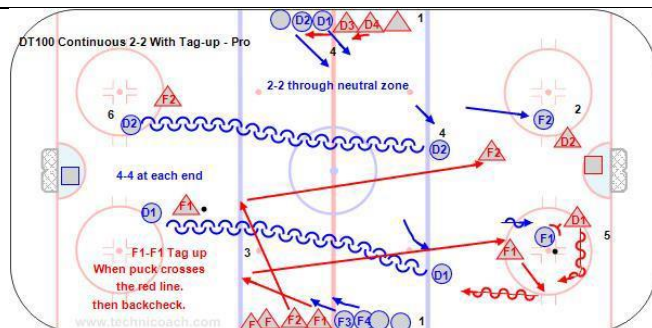
### Three Cross Ice Games

Six Teams of 4 Three white three Red.

Game one: Attack-Defend-Leave sequence 2-2 game.

Game Two – 4-4 and goals must be on one touch shots. Bounce off boards to go onto offense.

Game Three: 1-1 Attack-Defend-Pass-Leave. Pass to teammate at front of line after a turnover or goal.



13'

DT100 Continuous 2-1 to 3-3 and 2-2 to 4-4 3-2 to 5-5.

With Tag-up and Regroup on the Whistle

#### Keep Score

#### 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 1 attack Blue F1 and F2 vs Red D1.
3. When the puck crosses red line red F1 and F2 tag up at far blue and backcheck.
4. Blue D1 support rush from the point.
5. Play 3-3 at each end. New players go the other way.

<https://youtu.be/MInmHmN4wvs>

\* In the 2-2 to 4-4 game two defending forwards tag up and backtrack between the dots to the mid slot and then cover the points. D1 and D2 play low against F1 and F2.

[https://youtu.be/Zc\\_IQE9dX8](https://youtu.be/Zc_IQE9dX8)

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*\* 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*

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**10'**

**D1-D100 Two Second Game**

**Key Points:**

Supporting players must give close support plus depth and width. Puck carrier must skate hard to open ice and use escape moves, drive skating and cut backs to create passing lanes.

*\*This game can be played full, cross, half ice.*

Great game for on ice awareness, passing skills and offensive support and defensive coverage.

**Description:**

1. Play full ice with either all the players on the ice at once or in shifts.

2. Players can be in possession of the puck for a maximum of 2 seconds.

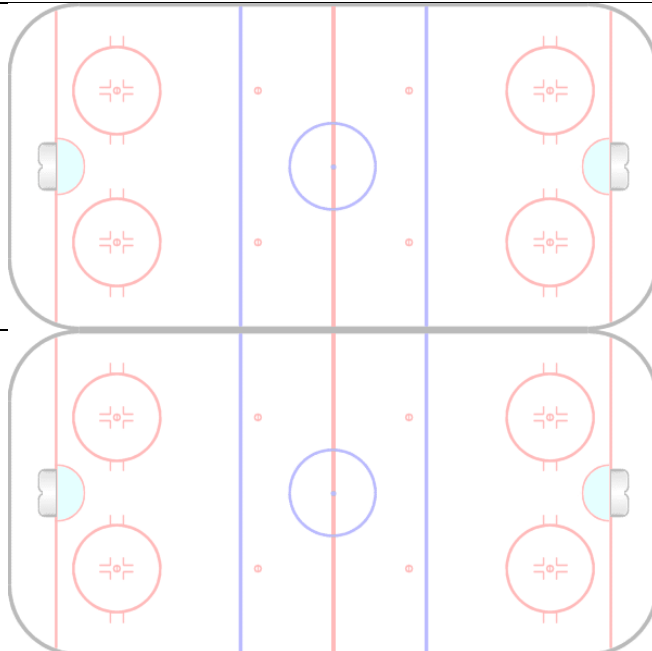
3. Stress that when you get the puck the order of priorities should be:

A-Make a play.

B-Regroup.

C-Gain a zone.

3. When over 2 seconds the other team gets the puck (coach monitor).

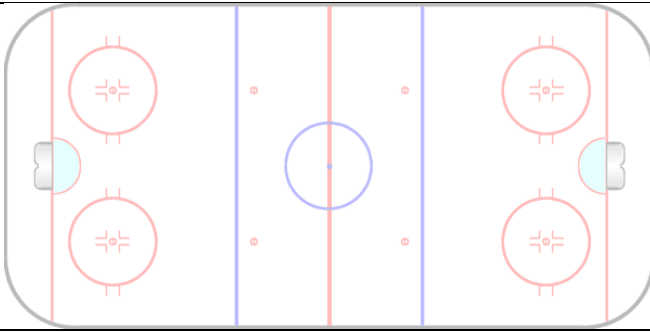


**2' Stretch - Pucks**

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**Explanation/Notes:**

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