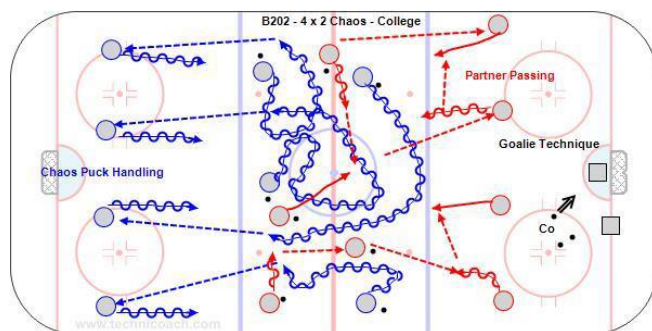




Drill of the Week Club

Practice Plan

Date: 10-08-19	Time: 18:15-19:45	Venue: SAIT Arena
Lines:	Notes:	
1-3 pk	Passing, shots, timing, overspeed	
Situation recognition		
PP vs PK		
Speed scoring		



3' Ind warm up - Mel with goalies

9'

B202 - 4 x 2 Chaos Overspeed – College

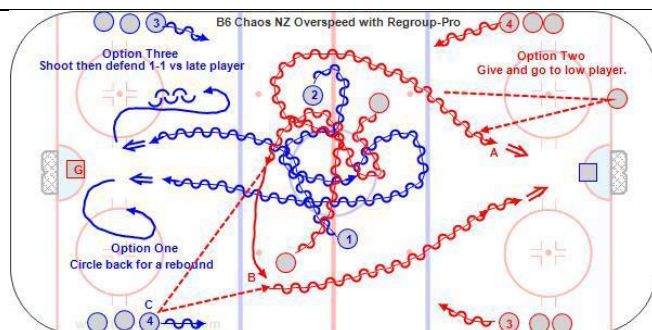
Key Points:

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>



9'

B6 Chaos NZ Overspeed with Regroup-Pro

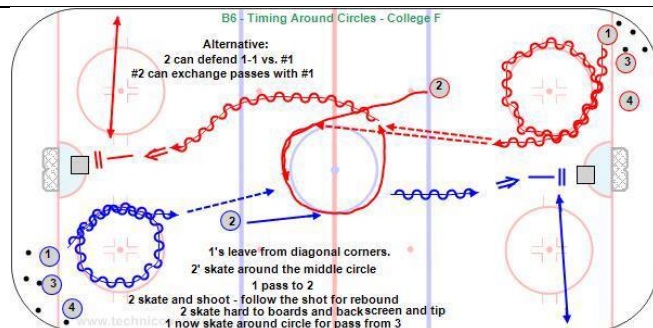
Key Points:

Players skate as fast as possible weaving through each other in the middle. Try various moves and dekes with the head up. Whistle about every 7 seconds.

Description:

1. Players line up against the boards at the top of the circle.
 2. On the whistle skate into the nzone and make moves at top speed.
- Options:
- A. Skate in and shoot then rebound.
 - B. Skate to far blue line then in and shoot.
 - C. Pass to opposite line then skate and shoot
- Other options:
- 1-Circle back for rebound.
 - 2-Give and go with a player on the goal line.
 - 3-Defend 1-1 vs. the next second shooter.
 - 4-Screen and tip for next shooter.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20121109101355159>.



9'

B6 - Timing Around Circles - College F

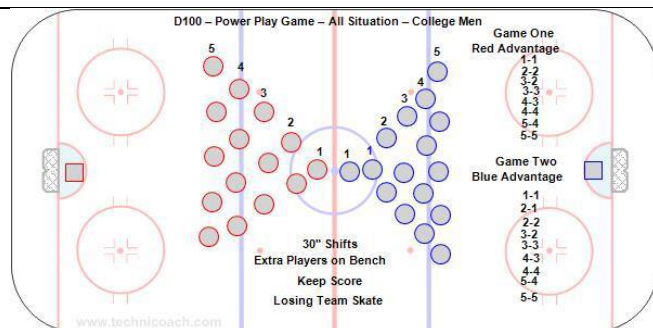
Key Points:

Timing, pass while skating, cross overs with the puck, shoot while moving, rebound, screen and tip. Possible 1-1 and catch and release.

Description:

1. Players are in diagonal corners and one red and one white at the blue line.
2. Player one skate around the low circle with a puck, player two around middle circle.
3. Player one pass to player two who skates in for a shot.
4. Player one continue and now skate around middle circle for a pass from player 3.
5. Player three pass to player one and continue to the middle circle. Etc.
6. Player two follow shot for a rebound then skate hard to boards and back and screen.

Options: Player two can defend 1-1 vs next shooter or exchange passes or circle back and rebound.



10' change lines every 40"

D100 - Power Play Game - All Situation - College Men

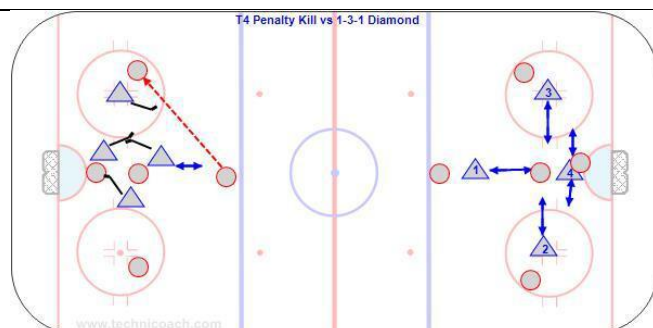
Key Points:

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

<https://youtu.be/7qLLlc30nbE>



10' explanation

T4 - 1-3 Penalty Kill vs. 1-3-1 PP - U18

Key Points:

F1 forecheck hard on a dump in. Closest player pressure right away. Take away time and space with a good stick and toe caps facing the puck. D take away the quick wide pass and protect the middle when they enter the zone. F1 pressure down if you have speed.

Description:

1. Start with a low triangle of F2-D1-D2 and F1 above F2.
2. The two forwards F1-F2 on top rotate in a tandem.

3. The two defensemen D1-D2 cover one side each in the low slot.
4. High forward F1 is very aggressive and forces the mid-point attacker and pursues the first pass and sometimes the next passes if he has speed.
5. The second forward F2 covers the player in the middle of the 1-3-1.
6. F2 switches with F1 and pressures the puck when it is rotated away from F1.
7. D1-D2 defend from the net out and one D1 move to pressure a low puck on his side and D2 cover net front.
8. D1 read pressure or contain on low pucks to his side and D2 on his side.
9. They leave the low forward to the goaltender.
10. On a face-off D1 cover the wing on the boards.
11. F1-F2 Forecheck in a tandem and backpressure the puck carrier while F2 protect the middle and D1-D2 cover the wings.
12. F2-D1-D2 protect the middle when the puck enters the zone.
13. F1 or F2 pressure the point hard leading with the stick and good defensive skating.
14. Shrink the zone with F1-D1-D2 and F2 in front on low board battles.

<https://youtu.be/xMgYsn97h9Y>

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20181208165116910>



10' – walk through

T2-4 D400 Specialty Team Practice – Pro

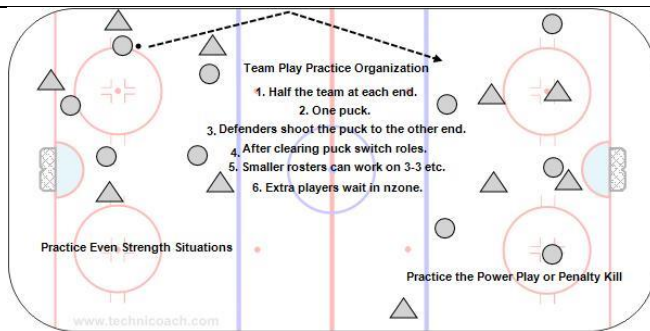
Key Points:

Team is in two colours or four colours. Skate in straight lines from the net out when killing penalties and only laterally when checking the puck carrier. Sticks in the passing lanes, stick on the puck. Shin pads in front of the puck on shots. On the power play either the puck or player move and rotate positions away from the puck.

Description:

1. Half the team at each end and rotate between pp and pk when the play is at the other end.
2. Start with the coach spotting the puck or with a face-off.
3. The coach put in a new puck when the puck is out of play.
4. Practice all of the options with everyone getting shots.
5. Penalty killers rotate with a diamond vs. a diamond power play and a box when the puck is on the wall or low.
6. Power play create 2 on 1's and one timer shots.
7. Penalty kill deny shots from the middle first and move to shooters on the sides.
8. This rotation can also be used to practice low zone even strength situations.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20130313091238819>



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.

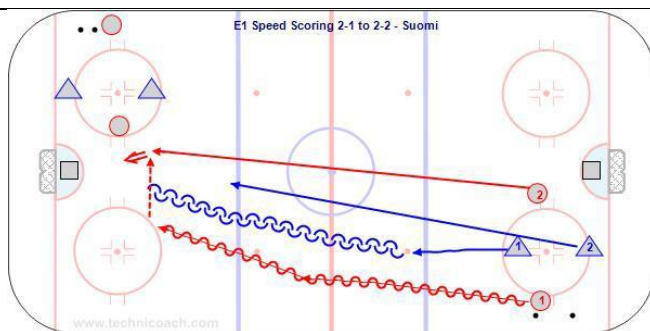
Description:

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

<https://1drv.ms/v/s!AukXg5gWoW-9hccFnRe7IFi2RO9EVA?e=zloXx1>

**The play rotates from end to end.*



10'

E1 Speed Scoring 2-1 to 2-2 – Finland

Key Points:

The purpose is to attack as quickly as possible and pass and shoot while skating.

Description:

1. Start from one end and when everyone is gone go the other way.

2. Attackers 1 and 2 leave from above the hash marks.

3. Defender 1 is inside the top of the circle with his stick upside down start forward and turn to back skating.

4. Defender 2 start from below the circle and back check.

5. Attacker 1 and 2 race down the ice to score and only ONE PASS is allowed.

6. Keep score.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20121119180045227>

<https://1drv.ms/u/s!AukXg5gWoW-9hcVTHjASEA3d7OiPsq?e=F8ibek>