



Flyers Jan. 26

Practice Plan 75 min.

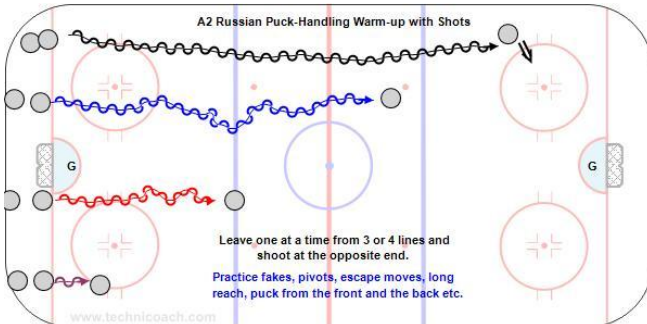
Date:

Time: 4-5:15

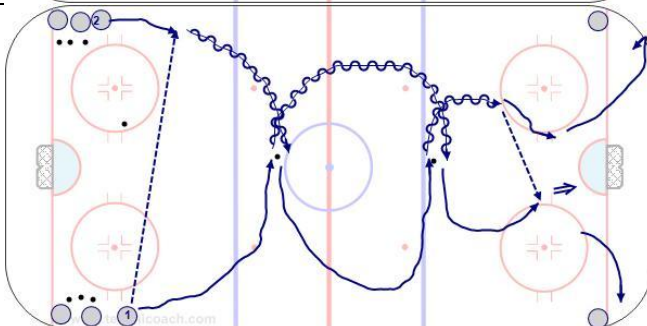
Venue:

Lines:

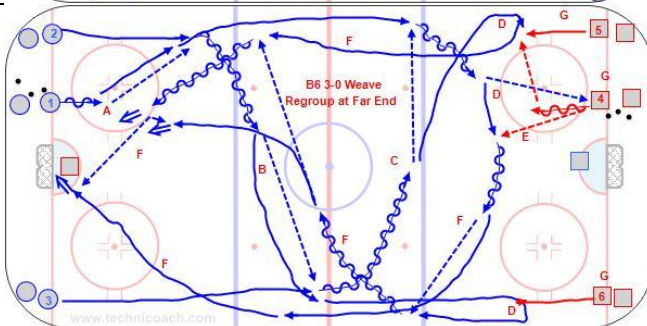
Notes:

**A200 Edges and Balance with a shot on goal.**

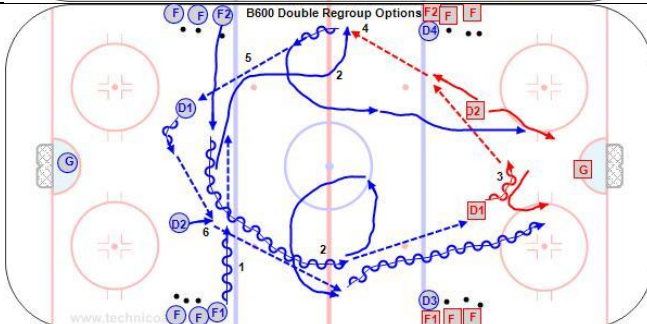


**B6 Double Cross Drop and one timer.**  
 -leave corner and pass across.  
 -cross blue line and cross and drop  
 -pass across nzone.  
 -gain blue line then cross and drop  
 -pass across and one timer



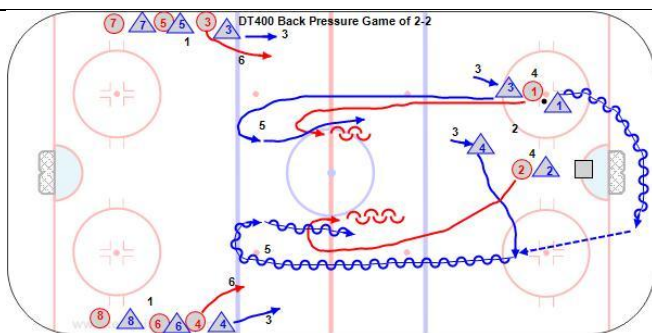
**B6 3-0 weave**

**Skate inside and pass outside**  
**Regroup at other end and attack 3-0 with offensive triangle.**



**B600 Double Regroup Options**

**A. double regroup attack 2-0, 5'**  
**B. double regroup attack 2-2, 5'**  
**C. regroup and instead of second regroup dump puck in and breakout using; over, counter, reverse. 5'**

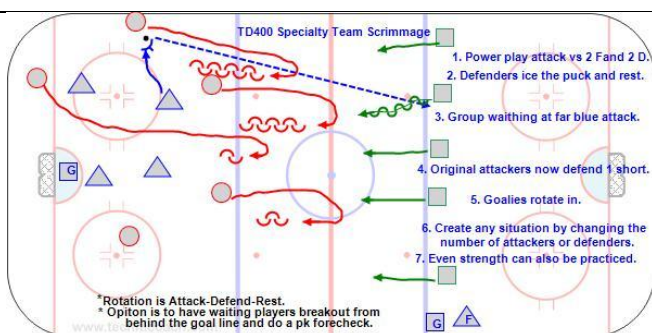


**Goalie practice at one end so 2/3 ice**

**DT 400 Back Pressure Game of 2 on 2 to 2 on 4**

**On a goal, breakout or frozen puck the back checkers skate back to the far blue line and attack vs the original attackers.**

**Two players from the line-up at each blue lineback check with the puck side backchecker giving back pressure. It goes from a 2-2 to a 2-4.**

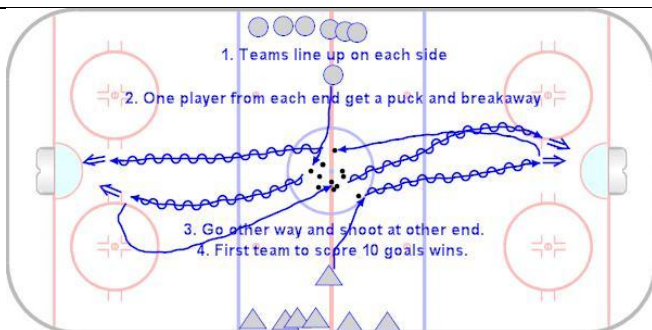


**T D400 Team play practice.**

**Review the team play. Attack and on transition pass puck to coach and tag up at red line – coach shoot puck in and former offensive team defend vs new group**

**3 lines start from the far blue line.**

**-practice forecheck  
-defensive zone coverage  
-5-4 powerplay  
-4-5 penalty killing**



**E1 Two shot shootout**

**2 each**

**1 goal = 1 lap  
0 goals = 2 laps  
2 goals = 0 laps**



**Players get 2-3 pucks each and put them in the bag and then meet at middle ice on stomachs with sticks in the middle and team cheer.**