



Flyers Jan. 26

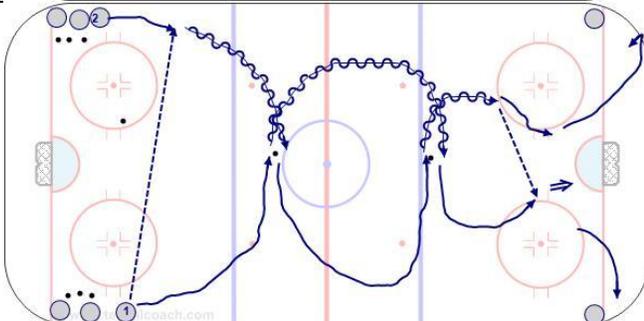
Practice Plan 75 min.

Date: \_\_\_\_\_ | Time: 4-5:15 \_\_\_\_\_ | Venue: \_\_\_\_\_

Lines:	Notes:

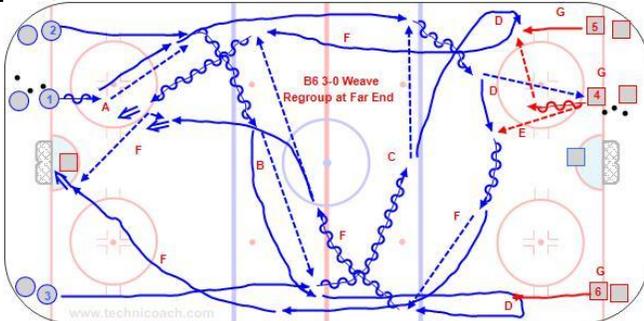


**A200 Edges and Balance with a shot on goal.**



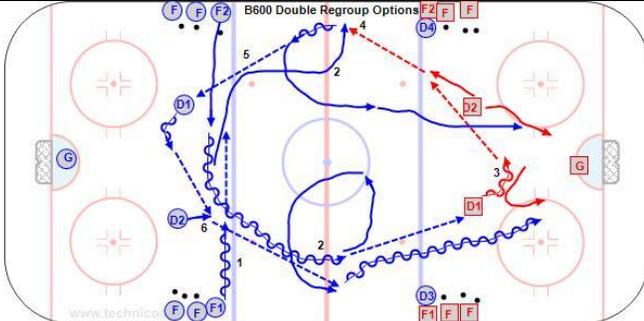
**B6 Double Cross Drop and one timer.**

- 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



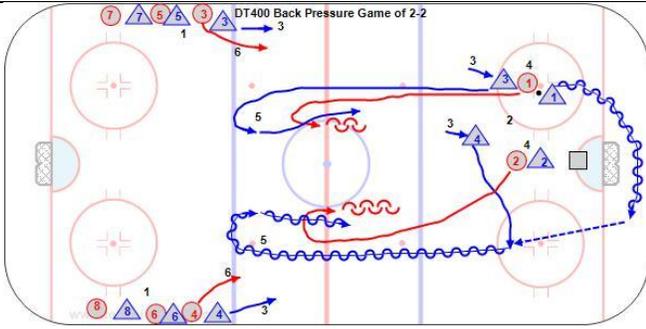
**B6 3-0 weave**

**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'**

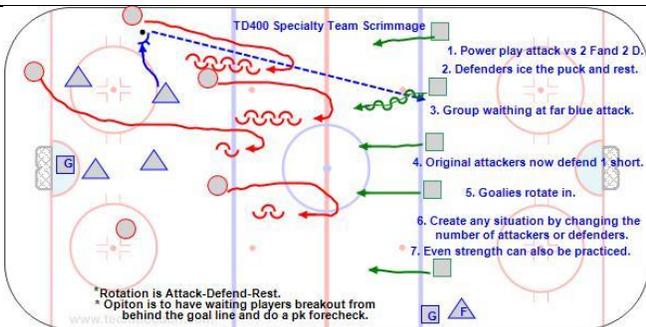


**Goalie practice at one end so 2/3 ice**

**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.**

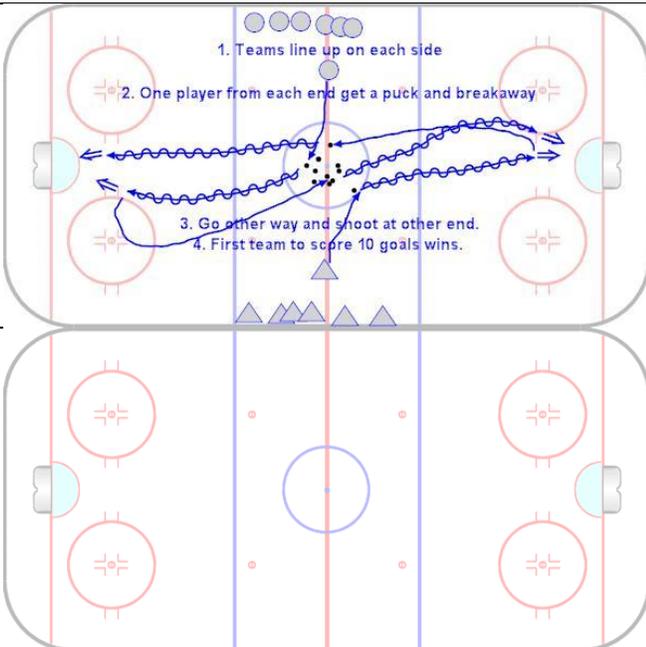


**T D400 Team play practice.**

**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.**