



Flyers

Practice Plan

Date: Feb 2

Time:

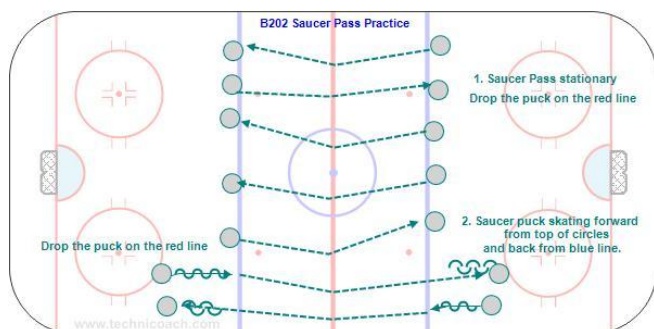
Venue:

Lines:

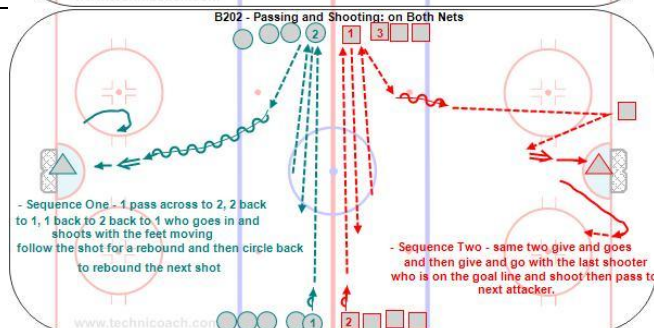
Own the Slot Month

Notes:

Shooting, defending, battling in the War Zone



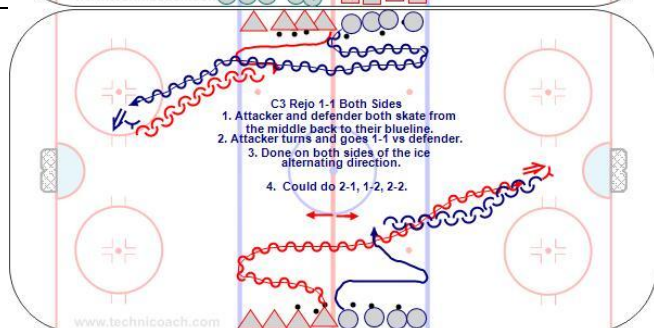
B202 - Everyone including goalies stand opposite a partner one on each blue line and saucer pass keeping the puck flat and dropping it on the red line. First standing still and then moving back to the top of the circles and up to the blue line. 10 of each.



B202 - Passing and Shooting: on both nets

Greens on one side and whites on the other side at the red line. Each shoot at a different net.

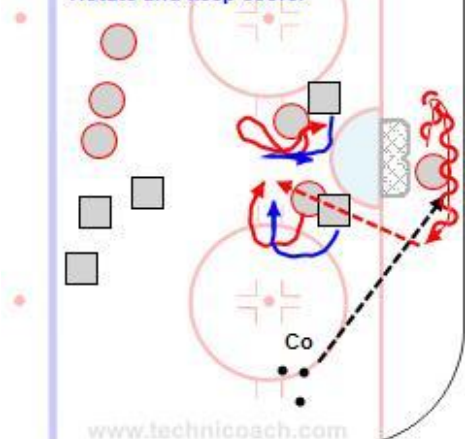
- *Sequence One* - 1 pass across to 2, 2 back to 1, 1 back to 2 back to 1 who goes in and shoots with the feet moving, follow the shot for a rebound and then circle back to rebound the next shot before returning to the line.
- *Sequence Two* - same two give and goes and then give and go with the last shooter who is on the goal line and shoot without handling the puck. Pass to the next shooter and after you pass step out and look for a rebound..



B202 - One on One's in Both Directions

- 1 leaves from against the boards at the red line with a puck going north and 1 leaves from the other side with a puck going south. 1 skates back to the blueline and attacks the south goal and opposite on the other side.
- 2's leaves from the red line with NO puck and the stick upside down and skates back to touch the blueline then up to close the gap and defends vs 1 on each side.
- Key offensive points are to beat the opponent with speed and good fakes and at least get a shot on net and crash for a rebound. Defenders must play a tight gap always on the defensive side and tie up the stick on rebounds.
- No whistles, which allows coaches to coach. Players watch and leave when the last group gets to the top of the circles.

D400 2-2 passes from behind net - Sweden
 Coach pass to player behind the net.
 Attackers get two passes.
 Rotate and keep score.



D400 - Swedish Net Battles at one end and goalie with one Tender at the other end

- Green vs White - one white behind the net gets passes to the front where two whites battle for position with two greens. Each player gets two passes from the coach and then rotate. Keep score.
- Attackers fight to keep their sticks free and get open and defenders tie up the sticks and must see the puck and their man. Battle for rebounds. When the puck goes out of the 'war zone' a new puck is passed to the player behind the net by the coach.

T4 D400 - 2 on 2 Below the Goal Line

1's attack from below the goal line.

Co

2's defend

5-10 second reps



T4D400

-coach pass to a low player in the corner who must attack the net from below the goal line.

-defenders check one attacker each and play until a goal or the puck is cleared.

D3 Perry Pearn 3 on 3

1. 2 attack vs 1

2. When 1 gets puck pass to 3

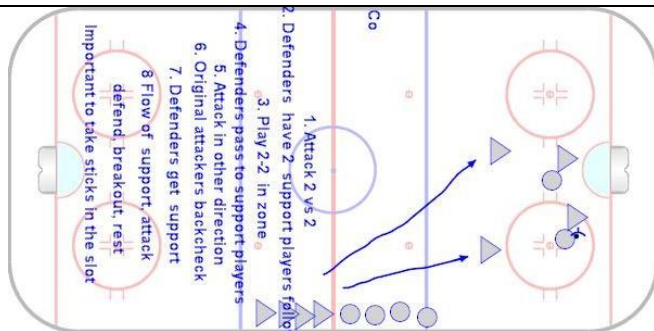
3. Now 3 attack vs 2 and 1 rests.

4. 4's are ready for the next attack.



DT400 - Team Play Review Game with the Perry Pearn Rotation:

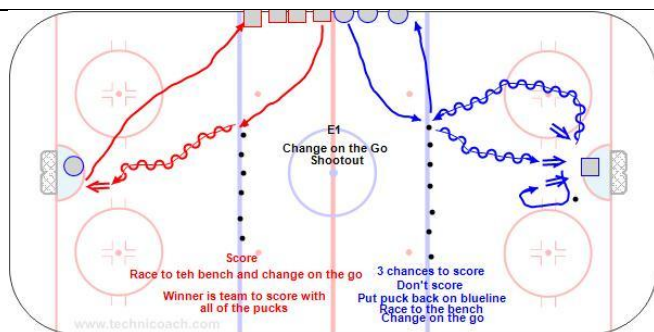
- Players are lined up behind the red line.
- You can have the three lines play together and the 6 D are in two groups of 3. We just used two colours as we play Total Hockey and everyone needs to have ALL the skills.
- Goal is to create loose puck battles and review our forecheck and cycle on the attack and the breakout and dzone coverage defending.
- Rotation: 3 greens shoot the puck in from the red line vs 3 whites who start at the blue line. They battle for the loose puck and the greens try to score and the whites defend. The defenders must carry the puck over the blue line before passing to the next group; on a dump out the attackers regroup and dump it in again. When the whites clear the zone they pass to the next 3 whites who dump and chase vs the original greens who must skate up and touch the blue line before going back for the loose puck battle.
- Attackers do OUR forecheck which is 1 on the puck, 2 on the second D, 3 on the puck side boards and the defenders go back with 1 and 2 and 3 gets on the boards for an outlet when they get possession. So it is an effective way to review offensive and defensive team play.



- Keep score and coaches stay at the red line and talk with players when they return to the line up.

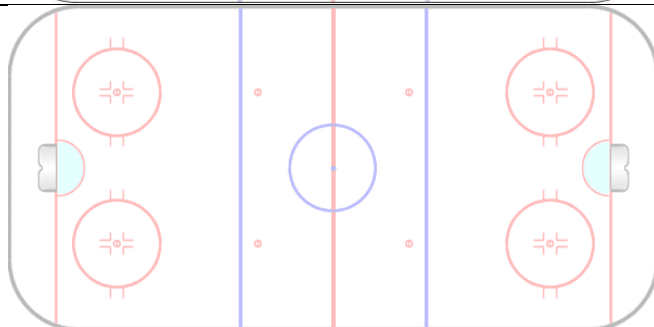
DT100 - 2 on 2 Backchecking Game

- This game is full ice and the players line up on one side along the boards at the red line.
- Two greens attack two whites and when they cross the red line two white players follow and give passive support from inside the top of the circles as they would playing wing in a game. If the attackers bring the puck high in the slot they can challenge as they would in a game.
- On transition or after a goal the defending whites pass to the supporting whites who attack the other way and the original green attackers must backcheck and are followed by two new greens when they cross the red line.
- The backcheckers must identify who they are covering and tie up their sticks so they don't score on a rebound. They must battle for the puck and make a breakout pass to their supporting players and the attackers must now back check.
- This is a very intense game and the backcheckers have to communicate and not get the 'stare' going where they are puck focused and lose track of their coverage.



E1 Change on the Go Shootout

- 8 pucks on each blue line.
- Score race back to the bench and the new player leaves when you get one stick length away and a new player picks up a puck from the blue line.
- Don't score then get the rebound and pass to the next player at the bench door who attacks.
- Losing team pick up the pucks.



Explanation/Notes: