



# Flyers

# Practice Plan

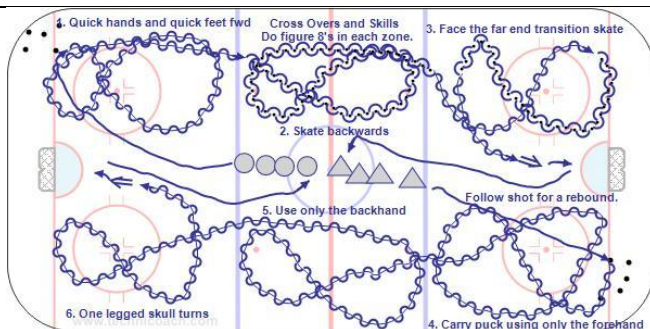
Date: Jan. 13

Time: 4 pm 75 minutes

Venue: Max Bell 2

Lines:

Notes:

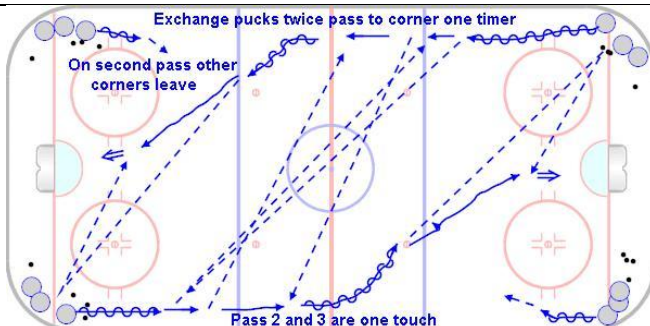


## B6 Puck Handling:

Loosen shoulders and increase reach.

Two circles in each zone opposite ways

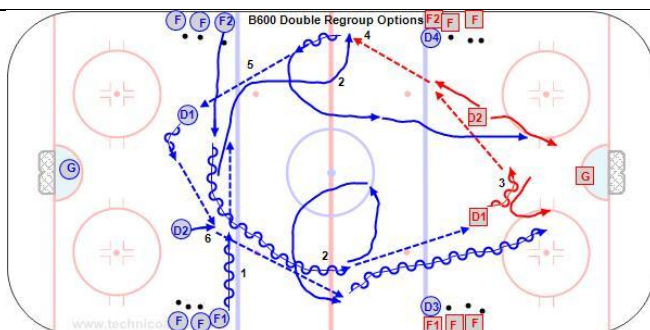
1. Puck only on the forehand side of the stick
  2. Puck only on the backhand side of the stick
  3. Fast hands and fast feet
  4. Alternate facing inside and outside each quarter of the circle.
- Finish with a shot on the net.



This is the second exercise of the practice.

## B6 Diagonal Double Pass

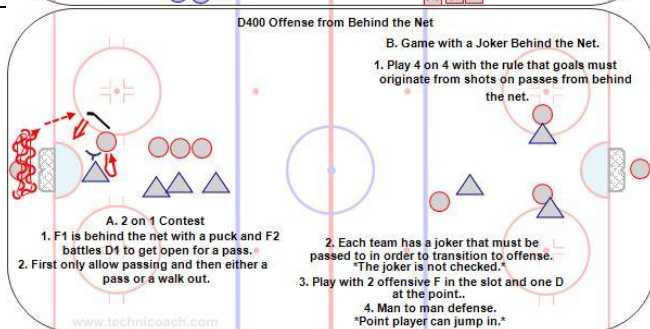
Exchange the pucks twice with diagonal corner. Progression is to pass to the corner give and go and shoot.



## B600

2-0 Double regroup.

1. Double regroup and attack 2-0.
2. Double regroup and attack 3-0 with the middle D joining the play.



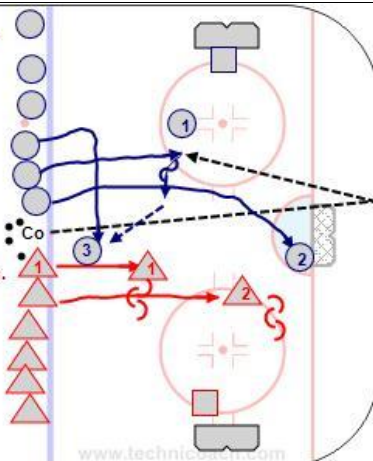
## D400

Game with the rule to go onto offense you must pass to a joker behind the net who passes.

1. Play 3-3 with the jokers behind.
2. Play 3-3 but with one player at the point who can jump in and a joker behind the net. Jokers are not checked.

#### D400, 3 on 3 Team Play Practice

1. Coach shoots the puck in.
  2. Coach calls 2-1, 3-2, etc.
  3. Alternate advantage.
  4. Play 20-30 seconds.
  5. Keep score.
- On the whistle either:
- a. Pass the puck to the coach.
  - b. Pass to goalie who passes.
  - c. Pass to teammate coming on.



#### D200 Game with varying Situations

From 1 to 4 players are sent out for each team.

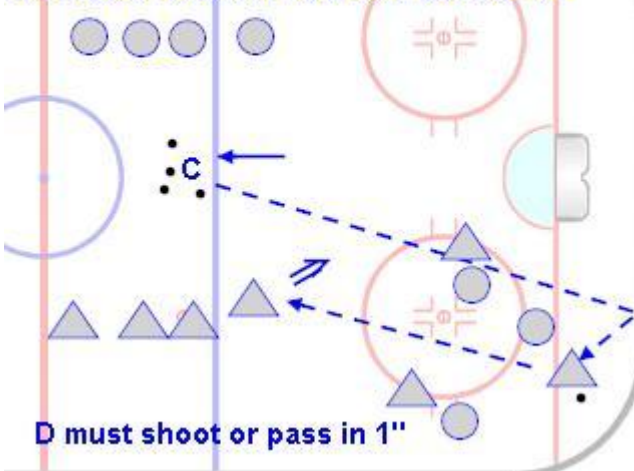
Play 20-25" shifts.

Use only one puck and pass to the teammates coming on.

#### 3 on 3 low battles

1. Coach fires puck in
2. Players battle for puck

Change possession by passing to point



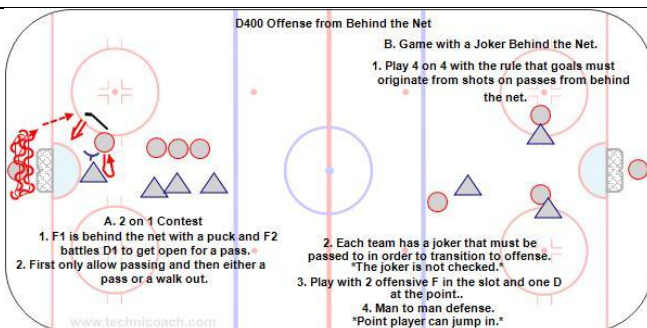
D must shoot or pass in 1"

#### DT400 3 on 3 With a Player at the Point

Use only one puck.

Coach dumps the puck in and the first 3 players from the lineup race and battle. The 4<sup>th</sup> player play the point.

- First team to get the puck can score.
- To transition to offense you must pass the puck to your point man.
- Do not check the joker at the point.
- On the whistle players race out and the goalies change. Pass the puck to the coach who dumps it in when everyone has cleared the zone.



#### D400 Offense from Behind the Net

##### B. Game with a Joker Behind the Net.

1. Play 4 on 4 with the rule that goals must originate from shots on passes from behind the net.

##### A. 2 on 1 Contest

1. F1 is behind the net with a puck and F2 battles D1 to get open for a pass.
2. First only allow passing and then either a pass or a walk out.

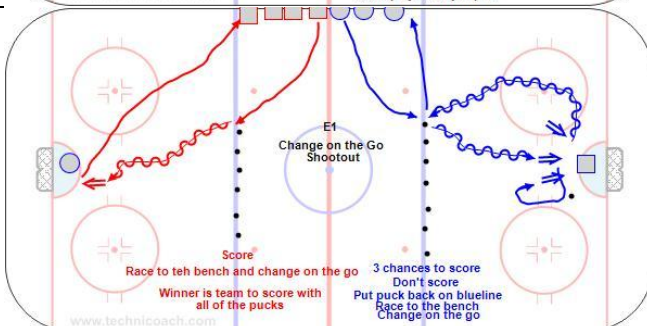
2. Each team has a joker that must be passed to in order to transition to offense. "The joker is not checked."

3. Play with 2 offensive F in the slot and one D at the point.

4. Man to man defense. "Point player can jump in."

**D400 Scoring Plays from Behind the Net.** Contest with a player behind the net and a team mate in front vs opponent. Try to score.

Play a game where goals must originate with plays from behind. Each team has a joker behind the net.



#### E1 Shootout.

Change on the go.

-Place 8 pucks on each blueline

-players wait on the bench.

Rules:

-If you score race to the bench and then next player pick up a new puck from the blue line.

-If you don't score pass to a player

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**coming off the bench who can't leave until you are within a stick length of the bench.**

- First team to score with all the pucks wins.**
- Leave the puck in the net when you score.**

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