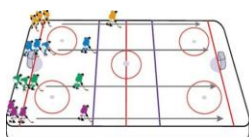




## Flyers

## Practice Plan Aug 26

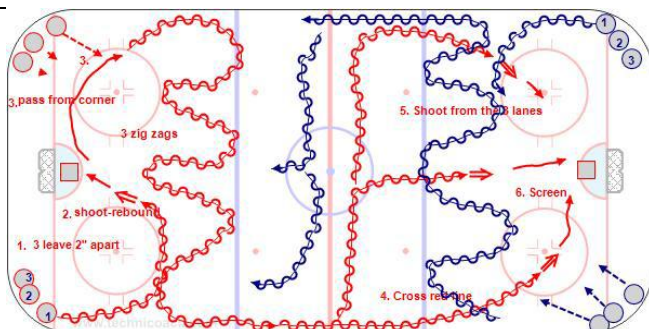
<b>Date:</b>	<b>Time:6:30-8</b>	<b>Venue: ectas</b>
<b>Lines:</b>	<b>Notes:</b>	
Dress in team colours		
Dzone focus		



10 min.

### A2 Skating Warm up-Edges and Balance Position

- inside edges - out and in using a snowplow.
- inside edges - sculling one leg at a time on the inside edges.
- outside and inside edges - slalom with the skates together and a good knee bend.
- balance and edges - one length of the ice on each leg.



### 10 min.B6 – 3 Shots, 3 Zig zags, 3 Shots

#### Key Points:

3 Leave from diagonal corners about 2" apart, skate around circle then shoot, get a pass from the other corner, skate 3 zig zags between the blue line and the top of the circles the fill the 3 lanes and shoot.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20091019154513105>

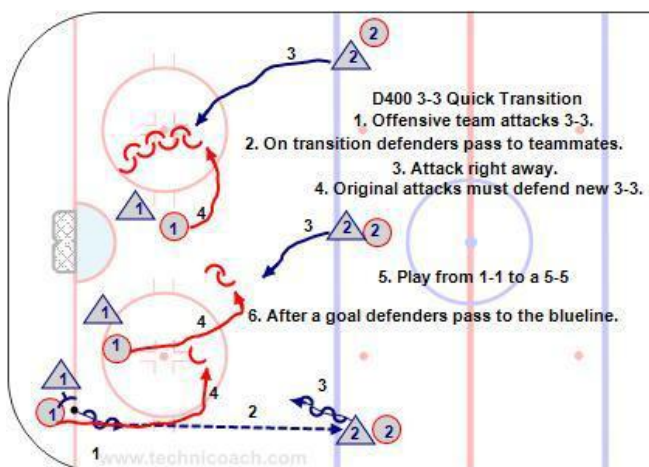
10 min.

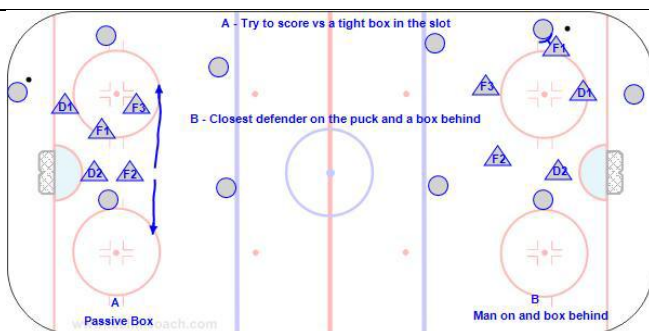
### DT400 Game of Quick Transition

**Key Points:** The resting players attack right away when they get a pass and the original attackers must communicate and cover one attacker each.

**Description:** 1. Offensive team attacks 3 on 3. It can be 1-1, 1-2, 2-1, 2-2 or 2-3 also if the coach wants to practice these situations. Upt to 5-5 is possible. 2. On transition to offense the defenders pass to their teammates waiting behind the blue line. 3. Attack right away (don't have to wait for teammates to get onside in this game.) 4. Original attackers now defend and communicate with each other on how to stop the attack. 5. After a goal the defenders is allowed to pass to the new attackers.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120416092419455>





**20 minutes**

## **T4 Teaching Defensive Zone Coverage 2-1-2**

**One Group at each end. Start together for a demo.**

### **Key Points:**

Tie up sticks in the slot, keep sticks in the passing lane and shin pads in front of the puck.

When doing man on and box behind closest player is aggressive from the inside to the outside body on body and stick on the puck.

### **Description:**

Teach defensive zone coverage by giving the offense 45 seconds to score.

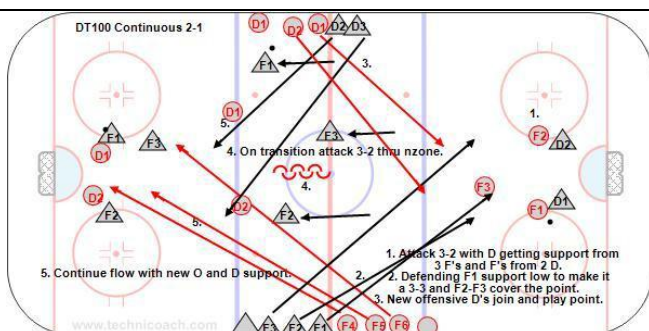
A. Play a tight box and one in the low slot area.

Players can only move a few strides but stay in a tight 2-1-2 formation.

B. Closest defender pressure the puck right away while teammates form a box behind.

When the puck is passed away drop to a corner of the box or take the player to the net.

If the offense has three attackers cycling on one side D2 must move to that side and F2 drops to the hash marks to cover the front of the net.



**12 min.**

**Continuous 2-2, 3-2 All play F and all play D one colour on each side.**

### **DT100 Continuous 3-2**

#### **Key Points:**

New players don't leave the line-up until the puck enters the offensive zone.

On dump outs no one change but go back and regroup with the same players. Changes occur when the puck is over the offensive blue line or controlled over the defensive blue line.

#### **Description:**

1. Attack 3-2 with D getting support from 3 F's and F's from 2 D.

2. Defending F1 support low to make it a 3-3 and F2-F3 cover the point.

3. New offensive D's join and play point.

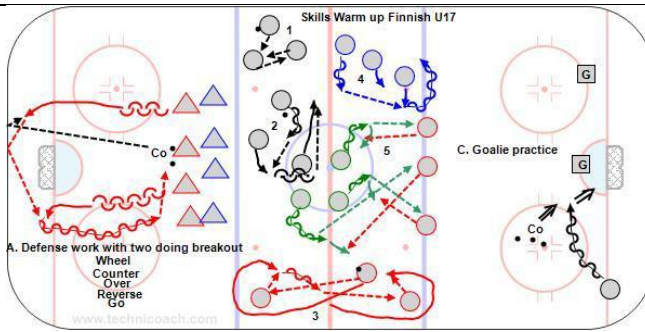
4. On transition attack 3-2 thru nzone.

5. Continue flow with new O and D support.

-Continue the flow of 3-2 in nzone and 5-5 at each end.

-Dump-ins and regroupings can be added.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20100821122112111>



**10 min**

## B Skills Warm up Finnish U17

### Key Points:

This is a great way to warm everyone up at the start of a practice. Defense do the various breakout options and read where the pressure is coming from. Pass the puck back to the coach and move thru everyone. Forwards pass with good technique and eye contact. Goalie coach work on technique and rebound control.

### Description

A. Defense work with two doing breakout options vs one forechecker.

B. Forwards lines of 3 work in the neutral zone.

1 - Stationary pass with eye contact.

2 - Pass while moving always face puck.

3 - #8 around partners give and go.

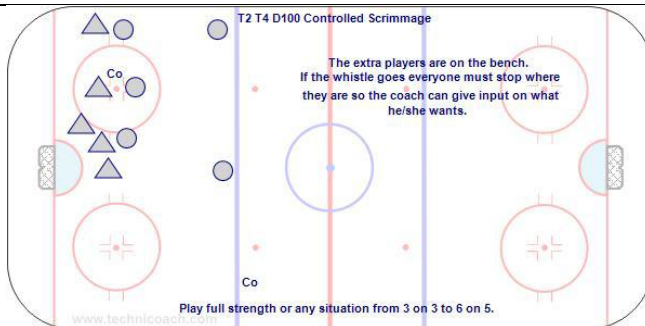
4 - Keepaway 2-1 in four areas.

5 - Two lines move and pass to other two lines on the blue line.

6 - Two lines of 3 pass while skating on one side of the neutral zone.

C. Goalies work with coach at one end.

<http://www.hockeycoachingabcs.com/filemgmt/index.php?id=88>



**13 min.**

## T2 T4 D100 Controlled Scrimmage

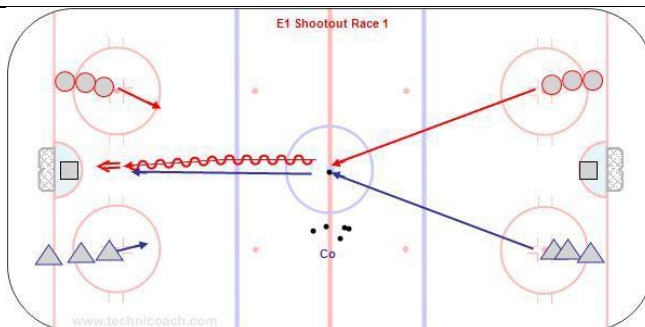
### Key Points:

Work on team play concepts with the coaches on the ice.

### Description:

Play full strength or any situation from 3 on 3 to 6 on 5. The extra players are on the bench. If the whistle goes everyone must stop where they are so the coach can give input on what he/she wants.

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**7**

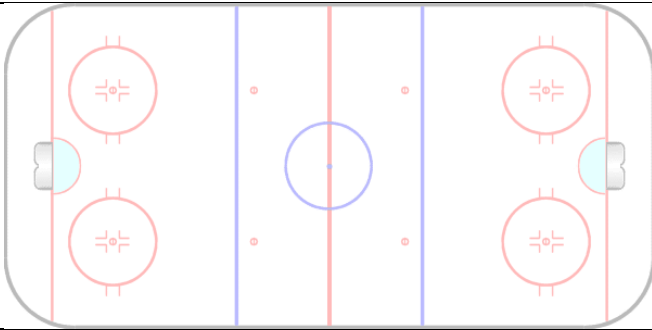
## E1 Shootout Race 1 Key Points

Players must have one skate on the dot at the start. No hooking or tripping. Skate to get D side and get the puck. \*This is a great contest for puck protection, battling, scoring and a good anaerobic conditioning exercise. Keep score with one colour vs the other.

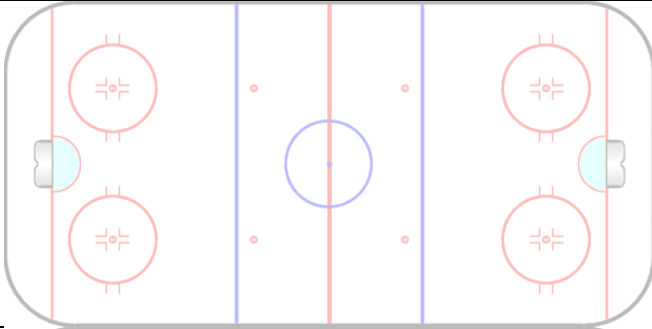
**Description** 1. Players are lined up behind the face of dots at each end. 2. A player from each team race for the puck which the coach puts on the middle dot. 3. Protect the puck and try to score vs backchecking opponent. 4. Another puck on the dot and repeat the other way.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080723063235226>

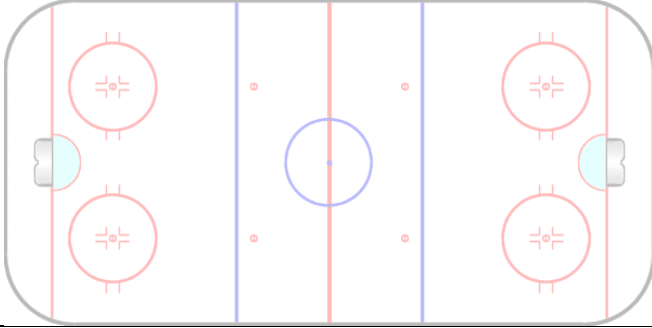
**Finish with a team meeting in the empty dressing room.**



**Explanation/Notes:**



**Explanation/Notes:**



**Explanation/Notes:**

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