



Flyers

Practice Plan

Date: Aug. 29, 2012

Time: 4-5:30

Venue: ECTAS

Lines:

Theme of the practice is breakouts.
Fitness and player evaluation in game
Situations.

Missing 2 D and one F in USA tournament.

Notes:

10 min.

A200 Skating Warm-up for Edges and Balance with a Puck and Shot

Key Points:

Good players can move in all directions efficiently because they use all edges and have great balance on the ice. Routines for skating, puck handling, shooting and passing are efficient ways for a coach to quickly review the foundation skills and allow the players to get a lot of reps and improve at their own rate. Do these skating exercises with a puck.

Description:

A200 Formation in Four Groups

- Players start at one end in 4 lines and skate to the other end with a puck and shoot from their lane.
- 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.

Repeat the same sequence but skate Backward.

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10 min.

D4 Two Pass

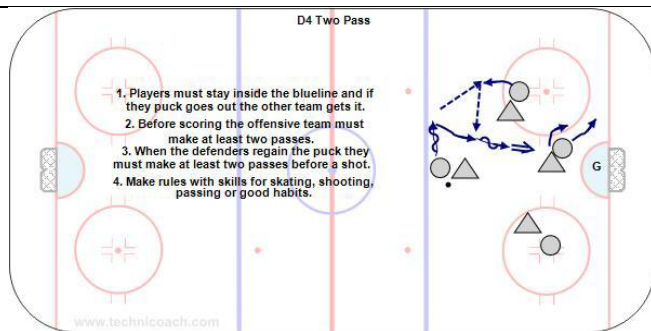
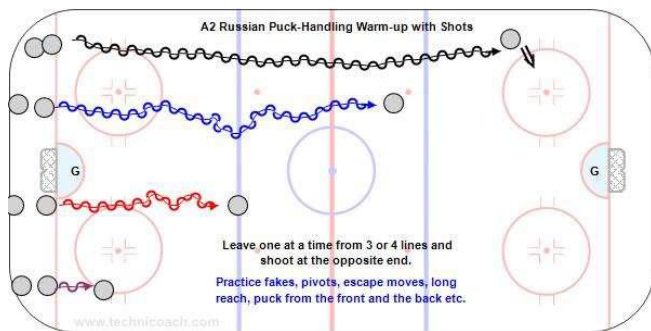
Key Points:

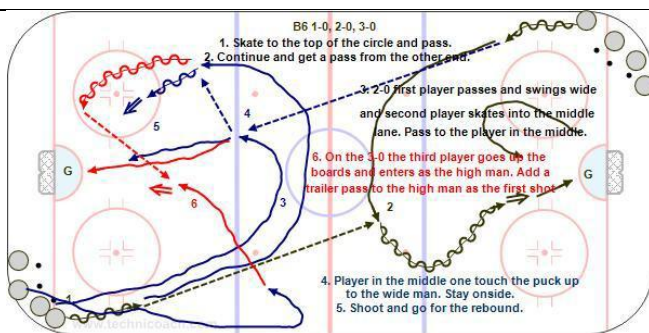
The quicker they make the passes after regaining the puck the more scoring chances they produce.

Description:

1. Players must stay inside the blueline and if they puck goes out the other team gets it.
2. Before scoring the offensive team must make at least two passes.
3. When the defenders regain the puck they must make at least two passes before a shot.
4. Make rules with skills for skating, shooting, passing or good habits.

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10 min.

B6 1-0, 2-0, 3-0 Small Horseshoe

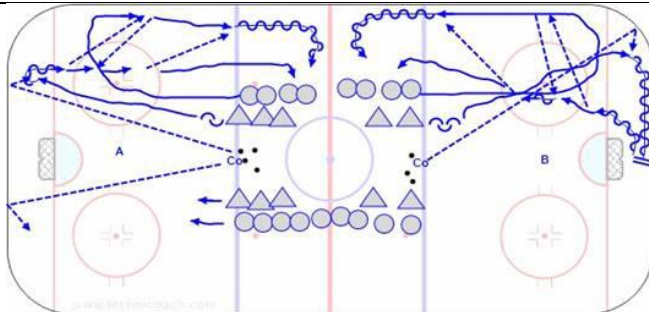
Key Points:

This is a great timing drill with good flow for early in the practice. Pass hard and get your top hand away from your body. Call for the pass. Give your stick and skates as a target.

Description:

1. Skate to the top of the circle and pass.
2. Continue and get a pass from the other end.
3. 2-0 first player passes and swings wide and second player skates into the middle lane. Pass to the player in the middle.
4. Player in the middle one touch the puck up to the wide man. Stay outside.
5. Shoot and go for the rebound.
6. On the 3-0 the third player goes up the boards and enters as the high man. Add a trailer pass to the high man as the first shot.

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5 min.

B5 Murdoch Breakout Routine A and B

Key Points:

This is a good routine to use at the start of practice instead of just skating around the ice aimlessly.

- Work for 5-10 min. and get in a lot of reps.
- D shoulder check on the way to the puck.
- Forwards funnel through middle lane and watch puck before swinging up the boards.

Description:

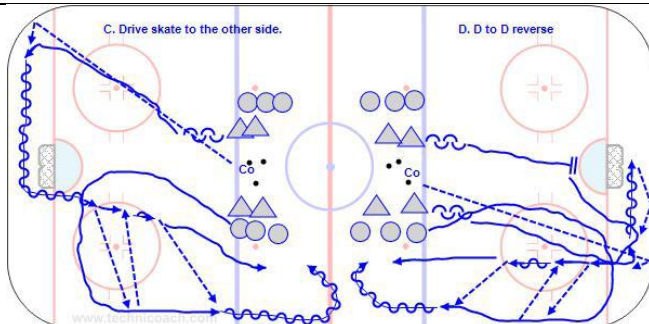
Wings and Defense

A. Coach shoots puck in and D gets the puck and passes to the wing who times his skating from inside to outside. D to W back to D and up to wing. Then repeat on the other side. All forwards take turns getting the pass on the wing.

B. Coach shoots the puck in and D skates back to get in while the wing times his skating from the middle to the outside lane.

The D drives the back of the net and stops and goes out the same direction making a counter pass to the wing, who returns the pass and gets another pass. Repeat on the other side.

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5 min.

B5 Murdoch Breakout Routine C and D

Key Points:

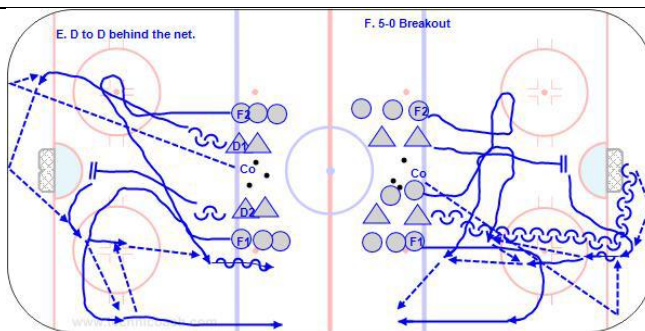
Defenseman Shoulder check on the way to read the forechecking pressure.

Forwards read the play from the middle lane and time it so they are skating up the boards for the pass. If the forechecker follows you behind use the reverse.

Description:

C. Coach dumps the puck in and the D gets in and drive skates hard to the back of the net and up the ice between the dots. Pass D to W to D to W.

D. Coach dumps the puck in and the D gets it and drive skates to the back of the net to draw the forechecker then passes back off the boards to the other



5 min.

B5 Murdoch Breakout Routine E and F

Key Points:

On all of these both wingers can go and time their skating to be available for the pass. Add the centreman to do 5-0 full ice reps.

Description:

E. Coach dumps the puck in D1 gets it, D2 skates to the front of the net and calls for the pass D to D. Both wings watch the puck from the middle zone and time their skating to be available for the

pass. D1 behind to D2 to F1 to D2 to F2 and out. try to pass to all three forwards and back to D twice. i.e. D to C to D to F2 to F1.

F. Coach calls the breakout (i.e. reverse) and all 5 breakout and try to score at the other end.

Practice all of the options doing about 2 reps each line of 5.

Example:

At my last nights practice I had groups of 5 in the middle and they did from A-F as a 5-0, I dumped the puck in one side and then the other and they passed back to me.

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12 min.

D100 Two 1 on 1 Games at Once

Key Points:

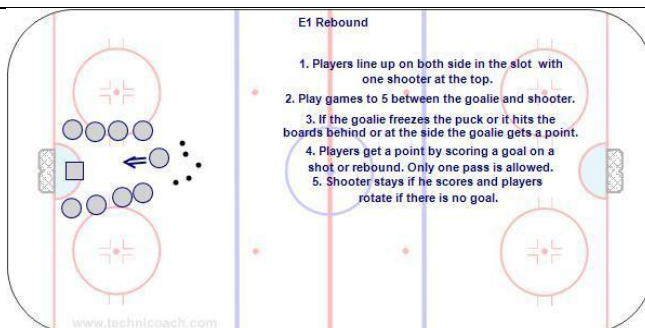
One coach should watch that the players won't collide. It is important to look behind and for the player with the puck to skate away from oncoming players. This is a great game for 1-1 and conditioning.

Description:

1. Players line up along the boards one group on each side of the red stripe. 2. One player of each team leave every 15".

3. Coach blow whistle each 15" and players play for 2 whistles (30") 4. Pass to a teammate when the second whistle blows. 5. Only two pucks on the ice and get the puck out of the net after a goal. 6. After scoring touch the red line before defending. 7. Keep score.

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8 min.

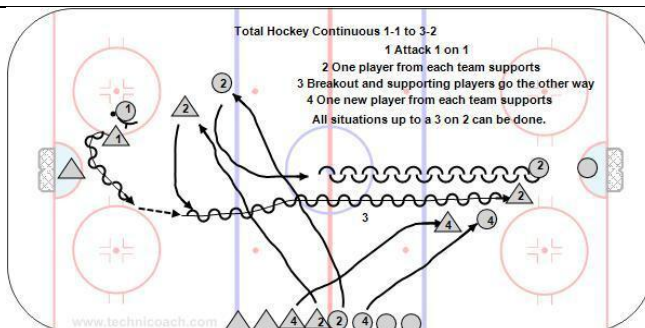
E1 Rebound Game

This is a scoring contest that seems to be loved by players of all ages everywhere in the hockey world.

Key Points: Make quick shots and one timers and goalie read the play.

Description: 1. Players line up on both side in the slot with one shooter at the top. 2. Play games to 5 between the goalie and shooter. 3. If the goalie freezes the puck or it hits the boards behind or at the side the goalie gets a point. 4. Players get a point by scoring a goal on a shot or rebound. Only one pass is allowed. 5. Shooter stays if he scores and players rotate if there is no goal.

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15 min.

D100 Total Hockey 1-1 to a 3-2

Key Points:

The support can be either passive or active.

Once the new players are in the neutral zone the original players go back to line; unless a regroup is added.

Description:

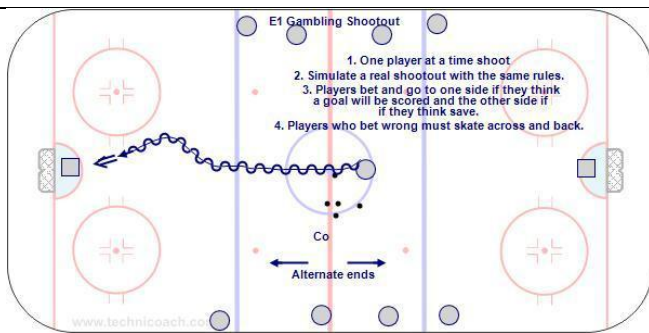
D100 formation along the boards in the nzone.

Start with a 1-1 and when the puck crosses the blue line each player gets support from the lineup on the boards. Various situation up to a 3-2. i.e. A 2-1 thru the nzone with the defender getting 2 and attacker 1 supporting player makes a 2-1 in nzone and 3-3 at each end.

Change the supporting players to create various situations. Players learn to play in all situations offensive and defensive situations.

The game can also be played using designated positions.

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8 min.

E1 Gambling Shootout

Key Points:

Simulate a real shootout by placing the puck on the dot and the player starting on the whistle and the goalie not moving until the player touches the puck. Get the goalie used to shootout skating.

Description:

1. One player at a time shoots.
2. Simulate a real shootout with the same rules.
3. Players bet and go to one side if they think a goal will be scored and the other side if they think save.
4. Players who bet wrong must skate across and back.
5. Alternate ends.

<http://www.hockeycoachingabcs.com/media/gallery/video.php?n=20111004080315971>

2 minutes – get pucks – meet in the middle.