



Flyers

Practice Plan

Date: Aug. 30

Time: 5-6:30

Venue: ECTAS

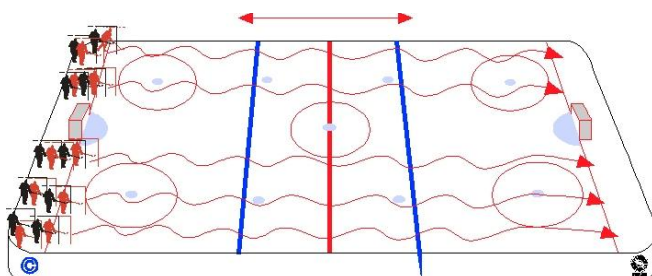
Lines:

16 players

Skill – Big moves with the puck and pass while Skating.

Notes:

Theme is the offensive triangle and shooting
One timers.



15 min.

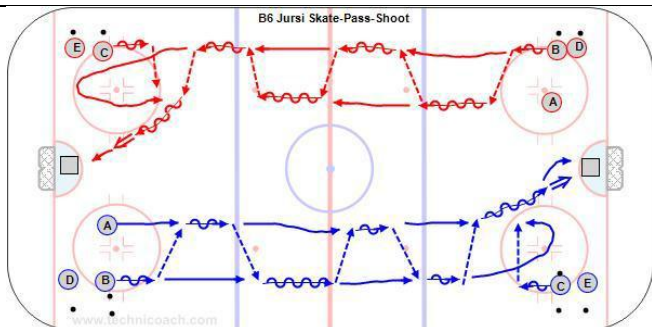
A200 Big Moves _ Russian Warm-up

Increase the size of the moves by reaching as far as possible with the puck. Separate the movement of the upper and lower body by skating away from the puck. Players must be able to handle the puck under control around and through their body.

Description:

- Skate away from the puck. Skate right reach left and skate left and reach right.
- Reach as far forward and back as you can using the top hand.
- Yo-yo the puck give it and take it away.
- Toe drag fake inside and pull the puck back while sliding back.
- Bring the puck from behind to in front through the skates on forehand.
- Bring the puck from behind to in front through the skates on backhand.
- Skate fake inside and go outside.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080722140651119>



10 min.

B6 Jursi Skate-Pass-Shoot

Key Points:

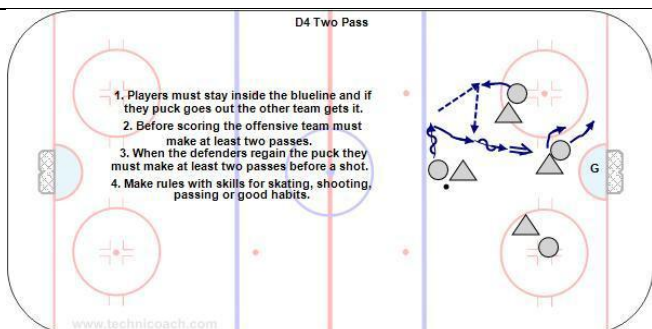
This is a drill that Russian Olympic coach Vladimir Jursinov used when I was coaching with him in Austria. The goal is to get players to practice passing and shooting while they skate. Puck handling-passing-shooting should be seamless.

Description:

1. A and B skate down the ice in passing while skating.
2. A is on the inside and continues on with a shot while skating.
3. B pivots facing the puck and continues the other direction passing to C.
4. B shoots and C partners with D the other way.

This can be done in tandem on both sides of the ice.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120227085711281>



10 min.

D4 Two Pass Game with only Forehand Passes

Key Points:

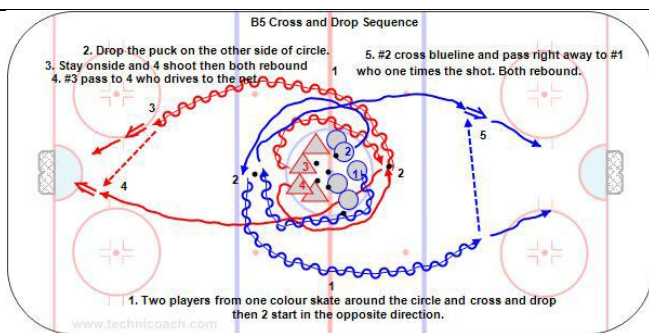
This game causes a few things to happen. Transition from puck carrier to pass support, checking the puck carrier to covering away from the puck happen very quickly. The puck carrier must use pivoting, escape moves and puck protection skills to pass on the forehand and everyone must face the puck and give a target.

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.

In this game the rule is that you can only pass on the forehand. If a player does a back hand pass the other team gets the puck.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=2011005184904487>



15 min.

T2 – B5 Offensive Triangle

Start with 2 players and the pass to the far post then 3 players and the flat triangle.

B5 Cross and Drop Sequence

Key Points:

Players are inside the middle circle. Two players skate around and cross and drop then 2 from the other group leave.

Leave the puck when dropping and the second player skate behind.

Return to line from the wide lanes to avoid collisions.

Description:

1. Two players from one colour skate around the circle and cross and drop then 2 start in the opposite direction.

2. Drop the puck on the other side of circle.

3. Stay onside and 4 shoot then both rebound.

4. #3 pass to 4 who drives to the net.

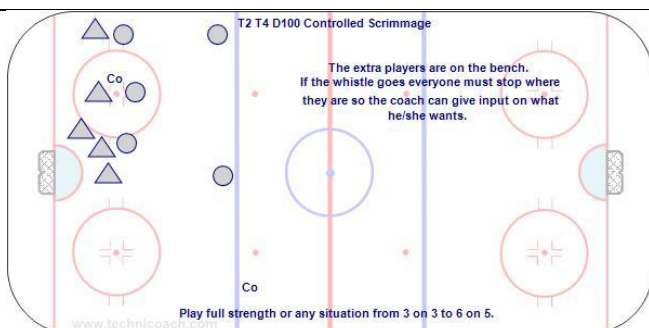
5. #2 cross blueline and pass right away to #1 who one times the shot.

Both rebound.

Options:

a: one, two or three players leave at a time.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20091019154512198>



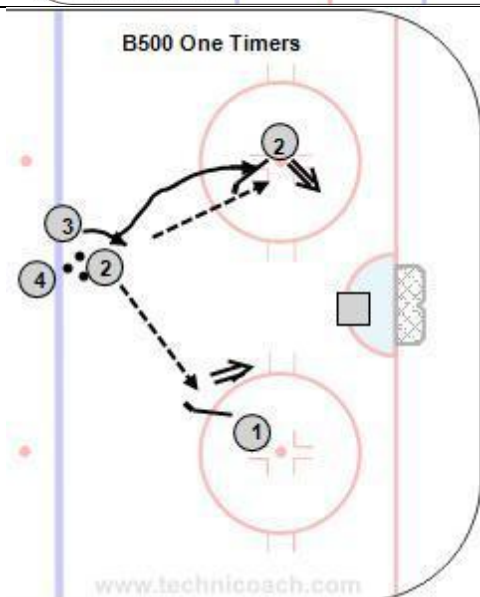
20 min.

T2 - D100 – 4 on 4 – Controlled Scrimmage.

Play a 4-4 with the players changing on their own.

-Focus is the offensive triangle. Third player must join the play at the top of the triangle.

-Freeze on the coaches whistle.



10 min.

B500 One Timers

Key Points:

Square up for the shot and have the stick back as the pass is being made. Follow through with the whole body to the net and the lead knee pointing to the target.

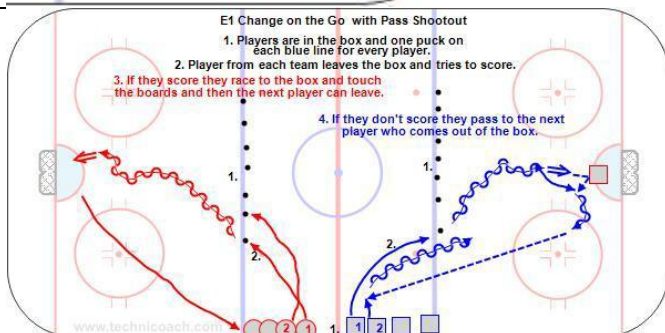
Description:

1. One leave the line and get a pass from 2 on the off wing and shoot.

2. Two leave after passing and get a pass from three.

3. Continue this rotation and progressively increase the speed of the passes.

<http://www.hockeycoachingabcs.com/mediagallery/video.php?n=20090812164222165>



10 min.

E1 Change on the Go with Pass Shootout Key Points: Players should work on selling the fake, change of pace and making the goalie move first. The goalie must time his retreat into the net to keep good angles on shots and cover the goal line on dekes.

Description: 1. Players are in the puck on blueline.

2. Player from each team leaves the box and tries to score.

3. If they score they race to the box and touch the boards and then the next player can leave.

4. If they don't score they pass to the next player who comes out of the box.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120415181657595>

