



## Flyers

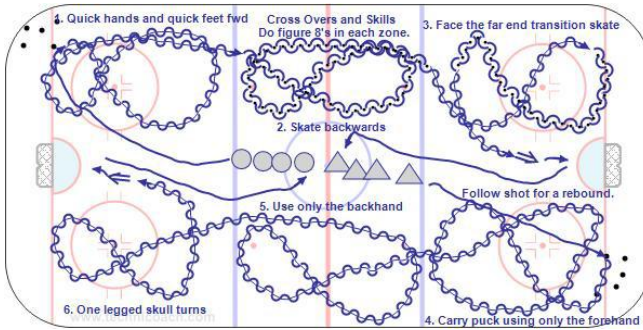
## Practice Plan

Date: Sept. 4, 2012

Time: 7:00 pm

Venue: Southland

Lines:	Notes:
20 skaters and 3 goalies	Teaching Point:
Review teaching points from last week.	Transition game to review dzone and attack.
Dzone coverage	Identify coverage 1-2-3-4-5
Net drive of F2	
Offensive triangle	



10 min.

### B4 Crossover Skating and Skills

#### Key Points:

This is a great skating and puck handling warm up drill. Many variations can be used with the puck or in skating tasks. Do a different skill in each zone. Keep the feet moving it is crossover in large #8's and not tight turns. You can also do as a B6 and start out of opposite corners.

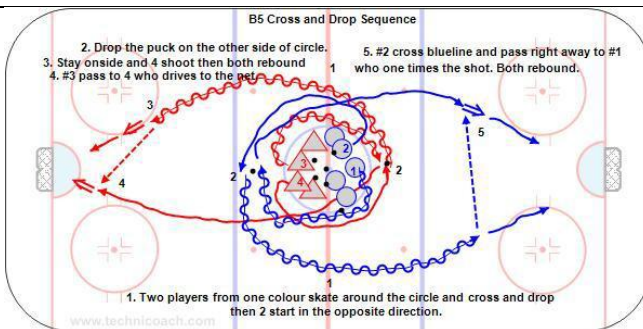
#### Description:

Cross Overs and Skills

Do figure 8's in each zone.

1. Quick hands and quick feet fwd
2. Skate backwards
3. Face the far end transition skate
4. Carry puck using only the forehand
5. Use only the backhand. Follow shot for a rebound.
6. One legged skull turns.

<http://www.hockeycoachingabcs.com/mediagallery/video.php?n=2012041815512444>



15 min. Review 2-0 and 3-0 Net Drive+ 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.

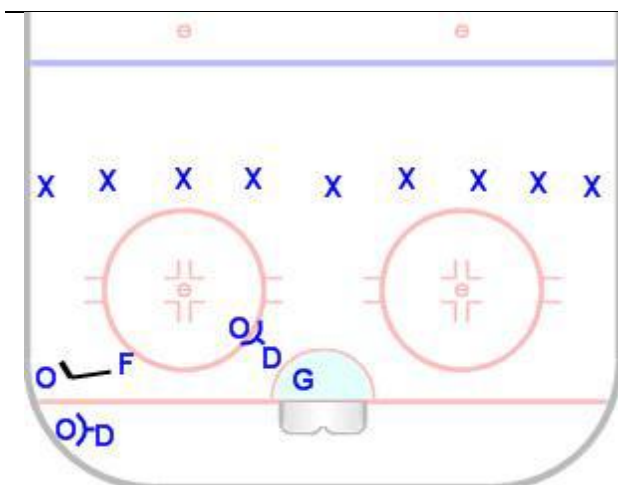
#### Description:

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.
- b: after shooting one or two players defend the next rush, 1-1, 2-1, 2-2, 3-2, 3-3.
- c: give + go with last shooters. Etc.

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



20 min. Total

**T2-T4 Defensive Zone Coverage or Offensive Zone Attack Practice Tom one zone and Sean in the other.**

**Key Points:**

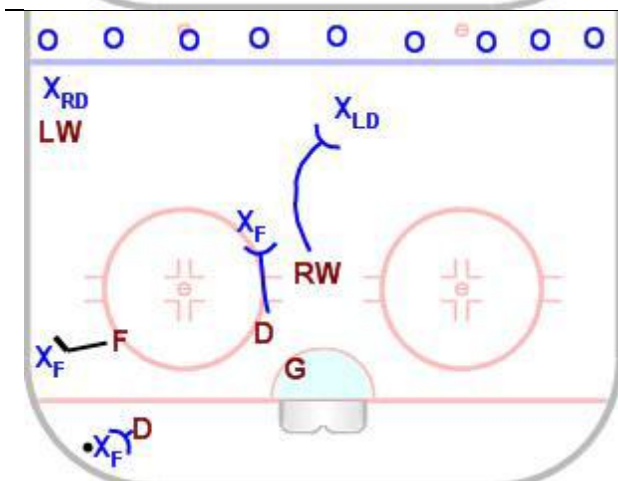
It is a combined man to man – zone defense. Tight man to man on the player with the puck and any player in the slot. Zone defense with the head on a swivel, stick in the passing lane and a

Man-You-Puck triangle to stay aware of your man. If someone loses a 1-1 then the support player plays a 2-1 defending the puck carrier and his man.

**Description: 3 on 3 10 minutes**

1. On the 3-3 the players line up at the top of the circle and shoot in any puck that is dumped out

or if they can't the coach shoots in another puck for a 30 second shift. Players must communicate all of the time.



10 min.

2. On the 5-5 the players keep the puck in from outside of the blue line and coach add a new puck if it is fired down the ice. Play 30 second shifts and switch.

The players freeze where they are if the coach blows the whistle to give instruction.



**10 minutes**

**D400 Transition Game of Low Battles with Point Support**

**Key Points:**

Great game to practice cycling, going to the net, screening, tipping, point shots, shot pass, one timers on offense. On defense you have the low zone coverage and communication skills. As well as individual techniques like sealing the stick to the outside, tying up sticks, boxing out, switching, all from the defensive side.

**Description:**

1. One team is lined up behind each faceoff dot. From one to three players leave at a time.  
2. The next player in line plays the joker at the point and must pass or shoot within a second. Defenders do not check the joker as he can't go in and score.

3. The coach dumps the puck in or shoots on net and the teams race for the puck. Whoever gets the puck can shoot right away.

4. When the defending team gets the puck they must pass to their joker at the point to transition to offense.

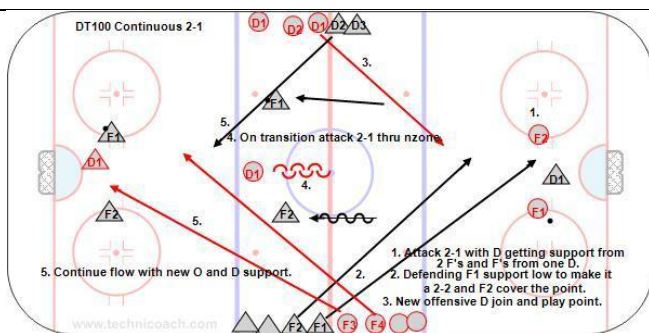
5. If the puck is shot out of the zone the coach passes to the non offending joker.

6. Play 20-30" and on the whistle the players pass to the coach and skate hard out of the zone before the coach shoots a new puck in.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090726102317243>

**15 minutes DT100 Continous 2-1 to 3-3, 2-2 to 4-4, 3-2 to 5-5 in the defensive zone.**

**Focus on Dzone coverage entering the zone and covering one player each man on man and zone. 8 D and 12 F**



5 Min.

#### DT100 Continuous 2-1

##### 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.

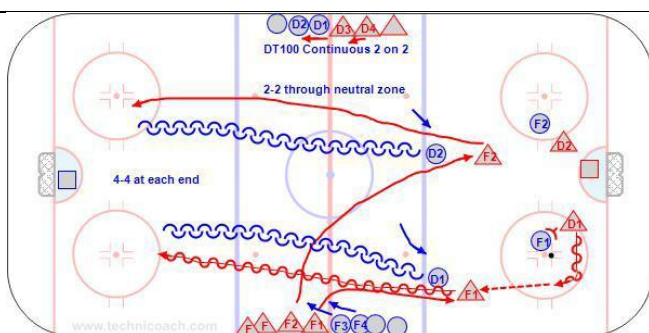
##### Description:

1. Attack 2-1 with D getting support from 2 F's and F's from one D.
2. Defending F1 support low to make it a 2-2 and F2 cover the point.
3. New offensive D join and play point.
4. On transition attack 2-1 thru nzone.
5. Continue flow with new O and D support.

-Continue the flow of 2-1 in nzone and 3-3 at each end.

-Dump-ins and regroupings can be added.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090726085539822>



5 min.

#### DT100 Continuous 2 on 2

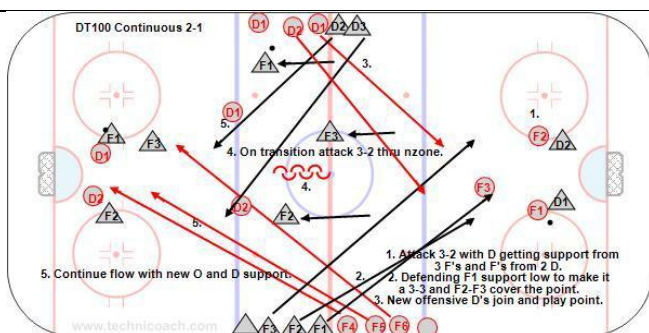
##### Key Points:

Forwards cover D and D cover F's. One D should join the attack to create triangles. Defenders play tight gaps and attackers create 2 on 1's on the rush.

##### Description:

1. Forwards line up on one side and defense on the other.
2. Start with a 2 on 2 attack F1 and F2 vs D1 and D2.
3. When the puck enters the zone defensive F1 and F2 support D and attacking team D1 and D2 support F's.
4. Play 4 on 4 in the zone.
5. If the puck is dumped out with no possession the offensive team regroup and attack again.
6. The supporting players who joined the play now go 2 on 2 in the other direction.
7. F2 - F3 support D1 and D2 and D3 and D4 support attacking F1 and F2.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080719141210845>



5 min.

#### 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.

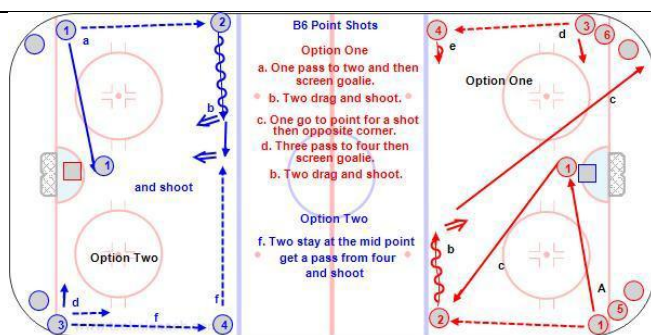
##### Description:

1. Attack 3-2 with D getting support from 3 F's and F's from 2 D's.
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. Everyone Rotate Shooting and Screen

### B6 Point Shots

#### Key Points:

Skate forward inside the dot before pivoting to. Shoot low for a tip in or rebound. One time the second shot in option two. Hit the net. Everyone practice this skill.

#### Description:

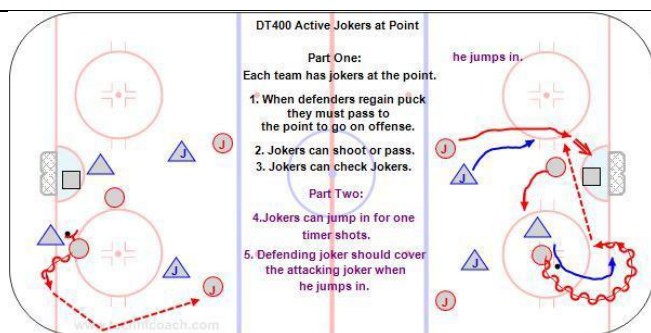
##### Option One

- a. One pass to two and then screen goalie.
- b. Two drag and shoot.
- c. One go to point for a shot then opposite corner.
- d. Three pass to four then screen goalie.
- e. Four drag and shoot.

##### Option Two

- f. Two stay at the mid point and get a pass from four and shoot before rotating.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20120430093036462>



8 min.

### DT400 Active Jokers at Point

#### Key Points

Each team has two jokers at the point. Introduce the game allowing jokers to check jokers and then add that jokers can come in for one timer shots.

This transition game creates three situations. In the first part the players at the point must get open and take a shot or make a pass. The defender practices covering the point. In the second part add that the jokers at the point can come in for a one timer shot

#### Description:

*Part One: Each team has jokers at the point.*

1. When defenders regain puck they must pass to the point to go on offense.
2. Jokers can shoot or pass.
3. Jokers can check the opponents Joker.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120603101824103>

2 min. Summary