



Flyers

Practice Plan

Date: Sept. 6, 2012

Time: 20:15

Venue: WMP

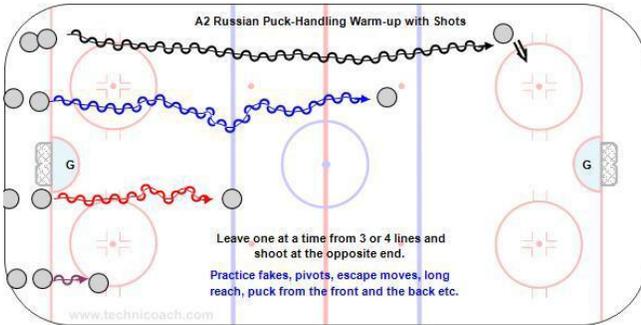
Lines:

19 players – one coach will have to participate to make 4 groups of 5.

- Themes – stick on the puck

Notes:

Tsunami Forecheck 2-1-2 with a pinch on the Weak side.



10 min.

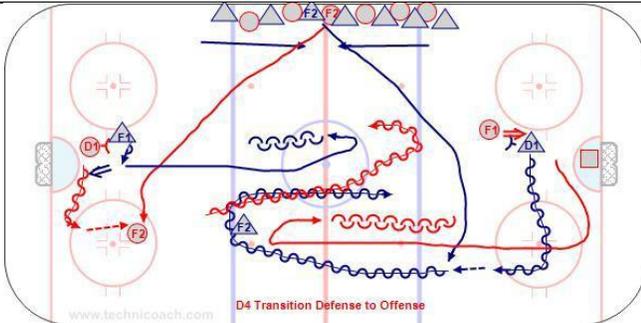
A200 Russian Puck Handling – Fake Shots and Finnish with a Shot

Description:

Players are in four lines and do multiple fake shots and moves, then finish with a shot.

- . Practice Faking a slapshot with a hard back swing.
- . Fake a slapshot and go around opponent on the backhand side.
- . Fake a slapshot and go around opponent on the forehand side.
- . Fake a slapshot and then do a backhand tight turn around opponent.
- . Fake a slapshot and reach out like you are going around the opponent on your forehand and then pull the puck quickly to your backhand and go around opponent.

<http://www.hockeycoachingabcs.com/mediagallery/search.php>



12 min. Rotate after 6 min.

DT400 1-1, 2-2, Support-Attack-Defend

Key Points:

Defending player stay on the defensive side. Supporting player give a target for the pass and get into an open lane.

Description:

- 1.F1 attack D1 at each end.
2. Players line up on the boards with the first player in line D1 supporting the defense.
3. The coach can determine whether the supporting defender is passive or active.
4. On a turnover or a goal the breakout pass is made to the supporting defender from D1 to F2..
5. Carry the puck to the red line or if the team

<http://www.hockeycoachingabcs.com/mediagallery/video.php?n=20090726104059741>



10 min.

B500 Defensive Side with Stick on the Puck

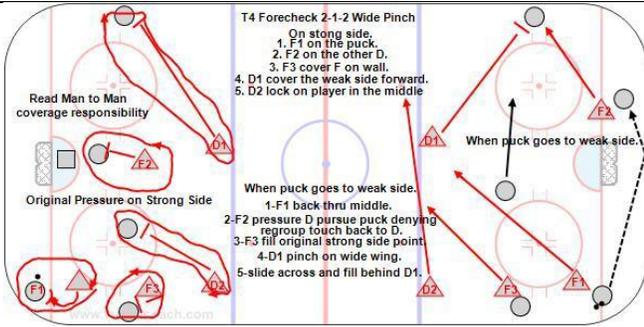
Key Points:

Player checks from the defensive side with the stick always on the attackers stick. Keep the stick on the ice when going side to side.

Description:

1. Two players work together one of offense one on defense.
2. Half rest half active on the whistle.
3. Practice about 5" and alternate.
4. Start with no puck with offense shielding with the body defender stick on stick.
5. Progress to using a puck.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090817105910820>

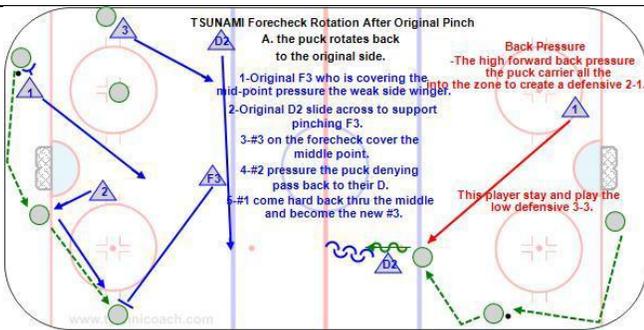


25 Minutes: Tsunami 2-1-2 Forecheck
T4 - TSUNAMI Forecheck 2-1-2 Wide Pressure

Key Points:
 This is basically man to man aggressive coverage. Players must create good checking angles, force inside to outside, stick on the puck and body on body. On a rim or any pass to the weak side wing the middle D pressures hard and the strong side D must support the pinching D and F3 fill. The pressuring D stays low and joins the attack. If the puck is moved across to the original side then F3 who covered the middle point now pressures the weak side boards. "THERE IS NO ESCAPE FROM THE TSUNAMI."

Description:
Original Pressure on Strong Side

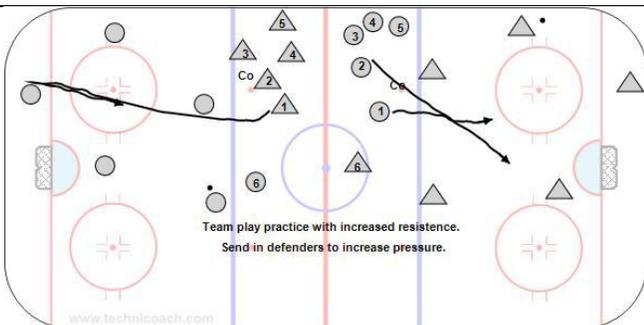
1. F1 on the puck.
2. F2 on the other D.
3. F3 cover F on wall.
4. D1 cover the weak side forward.
5. D2 lock on player in the middle.



When puck goes to weak side.
 1-F1 back thru middle.
 2-F2 pressure D pursue puck denying regroup touch back to D.
 3-F3 fill original strong side point.
 4-D1 pinch on wide wing.
 5-D2 slide across and fill behind D1.
 *D1 stay low in the offensive end and join the F1 and F2 cycling and attacking.

The puck goes back to the original side.

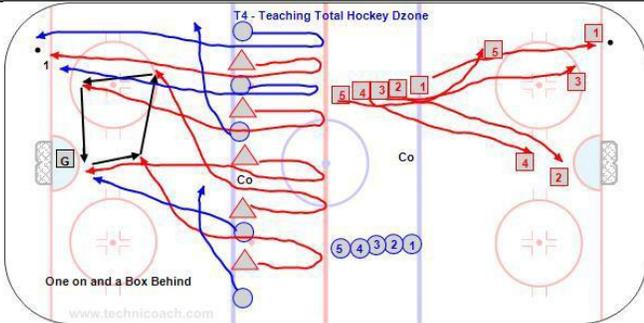
- 1- Original F3 who is covering the mid-point pressure the weak side winger.
 - 2- Original D2 slide across to support pinching F3.
 - 3- #3 on the forecheck cover the middle point.
 - 4- #2 pressure the puck denying pass back to their D.
 - 5- #1 come hard back thru the middle and become the new #3.
- <http://www.hockeycoachingabcs.com/mediagallery/media.php?s=2011091410270183>



Tsunami – First 10 minutes walk through with everyone then one group at each end.
T2 – T4 Team Play Practice Buildup

Key Points:
 Play from 5-0 to 6-5

Description:
 Practice with no resistance and then send in players to create resistance. You can practice even or odd man and with the goalie pulled. You can also use this technique to practice skills like cycling and add defenders.



Second 10 minutes
T4 - Teaching the Forecheck

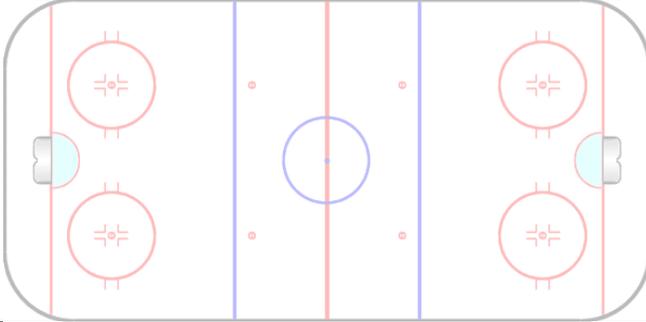
Key Points:
 The game is played 1-2-3-4-5.
 A. Players line up and enter the offensive zone calling out their number.
 - One team stand in the zone like they are breaking out.
 - Progress to all leaving in random order and calling out their number and going to that area.
 B. Offensive and defensive player skate from the blue to the red line while the coach shoots the puck in.
 - Players go to who they check in the offensive zone.
 - Blue try to score and Red defend and pass to coach on turnover.
 - Alternate between attacking and defending.



15 min.

D100 Controlled Scrimmage 45" shifts – pass to goalie on the whistle.

- Rule – dump the puck in at the red line and do the Tsunami forecheck.
- *Everyone Freeze if coach blows whistle twice.*



3 min.

**Players get the pucks
Meet in the middle
Players gather together.**