



Flyers

Practice Plan

Date: Sept. 7, 2012

Time: 17:15-18:30

Venue: Fairview

Lines:

Power play instruction.

16 skaters in 3 groups.

Slot set to a 1-3-1

Breakout regular controlled.

Notes:

7 min.

B2 Transition Skate Shooting

Key Points:

Keep 2 hands on the stick and keep the feet moving. Hit the net.

Description:

B2 Transition Skate Shooting

1. Lineup on blue lines.
2. Skate to top of circle, back to blue, top of circle and shoot.
3. Next player leave when the first is going backward.
4. Each player have 3 or 4 pucks and keep shooting until the are all gone.



8 min.

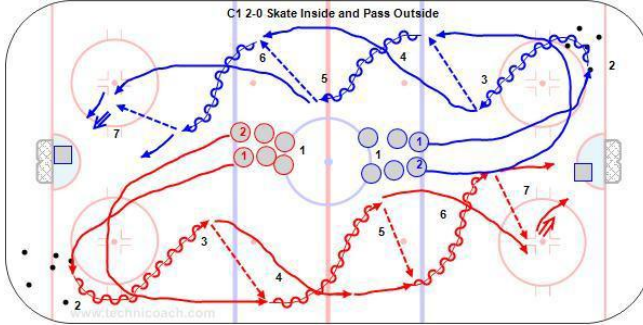
C1 2-0 Skate Inside and Pass Outside

Key Points

Skate to the big ice between the dots with the puck and pass to the outside. Pass and follow the pass taking the ice behind.

Description:

1. Line up in the C1 formation at the bluelines.
2. Two players leave from the front of each line and get a puck from the corner.
3. The first player skate inside the dot with the puck and pass to the second player on the outside.
4. First player follow the pass and cross 'taking the ice behind.'
5. The second player receive the pass and skate between the dots.
6. The second player now passes wide to the first player and follows the pass.
7. Shoot and rebound after one pass in the offensive zone.



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15 min.

DT400 Ali, Bobbi-Jo Two Net Game

Key Points:

Attackers either skate or move the puck right away when they get it. Defenders have one on the puck and one in front of the net with sticks in the passing lanes. Rotate every 45 seconds.

Description:

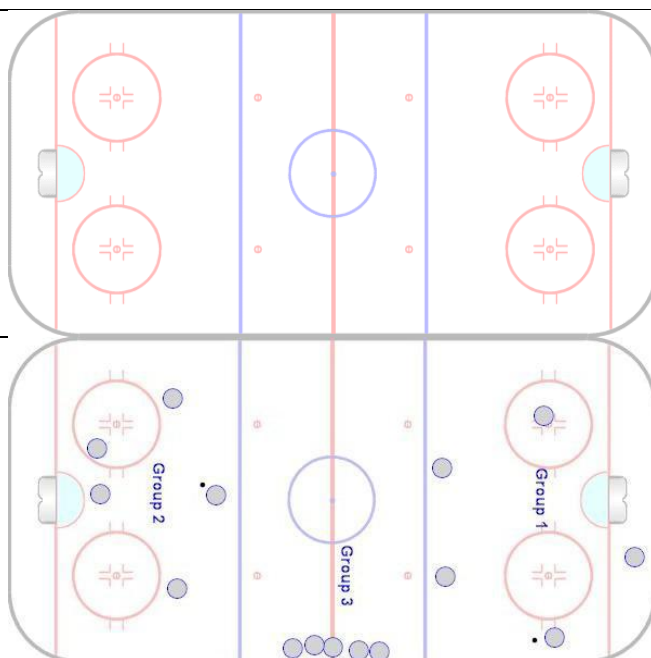
1. Two nets on the goal line.
2. 4 attackers and 2 defenders on each side.
3. On a goal puck goes to other side.
4. Defenders pass to the attackers on the other side to go onto offense.
6. Add skill rules such as only forehand passes.

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13 min.

T2 Power Play Instruction

We only have 16 players so we will walk through it one line at a time and then the Kingston rotation.



15 min.

T2 Kingston Rotation

Line A at one end

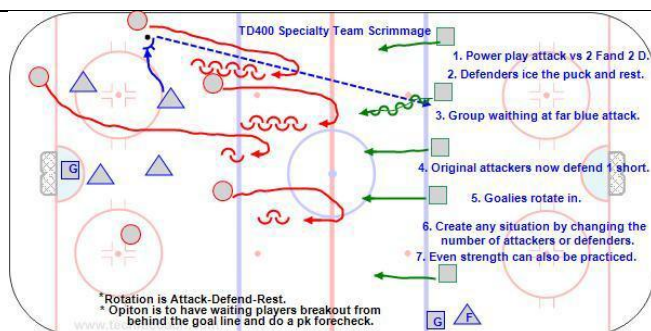
Line B at other end

Both walk through pp 5-0

Line c in middle passing

On whistle line B breakout and return to zone and group c replace group A.

Coach in each zone



12 min.

TD400 Specialty Team Scrimmage

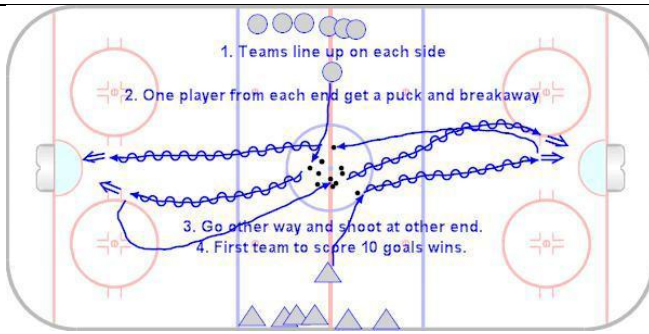
Key Points:

Rotation is Attack-Defend-Rest. Number the players so they know when to not defend. In even numbered situations you can require the defenders to breakout into the neutral zone before passing.

Description:

1. Power play attack vs 2 Fand 2 D.
2. Defenders ice the puck and rest.
3. Group waiting at far blue attack.
4. Original attackers now defend 1 short.
5. Goalies rotate in.
6. Create any situation by changing the number of attackers or defenders.
7. Even strength can also be practiced.

*Option is to have waiting players breakout from behind the goal line and do a pk forecheck.



5 min.

E1 Shootout 2 Shots

Key Points:

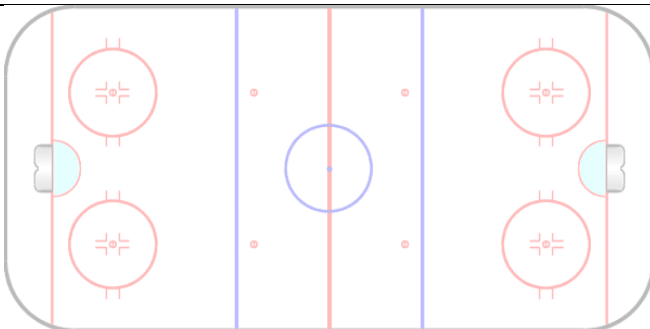
Players should come in and make a hard move and shoot. The general rule on a breakaway is if the goalie is out far deke and if he backs in shoot.

Description:

1. Teams line up across from each other and the pucks are in the middle circle.
 2. One player from each team leaves and shoot at opposite ends.
 3. The same players turn back and get another puck from the middle and shoot at the other end.
 4. Continue until all the players have shot and keep score.
- You can also decide the winner by saying the most goals in a certain time or the first team to 10 or another total wins.
 - Players that score no goals do 2 laps, those who score one goal skate one lap and those who score on both shots zero laps.

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2 min.

Get pucks and summary.

Parent meeting.