



## Flyers

## Practice Plan

**Date: Sept. 8, 2012**

**Time: 19:30-22:00**

**Bowness**

### Lines:

16 skaters and 2 goalies in 2 groups of 8

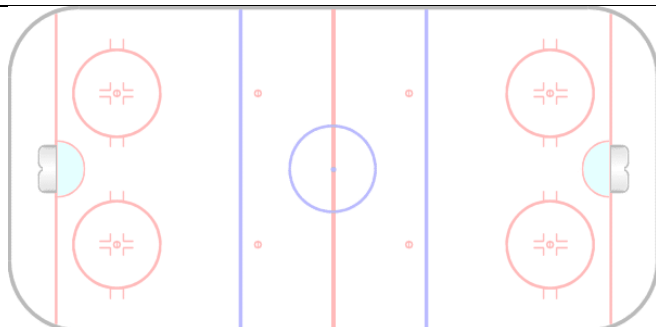
Team picture

Go over one short pk.

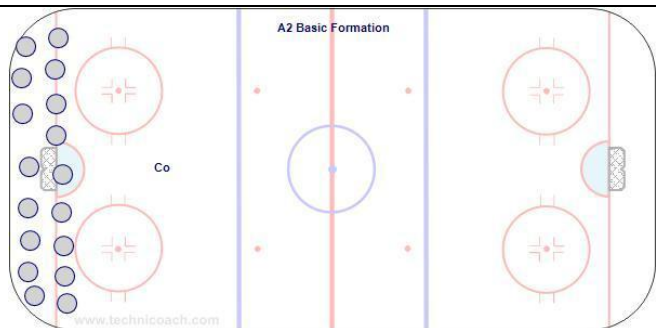
Second half play a tournament and keep

### Notes:

Track of wins.



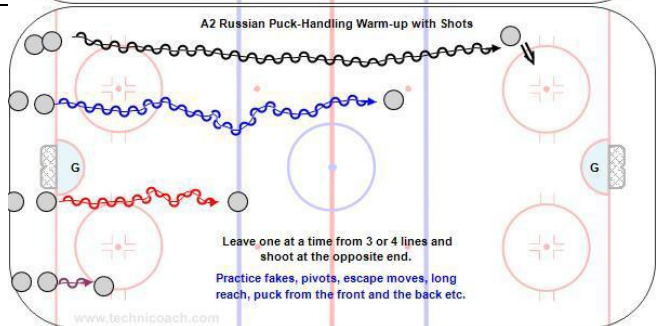
**15 min. Team Picture**



**10 min.**

**A2 Balance and Edges no puck.**

**Vets lead.**



**10 min.**

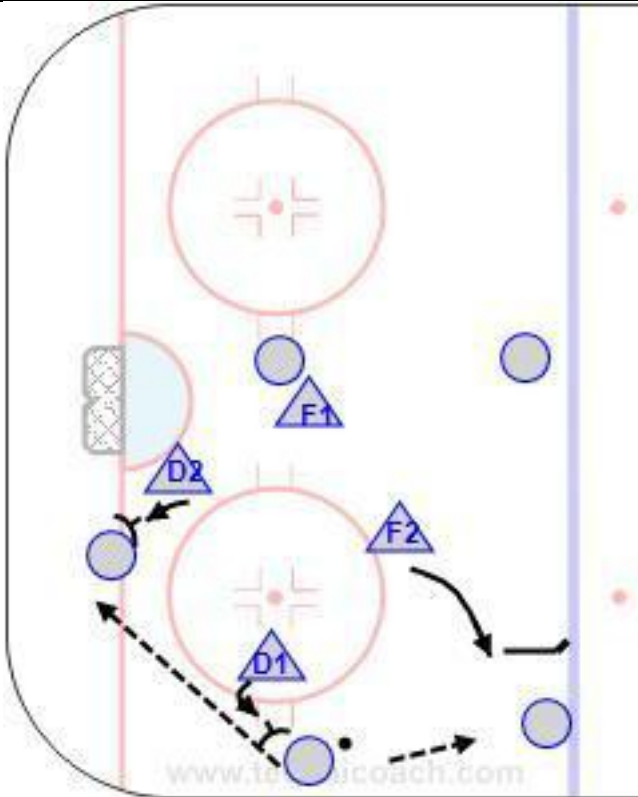
**A200 Big Moves with a shot.**

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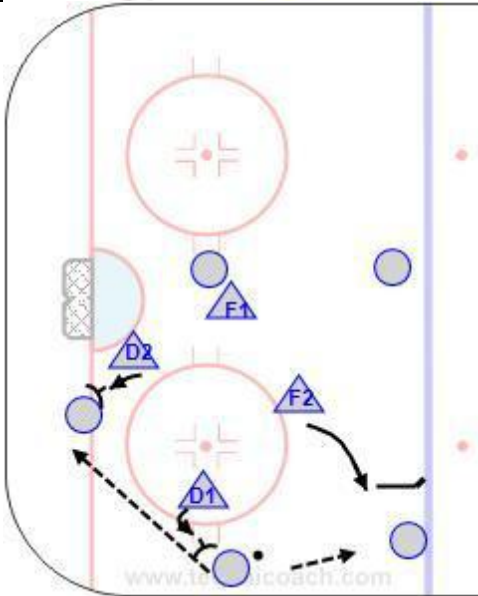
**10 Minutes**

**Intro to penalty Kill**

PK Rotation Using the High Press: The idea is to pressure the puck low with the D and force it to the point where you deny the pass across and shot. The middle forward has net coverage when the net D pressures low until the other D gets back to the net. The strong side forward covers both points in the passing lane to the middle point and facing the strong side point.



**15 Walk Through Pk**

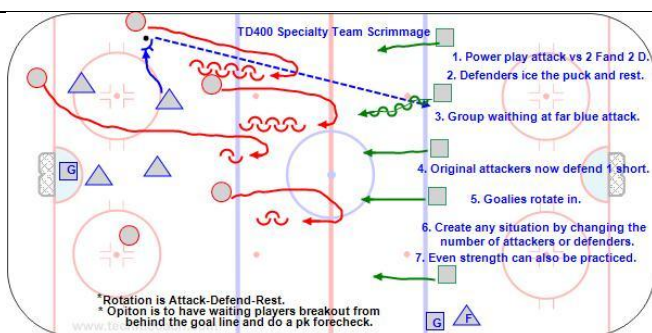


**15 min.**

**Flood**

**Go over pk rotation in the dressing room during the ice flood.**

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## Tournament White Vs Dark

### All wins count in team total.

15 min.

### TD400 Specialty Team Scrimmage

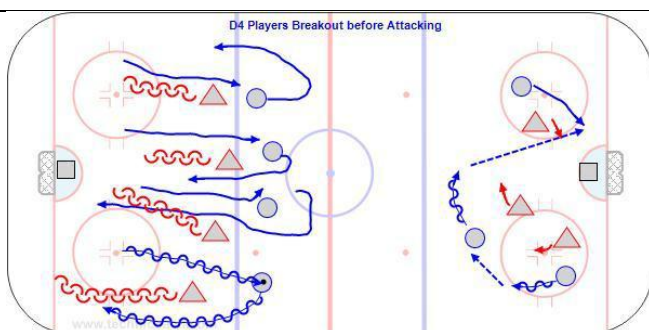
#### Key Points:

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 F and 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.

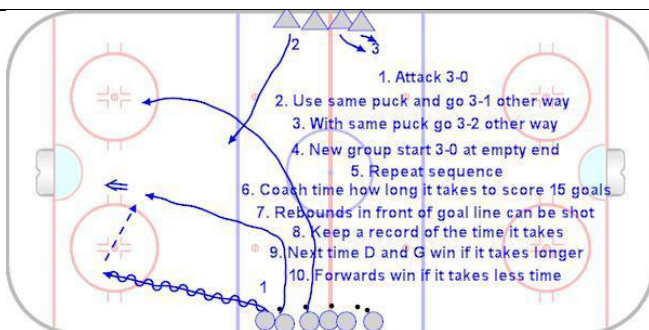


15 min.

**2 games 5' each.**

**D4 – Skill game – rule change every 3 minutes. Start with white and green.**

- All touch the puck.
- Only forehand passes.
- Rotate teams.
- Escape move.
- 3 hard strides before a pass or shot.

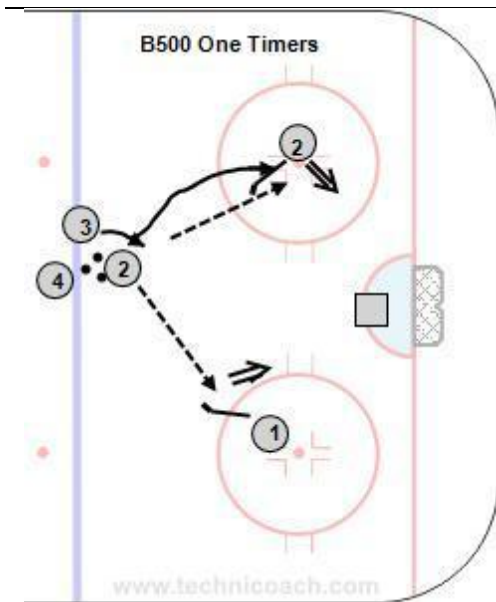


15 min.

### White vs Dark – Keep Score

**C3 – 3-0, 3-1, 3-2 for 12'**

**Count the goals scored in ten minutes and use this as a base line in the future.**



10 min.

Keep Score with white shooting at one end and dark at the other.

### **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>

Losing team one circle for every point they lost by.

10 minutes. Individual skill practice. Players work on what they want to focus on and coaches help them.

Get pucks.

Summarize

Cheer in middle circle