



Flyers

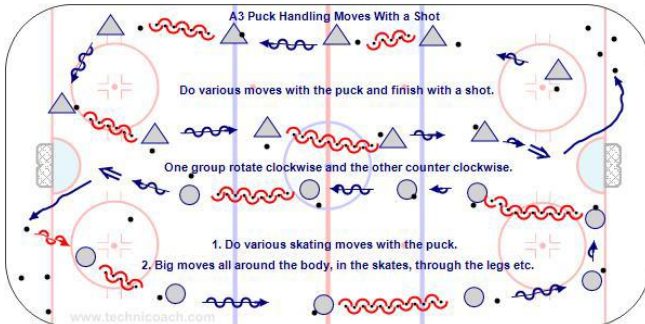
Practice Plan

Date: Sept. 11, 2012

Time: 18:30

SAIT

Lines:	Notes:
17 skaters 8 D, 9 F, 3 G	
Theme is the two short pk	
Ind. Skills - Shooting – passing – one touch	
Situations 3-0, 3-1, 3-2	



8 min.

A300 Puck Handling Moves With a Shot

Key Points:

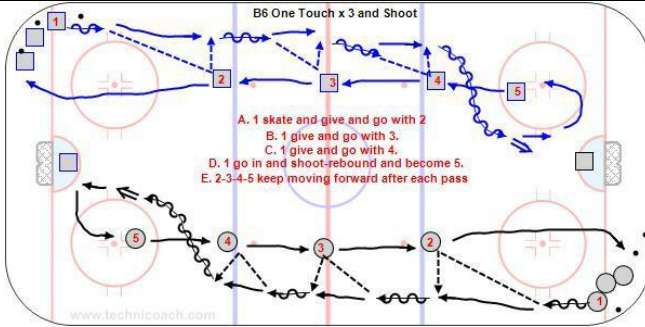
Do various moves with the puck and finish with a shot.

Description:

One group rotate clockwise and the other counter clockwise.

1. Do various skating moves with the puck.

2. Big moves all around the body, in the skates, through the legs etc.



8 min.

B6 One Touch x 3 and Shoot

Key Points:

One touch pass. Firm stick and follow through at the target. Both line move all the time.

Description:

B6 from diagonal corners down each side of the ice. Start with one player at each line and one extra behind.

A. 1 skate and give and go with 2.

B. 1 give and go with 3.

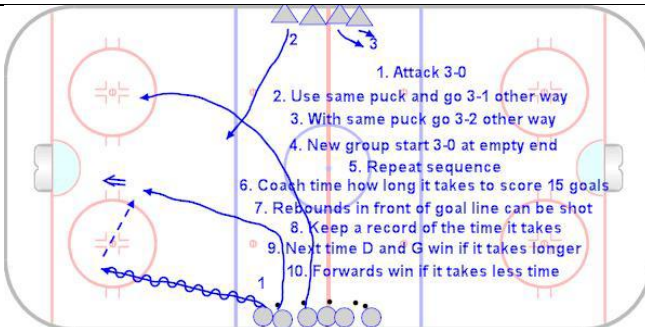
C. 1 give and go with 4.

D. 1 go in and shoot-rebound and become 5.

E. 2-3-4-5 keep moving forward after each pass.

Continue this flow from each side and then move to the other side and change directions.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120226094511455>



12 min

C3 15 Goal 3-0 3-1, 3-2

Description:

Players are lined up along the boards in the C3 formation. Have 2 colours of jerseys and play one team vs the other

1. Three forwards take a puck and attack 3-0. The attack is over when the puck is over the goal line. (unless the coach wants a cycle and a shot).

2. Use the same puck and go the other way attacking 3-1 vs a D from the other colour (coach puts in a new puck if there is a goal).

3. Attack 3-2 in the original direction.

4. Three F from the other coloured team attack 3-0 on the vacant end.

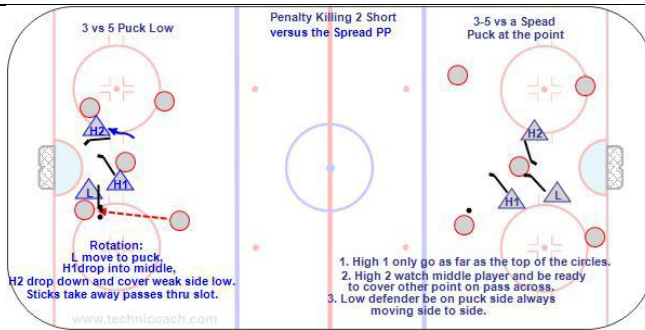
5. Repeat sequence.

6. Coach time how many goals each team scores in 10 minutes.

7. F can score on rebounds above the goal line.

8. Keep a record of the time it takes.

9. Next time if it takes longer the G and D win.



10 min – Walk Through

Penalty Killing 2 Short vs the Spreador Overload Power Play

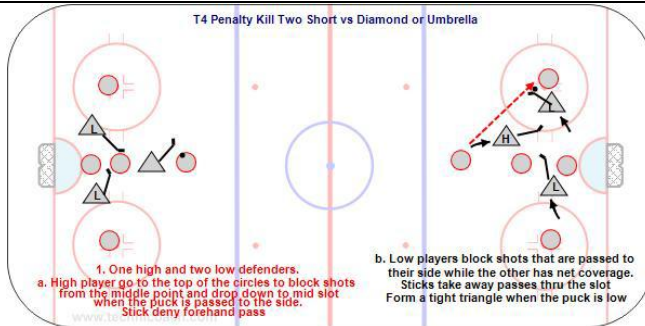
Key Points:

- Skate in straight lines up and back.
- Only pressure if you can get there the same time as the puck or the back is turned.
- Don't get tied up or finish checks.
- Stick on the ice and on the puck.
- Shin pads blocking shots, sticks take away passes thru the slot.
- Form a tight triangle.

Description: 3-5 vs a Spread with the Puck at Point

1. High 1 only go as far as the top of the circles.
 2. High 2 watch middle player and be ready to cover other point on pass across.
 3. Low defender be on puck side always moving side to side.
- 3-5 when puck is passed to low player.
 Rotation: L move to puck, H1 drop into middle, H2 drop down and cover weak side low.
 Sticks take away passes thru the slot.

Sticks take away passes thru the slot.



10 min.

T4 Penalty Kill Two Short vs Diamond or Umbrella

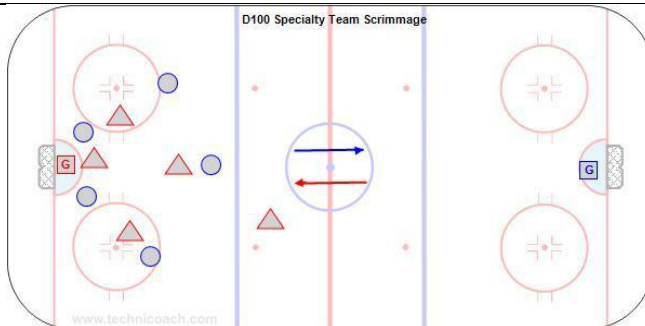
Key Points:

- Skate in straight lines up and back.
- Only pressure if you can get there the same time as the puck or the back is turned.
- Don't get tied up or finish checks.
- Stick on the ice and on the puck.
- Shin pads blocking shots.

Description:

1. One high and two low defenders.
 a. High player go to the top of the circles to block shots from the middle point and drop down to mid slot when the puck is passed to the side. Stick deny forehand pass.
- b. Low players block shots that are passed to their side while the other has net coverage.

Sticks take away passes thru the slot. Form a tight triangle when the puck is low.



10 minutes

D100 Specialty Team Scrimmage

Key Points:

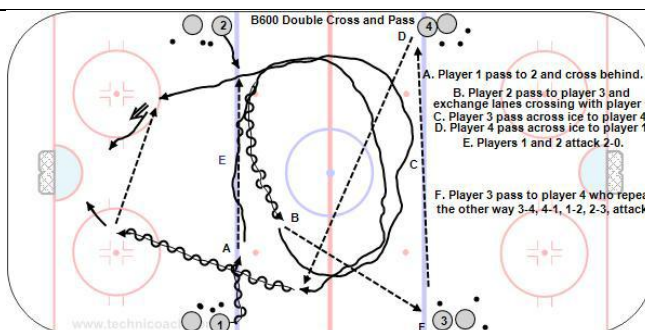
In order to create the various situations that happen in a hockey game, play 5-on-5 and have players from one or both teams wait in the neutral zone. Extra players are on the bench.

Description:

In order to create the various situations that happen in a hockey game, play 5-on-5 and have players wait in the neutral zone.

- 5-3 last two F or one F and one D stay.
- 4-3 one attacker and two defenders stay.

Practice the stretch pass and player coming out of the penalty box by passing to the player in the neutral zone. Have players change on their own



9 min.

B600 Double Cross and Pass

Key Points:

Make hard passes. Players should face the puck.

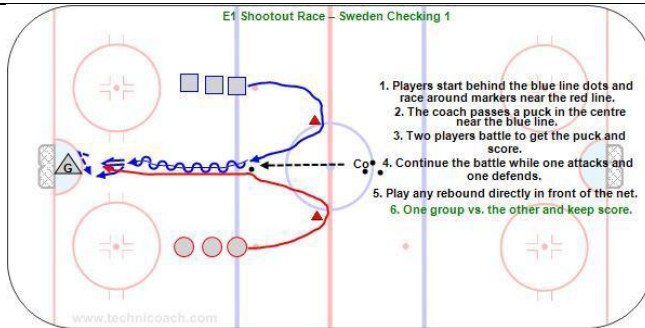
Description:

- A. Player 1 pass to 2 and cross behind.
- B. Player 2 pass to player 3 and exchange lanes crossing with player 1.
- C. Player 3 pass across ice to player 4.
- D. Player 4 pass across ice to player 1.
- E. Players 1 and 2 attack 2-0.
- F. Player 3 pass to player 4 who repeat the other way 3-4, 4-1, 1-2, 2-3, attack.

Options:

1. Practice shoot ins and recovery by shooting in from the neutral zone and bounce to the wing or fire it wide on the short side so it comes to the player on the other side of the net.
2. Rebound. After the attack circle back and time it so you are looking to score on the rebound as a second wave when the next two shoot.
3. Game situations: one player skate out to the blue line and defend 2-1 vs the next attackers or both players meet the next attack and play a 2-2.
4. One timer practice: after the shot and rebound both players stand behind the goal line on either side of the net and give and go with the next two attackers who one time the pass.
5. Combine any of these options; i.e. one passes from the goal line on a 2-1.

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7 min.

E1 Shootout Race – Sweden Checking 1

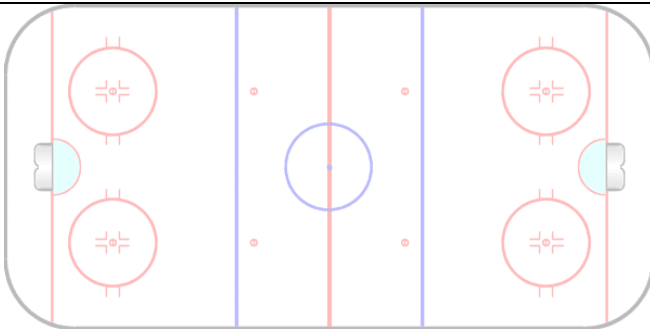
Key Points:

Players must skate hard and battle for net side body position. Player who wins the puck must protect it and the checker fight for defensive side without taking a penalty. They should play any rebound in the slot.

Description:

1. Players start behind the blue line dots and race around markers near the red line.
2. The coach passes a puck in the centre near the blue line.
3. Two players battle to get the puck and score.
4. Continue the battle while one attacks and one defends.
5. Play any rebound directly in front of the net.
6. One group vs. the other and keep score.

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1 min. get pucks and cheer in centre