



## Flyers

## Practice Plan

Date: Sept. 13, 2012

Time: 20:00

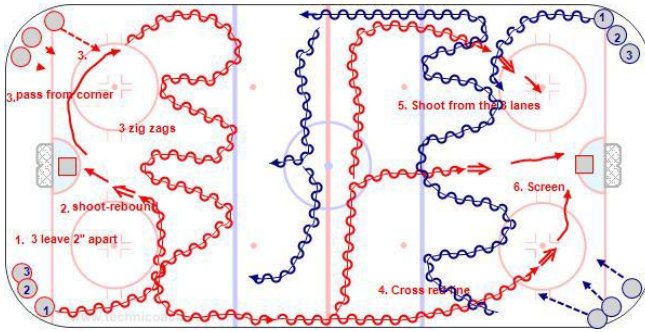
Max Bell 2

Lines:

Hinge, cycle, breakout options, cut backs

Notes:

Goalie technique



7 min.

### B6 - 3 Shots, 3 Zig zags, 3 Shots

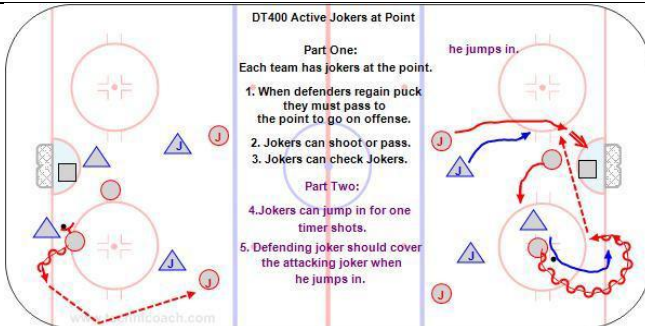
#### Key Points:

3 Leave from diagonal corners about 2' apart, skate around circle then shoot, get a pass from the other corner, skate 3 zig zags between the blue line and the top of the circles fill the 3 lanes and shoot.

#### Description:

1. Make sure to leave about 2 seconds between shooters so the goalie has time to get set.
2. Follow the shot for a rebound before getting the pass.
3. Do skills while zig zagging 3 times such as;
  - a. carry the puck with the hands and feet moving all the time.
  - b. carry the puck only using the forehand side of the stick.
  - c. only use the backhand side of the stick.
  - d. transition skate facing the far end forward to backward to forward.
  - e. skate backward.
  - f. 360 degree turns.

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10 min.

### DT400 Active Jokers at Point

#### Key Points

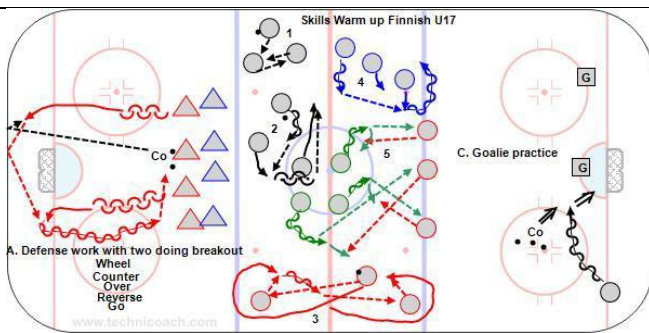
Each team has two jokers at the point. Introduce the game allowing jokers to check jokers and then add that jokers can come in for one timer shots.

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



20 min.

## B Skills Warm up Finnish U17

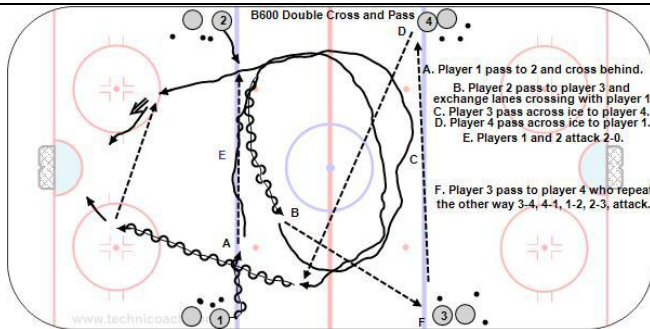
### Key Points:

This is a great way to warm everyone up at the start of a practice. Defense do the various breakout options and read where the pressure is coming from

### Description

A. Defense work with two doing breakout options vs one forechecker.

B. Forwards lines of 3 work at the far end on cycling and cutbacks.



8 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.

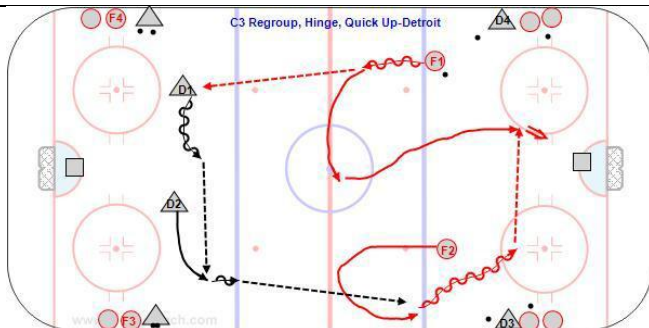
C. Player 3 pass across ice to player 4.

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.

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10 min.

## B600 Regroup, Hinge, Quick Up-Detroit

### Key Points:

Hinge and push the puck up the ice quickly. Strong side F stretch and weak side give middle support.

### Description:

1. F1 skate and regroup with D1.

2. D1 skate to the middle and pass to D2 in the wide lane.

3. D2 quick up to F2 who stretches on the strong side boards.

4. F1 and F2 attack.

Repeat the other way with F3 regrouping with D3.

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10 min.

## D1 Controlled Scrimmage

### Key Points:

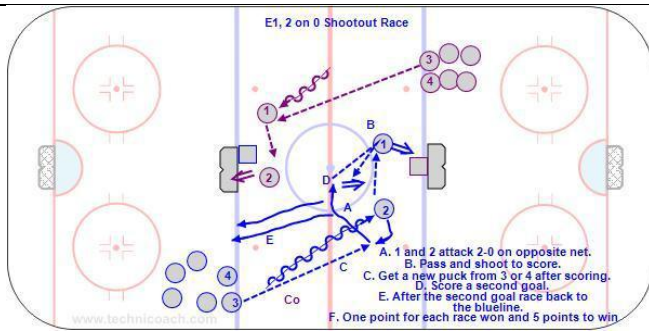
Team play, face-offs, freeze play,

### Description:

Play a full ice game under the coaches control. If the coach blows the whistle stop. Review team play like the forecheck, backcheck, face offs, penalty kill, power play, even strength, etc..

**Rule: Dump in and use the Tsunami and the D must communicate and break out.**

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10 min.

## E1, 2 on 0 Shootout Race

### Key Points:

Work on shooting one timers and scoring on rebounds. Good habits like face the puck, give a target with the stick on the ice.

### Description:

A. 1 and 2 attack 2-0 on opposite net.

B. Pass and shoot to score.

C. Get a new puck from 3 or 4 after scoring.

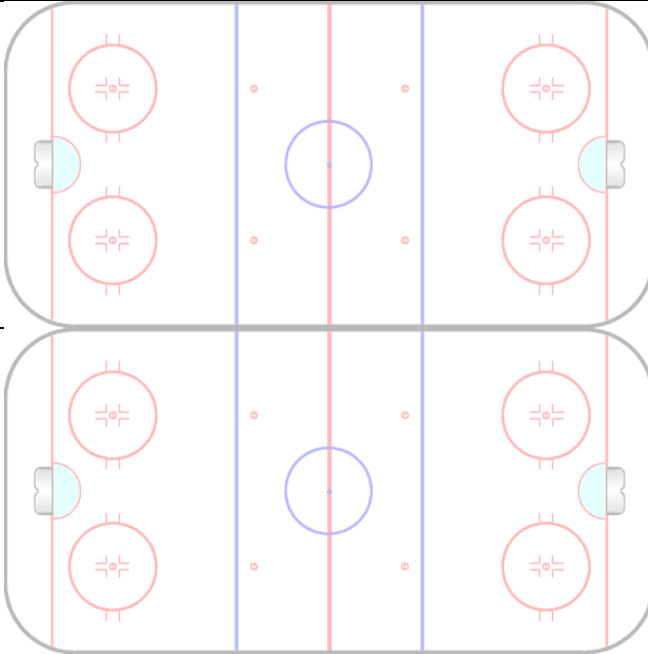
D. Score a second goal.

E. After the second goal race back to the blueline.

F. One point for each race won and 5 points to win the game.

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### Explanation/Notes:



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