



Flyers

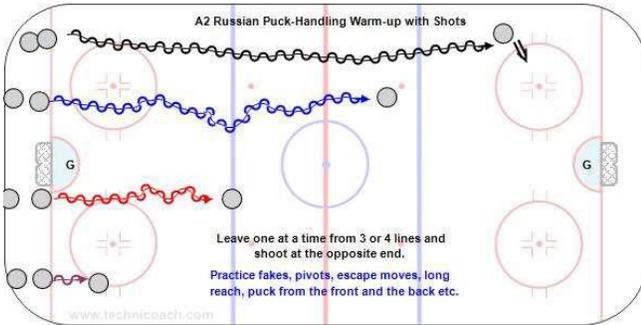
Practice Plan

Date: 14-09-12

Time: 18:45-20:15

Venue: Southland

Lines:	Notes:
Breakouts, pp, shooting, goalie pass,	Faceoffs, cutbacks
D join play	



10 min.

A200 Skating Warm-up for Edges and Balance with a Puck and Shot

Key Points:

Good players can move in all directions efficiently because they use all edges and have great balance on the ice. Routines for skating, puck handling, shooting and passing are efficient ways for a coach to quickly review the foundation skills and allow the players to get a lot of reps and improve at their own rate. Do these skating exercises with a puck.

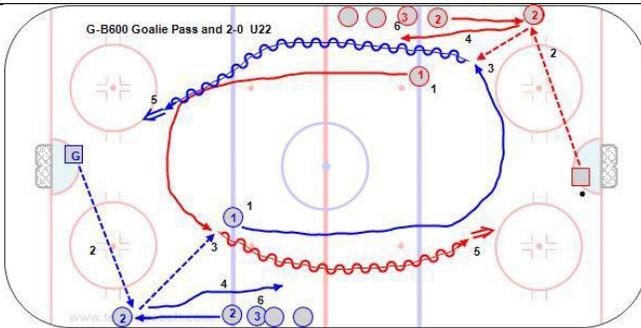
Description:

A200 Formation in Four Groups

- Players start at one end in 4 lines and skate to the other end with a puck and shoot from their lane.
- inside edges - out and in using a snowplow.
- inside edges - sculling one leg at a time on the inside edges.
- outside and inside edges - slalom with the skates together and a good knee bend.
- balance and edges - one length of the ice on each leg.

Repeat the same sequence but skate Backward.

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10 min.

G-B600 Goalie Pass and 1-0 U22

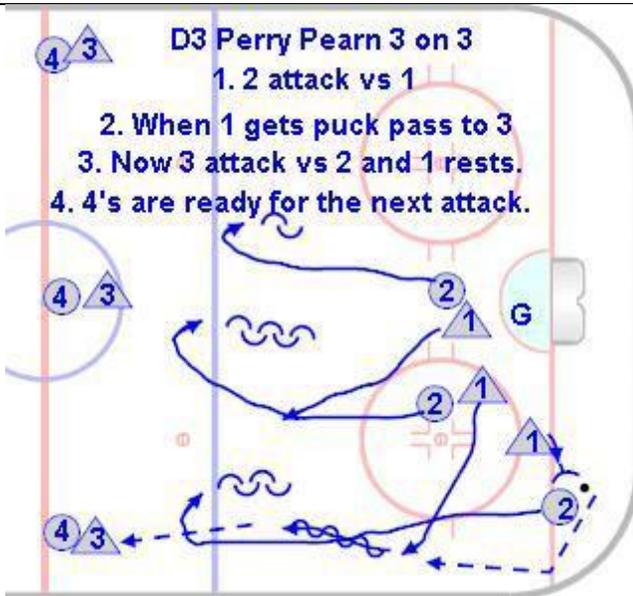
Key Points:

Hit the net so the goalie can make the save and then make a breakout pass. Give good targets on the wall and time with the other side so goalies have time to pass between shots.

Description:

1. Red 1 and Blue 1 leave toward far end.
2. Goalie at each end pass to 2 on boards.
3. Blue 2 pass to Red 1 and Red 2 pass to Blue 1.
4. Blue and Red 2's skate to the other end for a breakout pass.
5. Blue and Red 1's shoot on net from top of circles.
- 6, Red 3 pass to Blue 2 and Blue 3 pass to Red 2.
7. Continue rotation and then switch side after a few minutes.

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20 minutes Two 10' Games 2-2

DT400 Perry Pearn Game Rotation

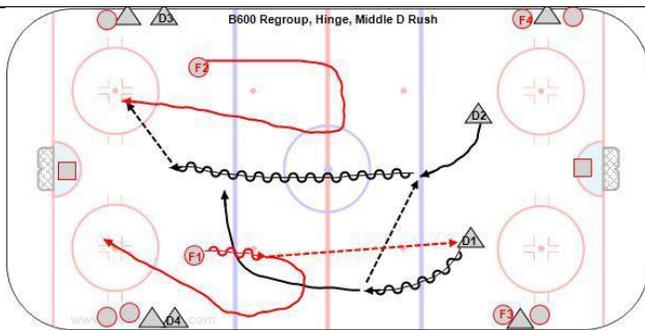
Key Points:

This game allows the coach to focus on the attack or defending deep in the zone. You can play this game in situations from 1-1 to 5-5. It is a great rotation to practice specialty teams if you have 3 lines because it gives the players some rest and they alternate between pp and pk (one F would leave the zone) The defenders have to clear the zone with control of the puck. With situations over a 3 on 3 I would move the resting players back to the far blue line.

Description:

1. Players line up within a stick length of the red line if you have 2 groups or only ½ ice; otherwise behind the red or far blue line.
2. Three players attack three defenders.
3. Defenders must carry the puck out of the zone before passing to team waiting team mates.
4. Three new players attack vs the original offensive players.
5. Keep score, implement skill (only forehand passes) or team play rules (goals originate from below the goal line).

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12 min.

B600 Regroup, Hinge, Middle D Rush

Key Points:

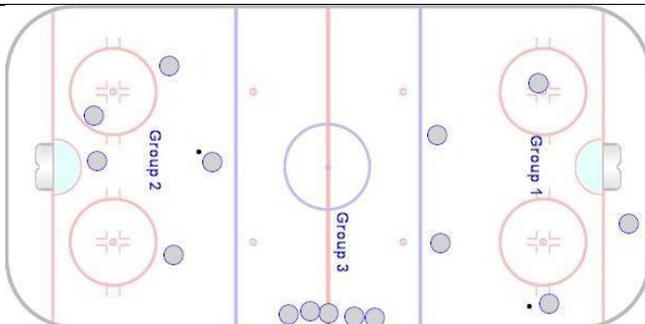
Middle D comes late as a second wave and lead the rush.

Description:

1. F1 and F2 leave and regroup with D1.
2. D1 pass to D2 who hinges to the wide lane then pass back to D1.
3. F1 and F2 delay to stay onside while D1 crosses the blue line with the puck.
4. D2 support the attack from the mid-point.
5. D1 pass or take a shot.

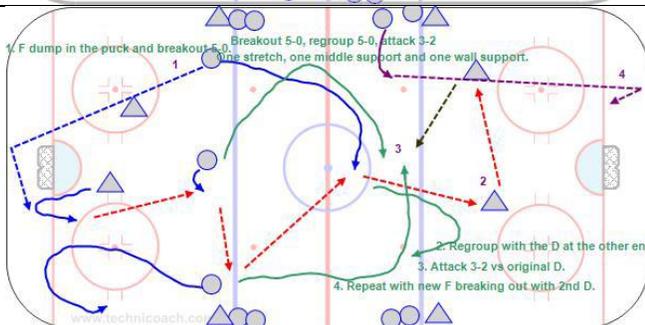
Repeat the other direction

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12 min.

Rotate pp-breakout-pp-rest



10 min.

C3 Breakout 5-0, regroup 5-0, attack 3-2

Key Points:

One stretch, one middle support and one wall support.

Description:

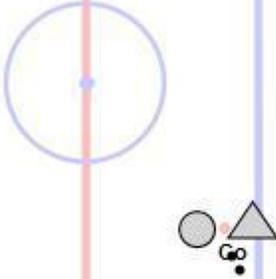
Breakout 5-0, regroup 5-0, attack 3-2
 One stretch, one middle support and one wall support.

1. F dump in the puck and breakout 5-0.
2. Regroup with the D at the other end.
3. Attack 3-2 vs original D.
4. Repeat with new F breaking out with 2nd D.

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B7 Face-off Practice

1. The coach drops the puck.
2. Players compete to win face-off.
3. Add competitions.
4. Both forehand and backhand.



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10 min.

Individual Practice

D at with Sean Shots from the point:

Forwards

B7 Face-off Practice-Washington

Key Points:

Watch the puck all the time. Read what the other player is going to do by how they hold the stick and where their team mates are. Practice winning clean and scrambling the draw.

Description:

1. Either a coach or another player drop the puck for a face-off.
2. Players compete to win the face-off.
3. Add competitions.
4. Practice both forehand and backhand.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20101210084123920>

Forwards

B500 Cut Backs and Escape Moves

Key Points:

Protect the puck with the body on offense. Cut back turning toward the boards. Defender stay lined up with the back of the inside shoulder and stick on the puck.

Description:

1. Leave on the whistle and practice cut backs, tight turns. Go to the net on the second whistle while the next players leave.
2. Two players leave and the second player stays on the D side with the stick on the puck and gives passive resistance.
3. This is a battle and the defender tries to get the puck. On the second whistle whoever has the puck go to the net.

<http://www.hockeycoachingabcs.com/mediagallery/video.php?n=2011041612155482>

B500 Cut Backs and Escape Moves

1. No resistance 1-0
2. Passive Resistance 1-1
3. Battling 1-1

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E1 Rebound

1. Players line up on both side in the slot with one shooter at the top.
2. Play games to 5 between the goalie and shooter.
3. If the goalie freezes the puck or it hits the boards behind or at the side the goalie gets a point.
4. Players get a point by scoring a goal on a shot or rebound. Only one pass is allowed.
5. Shooter stays if he scores and players rotate if there is no goal.

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E1 Rebound

Key Points:

Make quick shots and one timers and goalie read the play.

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1. Players line up on both side in the slot with one shooter at the top.
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<http://www.hockeycoachingabcs.com/mediagallery/video.php?n=2009082017244462>

