



Flyers

Practice Plan

Date: 15-09-12

Time: 14:00-15:15

WMP

Lines:

8 D, 9 F, 2 G

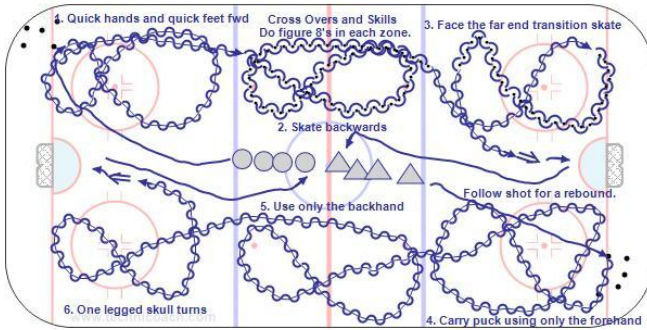
Review system play.

Low dzone play

Notes:

Backcheck take sticks.

Puck handling, crossovers, passing, shooting



10 min.

B6 or B4 Crossover Skating and Puckhandling

Key Points:

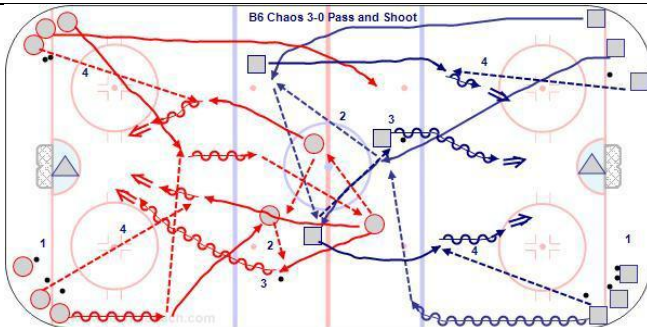
This is a great skating and puck handling warm up drill. Many variations can be used with the puck or in skating tasks. Do a different skill in each zone. Keep the feet moving it is crossover in large #8's and not tight turns. You can also do as a B6 and start out of opposite corners.

Description:

Cross Overs and Puck Handling Skills
Do figure 8's in each zone.

1. Quick hands and quick feet fwd
2. Skate backwards
3. Face the far end transition skate
4. Carry puck using only the forehand
5. Use only the backhand.

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10 min.

B6 Chaos 3-0 Pass and Shoot

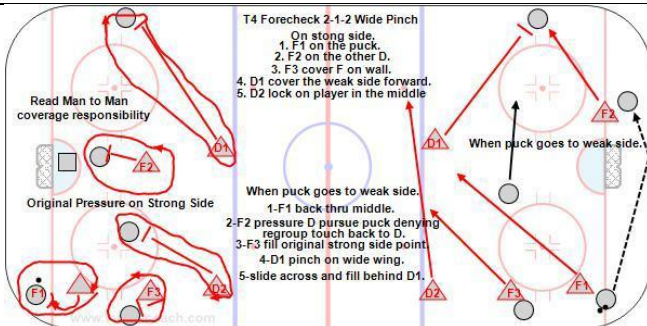
Key Points:

Give a target, pivot to face the puck all the time; use forehand passes and backhand only when passing forward.

Description:

1. Three players leave from each end.
2. Each group passes one puck in nzone.
3. On the whistle player with the puck shoot.
4. Other two players save ice and get a pass from the corner and shoot. a few seconds apart.

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10 min. Review

T4 TSUNAMI Forecheck 2-1-2 Wide Pressure

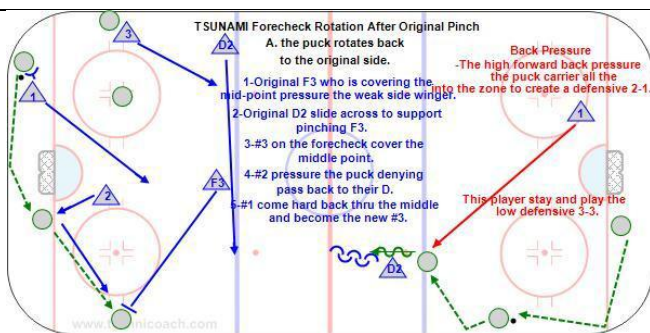
Key Points:

This is basically man to man aggressive coverage. Players must create good checking angles, force inside to outside, stick on the puck and body on body. On a rim or any pass to the weak side wing the middle D pressures hard and the strong side D must support the pinching D and F3 fill. The pressuring D stays low and joins the attack. If the puck is moved across to the original side then F3 who covered the middle point now pressures the weak side boards. "THERE IS NO ESCAPE FROM THE TSUNAMI."

Description:

Original Pressure on Strong Side

1. F1 on the puck.
2. F2 on the other D.
3. F3 cover F on wall.
4. D1 cover the weak side forward.
5. D2 lock on player in the middle.



When puck goes to weak side.

- 1-F1 back thru middle.
 - 2-F2 pressure D pursue puck denying regroup touch back to D.
 - 3-F3 fill original strong side point.
 - 4-D1 pinch on wide wing.
 - 5-D2 slide across and fill behind D1.
- *D1 stay low in the offensive end and join the F1 and F2 cycling and attacking.*

The puck goes back to the original side.

- 1- Original F3 who is covering the mid-point pressure the weak side winger.
- 2- Original D2 slide across to support pinching F3.
- 3- #3 on the forecheck cover the middle point.
- 4- #2 pressure the puck denying pass back to their D.
- 5- #1 come hard back thru the middle and become the new #3.

Back Pressure

-The high forward back pressure the puck carrier all the way into the zone to create a defensive 2-1. This player stay and play the low defensive 3-3.



10 min.

D400 Penalty Killing Practice

Key Points:

Closest player must pressure the puck in straight lines from the net out. Skate back when the puck is passed. Stick on the ice in passing lanes and stick on the puck when checking. Do not get tied up. Block shots.

Description:

1. A powerplay and a penalty killing unit at each end of the ice.
2. The coach passes in a puck from the line or from a face off dot.
3. Controlled scrimmage where everyone stops on a whistle.
4. If the puck is frozen, a goal or it is cleared put in a new puck.
5. After about 45 seconds do the same thing from the other end while the pp and pk units switch at the original end.

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10 min.

D1 Controlled Scrimmage

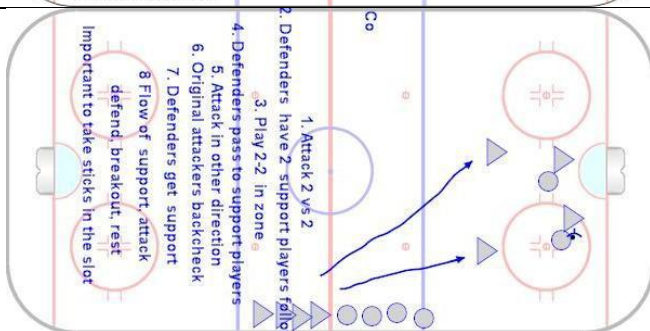
Key Points:

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..

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10 min.

DT100 Backchecking Transition Game

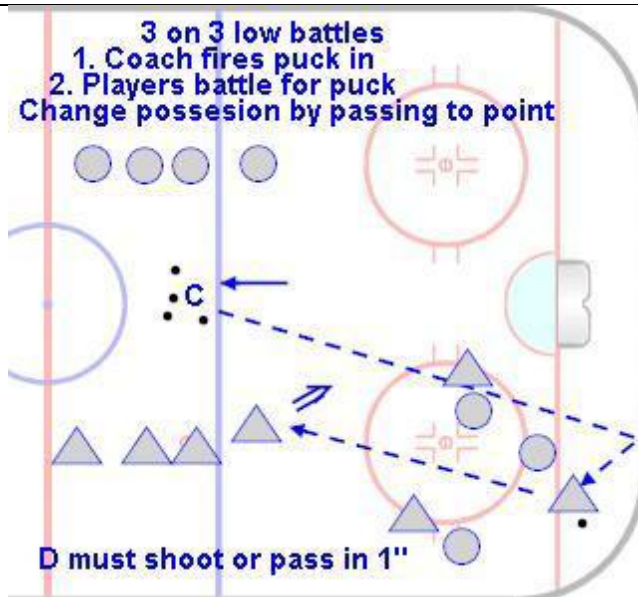
Key Points:

Attack quickly and the defender tie up the stick on the rebound then look for the puck.

Description:

Full ice game with the defenders getting support. New attackers have to get the breakout pass inside their zone. This works on quick passes and attack or the backchecker catches up. The backchecker must tie up sticks on the rebound and don't allow a second shot. The attacker must be quick and follow the shot. Defender make a breakout pass to the supporting player in the high slot.

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10 min.

D400 Transition Game of Low Battles with Point Support

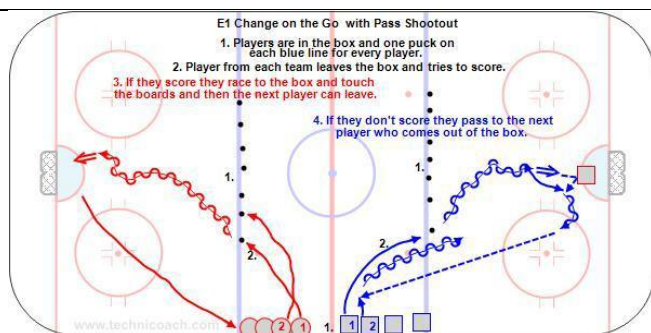
Key Points:

Great game to practice cycling, going to the net, screening, tipping, point shots, shot pass, one timers on offense. On defense you have the low zone coverage and communication skills. As well as individual techniques like sealing the stick to the outside, tying up sticks, boxing out, switching, all from the defensive side.

Description:

1. One team is lined up behind each faceoff dot. From one to three players leave at a time.
2. The next player in line plays the joker at the point and must pass or shoot within a second. Defenders do not check the joker as he can't go in and score.
3. The coach dumps the puck in or shoots on net and the teams race for the puck. Whoever gets the puck can shoot right away.
4. When the defending team gets the puck they must pass to their joker at the point to transition to offense.
5. If the puck is shot out of the zone the coach passes to the non offending joker.
6. Play 20-30" and on the whistle the players pass to the coach and skate hard out of the zone before the coach shoots a new puck in.

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7 min.

E1 Change on the Go with Pass Shootout Key Points:

Players should work on selling the fake, change of pace and making the goalie move first. The goalie must time his retreat into the net to keep good angles on shots and cover the goal line on dekes. **Description:** 1. Players are in the box and one puck on each blue line for every player.

2. Player from each team leaves the box and tries to score.
3. If they score they race to the box and touch the boards and then the next player can leave.
4. If they don't score they pass to the next player who comes out of the box.

5. Losing team do something for every goal they lose by.

*To make it realistic the goalie should practice starting from the goal line and coming out.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120415181657595>