



Flyers

Practice Plan

Date: 9-18-12

Time: 17:15-18:30

Venue: Fairview

Lines:

Shoot, pass, 1-1, carry the puck to open ice, Defense shooting, puck protection

Notes:

8 min.

B6-Dean 1 High 1 Low Shooting

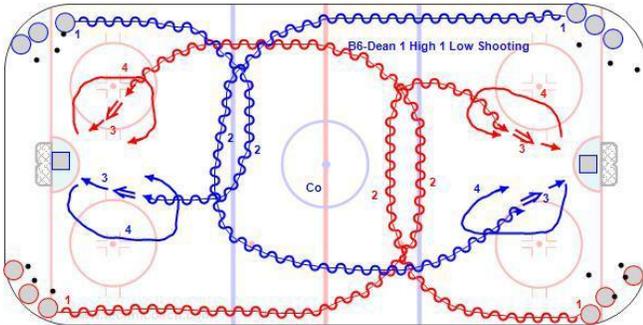
Key Points:

Shoot with your feet moving. Go to the other corner when finished. Rebound for the next shooter.

Description:

1. One player leave from each corner.
2. One high one low on each side.
3. Shoot, follow the shot.
4. Each shooter rebound for the next shooter.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20101003085932985>



8 min.

B202 - 3 on 0 Neutral Zone Passes

Key Point:

Make one touch pass to each player. Face the puck and give a target.

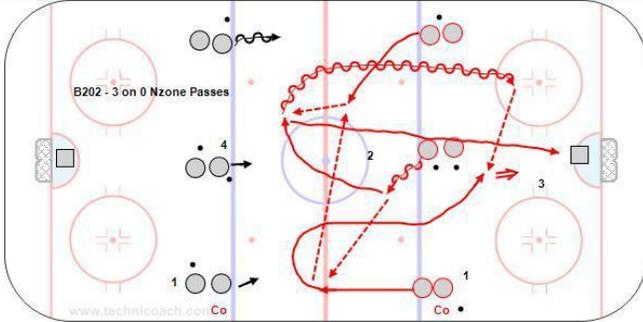
Description:

1. D makes the first pass to the F and two forwards skate laterally and exchange the puck.
2. Defender close the gap and stay between the attackers.
3. Go the other direction when the puck crosses the blue line.

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The farm team doing the same drill but with only one goalie at practice.

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12 min. Two Games

D4 Transition Defense to Offense

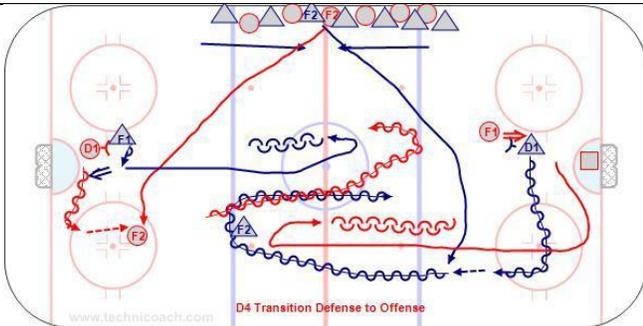
Key Points

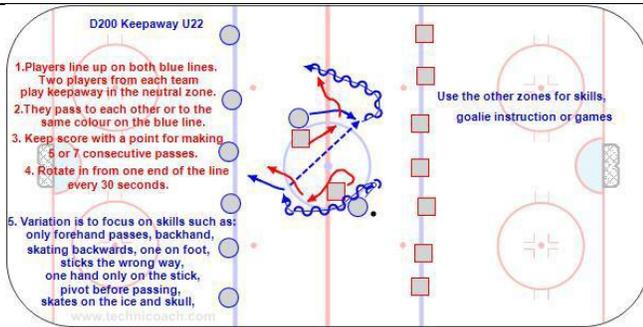
Defending player stay on the defensive side. Supporting player give a target for the pass and get into an open lane.

Description

1. F1 attack D1 at each end.
2. Players line up on the boards with the first player in line D1 supporting the defense.
3. The coach can determine whether the supporting defender is passive or active.
4. On a turnover or a goal the breakout pass is made to the supporting defender from D1 to F2..
5. Carry the puck to the red line or if the team has a full ice practice, carry the puck to the far blue line.
6. F2 Attack vs. the original attacker F1.

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12 min.
Forwards in Neutral Zone Goalies at one end
D200 Keepaway U22

Key Points:

Role One - the player with the puck must protect it and skate to open ice.

Role Two - player without the puck must get open and give a target.

Role Three - player checking the puck carrier must have the stick on the puck and in the passing lane.

Role Four - player away from the puck must see the puck and the player they are covering. Stick in the passing lane and body on the defensive side.

Description

1. Players line up on both blue lines. Two players from each team play keepaway in the neutral zone.

2. They pass to each other or to the same colour on the blue line.

3. Keep score with a point for making 5 or 7 consecutive passes.

4. Rotate in from one end of the line every 30 seconds.

5. Variation is to focus on skills such as: only forehand passes, backhand, skating backwards, one on foot, sticks the wrong way, one hand only on the stick, pivot before passing, skates on the ice and skull.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120806085000699>



Defense at one end

B2 Point Shots - Canada U20 (or similar shooting drill)

Key Points:

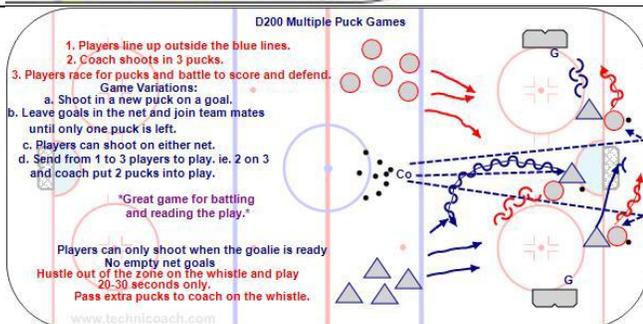
Pointman should skate along the line and shoot instead of forward towards the defender. Get inside the dots and shoot. Move laterally in order to miss the shot blocker. Shoot off the ice over sticks low enough to hit the goalies pads and produce rebounds or create deflections. Use snap shots and one timers to get the shot off quickly.

Description:

1. Coach pass to 1 at the point who skates along the blue line inside the dot and shoot. 2. Coach pass to 1 at the point who passes to 2 at the far point and 2 shoots. 3. Coach pass to 1 at the point and 1 pass across to 2 at the far point who skates wide passes back to 1 who skates to the mid-point and shoots.

*The coach alternates passes from easy to ones that are difficult to control.

<http://www.hockeycoachingabcs.com/filemgmt/index.php?id=94>



10 min

D200 Multiple Puck Games

Key Points:

Wally Kozak ran this game with many variations for about 20 minutes. The players loved it and worked really hard.

-Players can only shoot when the goalie is ready.

-No empty net goals.

-Hustle out of the zone on the whistle and play 20-30 seconds only.

-Pass extra pucks to coach on the whistle.

Description:

1. Players line up outside the blue lines.

2. Coach shoots in 3 pucks.

3. Players race for pucks and battle to score and defend.

Game Variations:

a. Shoot in a new puck on a goal.

- b. Leave goals in the net and join team mates until only one puck is left.
- c. Players can shoot on either net.
- d. Send from 1 to 3 players to play. ie. 2 on 3 and coach put 2 pucks into play.



9 min.

D100 Two Second Game

Key Points:

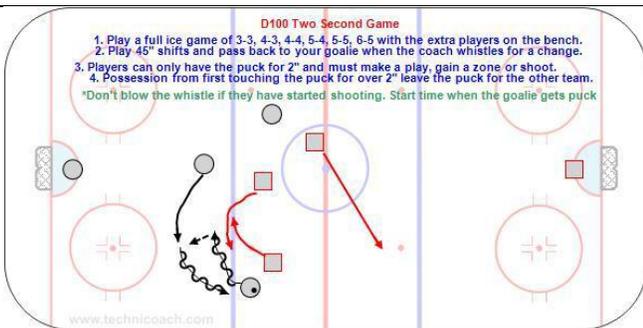
Players must switch right away from offense to defense to loose puck and constantly change roles from, 1-puck carrier, 2-puck support, 3-check puck carrier, 4-cover away from the puck.

Description:

1. Play a full ice game of 3-3, 4-3, 4-4, 5-4, 5-5, 6-5 with the extra players on the bench.
2. Play 45" shifts and pass back to your goalie when the coach whistles for a change.
3. Players can only have the puck for 2" and must make a play, gain a zone or shoot.
4. Possession from first touching the puck for over 2" leave the puck for the other team.

5. Encourage talking, facing the puck, always give a target.

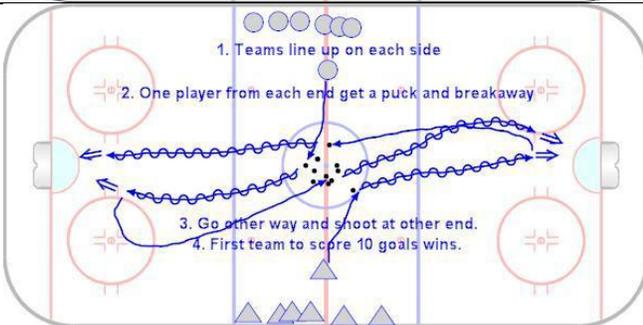
*Don't blow the whistle if they have started shooting. Start time when the goalie gets puck. Keep score and losing or winning have a consequence.



9 min.

D100 45 sec. shifts and pass to goalie on whistle.

Rule: you must gain a zone before passing and only one pass allowed in offensive zone.



6 min.

E1 Two Shot Shootout

Key Points: Players should come in and make a hard move and shoot. The general rule on a breakaway is if the goalie is out far deke and if he backs in shoot.

Description: 1. Teams lines up across from each other and the pucks are in the middle circle. 2. One player from each team leaves and shoot at opposite ends. 3. The same players turn back and get another puck from the middle and shoot at the other end. 4. Continue until all the players have shot and keep score.

You can also decide the winner by saying the most goals in a certain time or the first team to 10 or another total wins.

- Players that score no goals do 2 laps, those who score one goal skate one lap and those who score on both shots zero laps.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20110324144209198>

1 min. get pucks and meet in middle.