



## Flyers

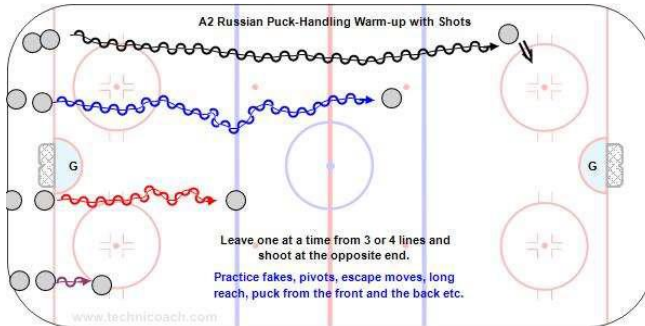
## Practice Plan

**Date:** 9- 20-12

**Time:** 17:00-18:30

**Venue:** Southland

Lines:	Notes:
Defense learn the pk as low and high players 4-5 and 3-5	
Beakout and regroup	One timers
	Read situation.



10 min.

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

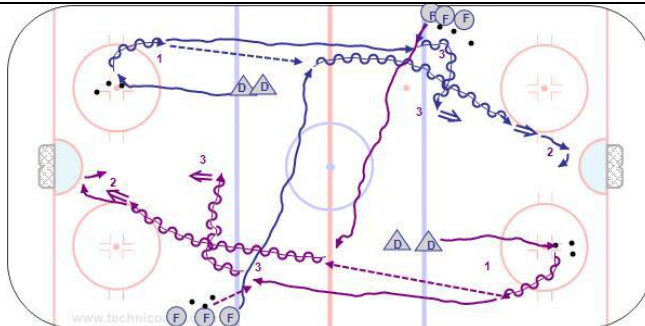
#### Description:

#### 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.

### B202 Breakout Pass and Shooting Warm up

#### Key Points:

Make hard passes and the forward give a target.

Options: The forward could give and go with the D after the initial pass. F could also rush the D so he has to shoot by the defender.

#### Description:

Done on both sides of the ice at the same time on the coaches whistle.

1. The D's pass to a F's cutting across the ice.
2. The F attacks and shoots then rebounds then screen for the point shot.
3. The D follows the play gets a pass from the forward and shoots.

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17 min.

### T2-4 D400 Specialty Team Practice

Defense kill and F on PPLAY 5-4 and 5-3 Tom M. rotate. Tom G and Kevin one end each.

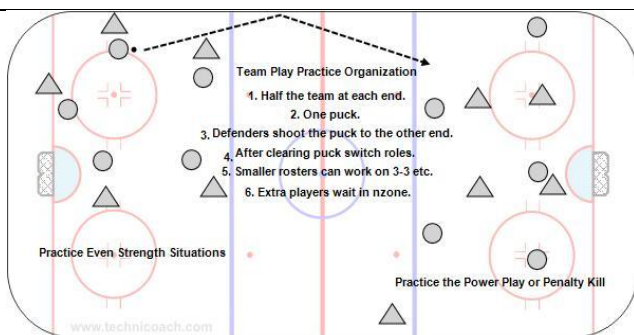
#### Key Points:

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 the passing lane. Communicate.

#### Description:

1. A power play 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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**13 min.**

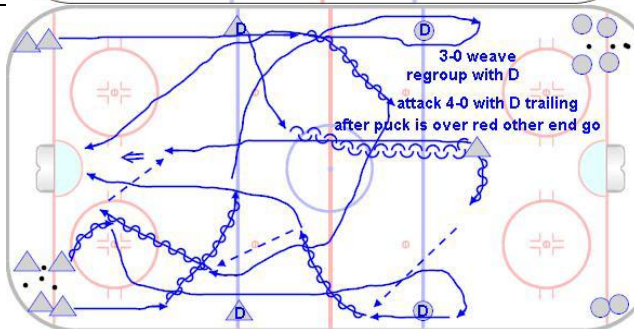
### **T2 Reilly Team Play Practice Rotation**

**-dark vs white at one end and white vs dark at other end on pp. 5-4, 5-3.**

**-pk team fire the puck down the ice and start at other end.**

**-original end rotate.**

**Keep score.**



**10 min.**

### **B6 3-0 Weave With D Regroup**

**Key Points:**

-Skate with the puck to the big ice between the dots and then pass.

- Pass and follow your pass.

-Stay wide until you get the pass.

**Description:**

1. Half the forwards at each end in three lines behind the goal line with the D waiting at the bluelines. Whites at one end and Blues at the other.

2. Middle player start by skating toward the strong side and pass to the wing and follow the pass skating behind the new puck carrier.

3. Wing skate to the big ice between the dots and pass to the far wing then follow the pass.

4. Wide wing skate to the big ice and pass to the original centre who is now in the opposite wide lane.

5. The D is skating backwards thru the middle zone and the puck is passed back to him for a regroup the other direction.

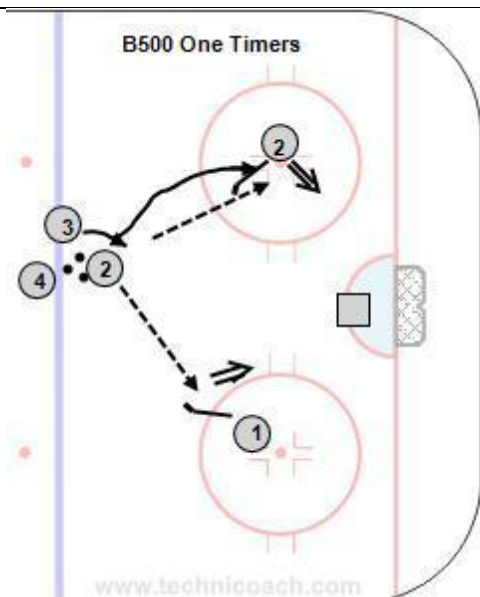
6. On regroup one player supports on the strong side boards, one mirrors the puck in the middle lane and one is in the wide lane.

7. D makes the pass and follow the attack into the zone.

8. The group at the other end leaves after the D passes up ice.

**Options.**

a. Add another D.



**8 min.**

### **B500 One Timers at each end**

**Add: Rebound for the next shooter.**

**Key Points:**

Square up for the shot and have the stick back as the pass is being made. Follow through with the whole body to the net and the lead knee pointing to the target.

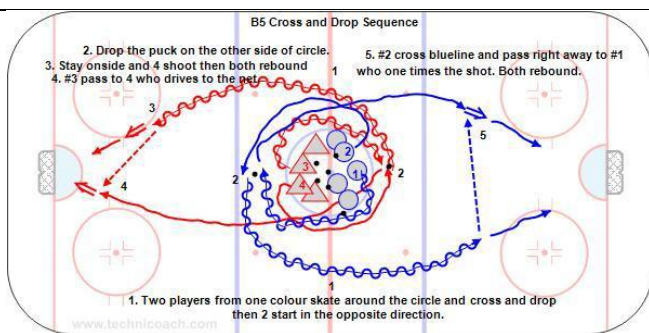
**Description:**

1. One leave the line and get a pass from 2 on the off wing and shoot.

2. Two leave after passing and get a pass from three.

3. Continue this rotation and progressively increase the speed of the passes.

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**7 min.**

### **B5 Cross and Drop Sequence – One Timers**

#### **Key Points:**

Players are inside the middle circle. Two players skate around and cross and drop then 2 from the other group leave. Leave the puck when dropping and the second player skate behind. Return to line from the wide lanes to avoid collisions.

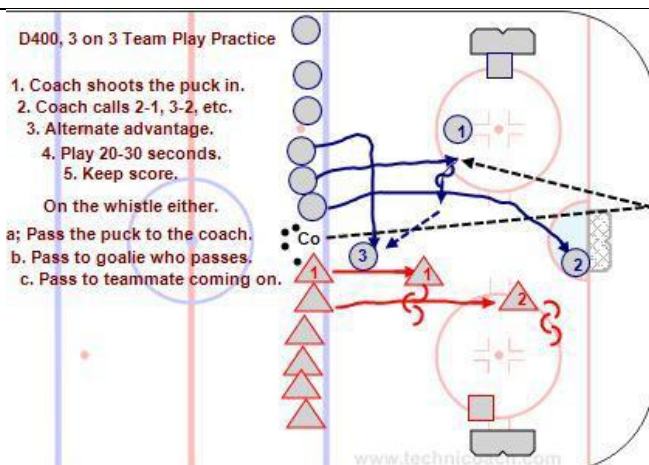
#### **Description:**

1. Two players from one colour skate around the circle and cross and drop then 2 start in the opposite direction.
2. Drop the puck on the other side of circle.
3. Stay onside and 4 shoot then both rebound.
4. #3 pass to 4 who drives to the net.
5. #2 cross blue line and pass right away to #1 who one times the shot. Both rebound.

#### **Options:**

- a: one, two or three players leave at a time.
- b. after shooting one or two players defend the next rush, 1-1, 2-1, 2-2, 3-2, 3-3.
- c. give + go with last shooters. Etc.

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**10 min.**

### **D200 Cross Ice Uneven Situations**

#### **Key Points:**

Play 1-2, 1-3, 2-3 to work on both offensive and defensive out number situations. Stress good habits and moving the puck to a player in better position.

The coach can also implement modified rules to create situation. i.e. goals **must come from one timers**.

#### **Description:**

Coach of each group says 1 2 or 3 go in. Team with less can pass to line for help.

3. Alternate advantage.
4. Play 20-30 seconds.
5. Keep score.

On the whistle either.

c. Pass to team mate coming on. You could also simply leave the puck.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090802114759629>

### **Explanation/Notes:**

