



## Flyers

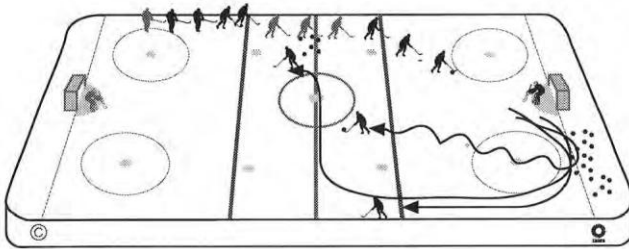
## Practice Plan

Date: 21-9-12

Time: 17:15-18:30

Venue: Fairview

Lines:	Notes:
Breakouts, scoring, situations, Passing	



**10 Min.**

### **C2 1-2-3-4-5-5-4-3-2-1 Pass and Shoot Warm-up**

#### **Key Points:**

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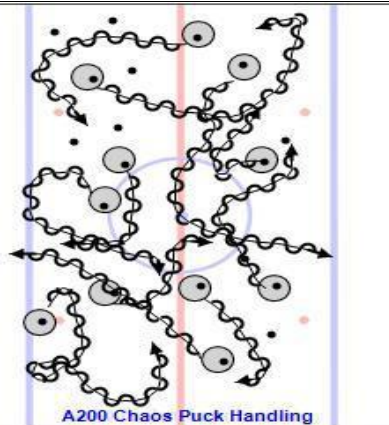
Face the puck and pass on the forehand. Stay in each zone until all players have made a pass.

#### **Description:**

1. One then two then three then four then five players leave, one touch in the ozone, shoot, rebound.
2. Next sequence is 5-4-3-2-1 leave the other way.
3. All players make one pass in each zone.
4. In neutral zone skate figure 8's while facing the puck and making forehand passes.

\*When there is only one player do a figure eight or touch both knees.

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### **10 min. Goalie at one end with Natalie Skaters in Nzone**

5 min.

#### **A200 Chaos Puck Handling**

#### **Key Points:**

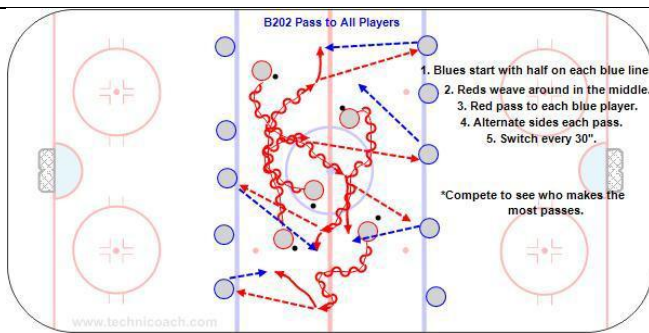
Make moves, protect the puck, go hard on the whistle. Designate moves, add pucks, play keepaway, use ball, multiple pucks, etc.

#### **Description:**

1. Carry a puck and protect it while skating in random directions. Stay in the zone.
2. Go hard for about 5" on the whistle and slow down on the next whistle.
3. Coach designate the move to be practiced, i.e, tight turn when you approach someone.
4. Exchange pucks-pass with eye contact.
5. Spread pucks around which also must be avoided.
6. Keepaway-coach take a puck away every 10".

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5 min.

### **B202 Pass to All Players**

#### **Key Points:**

Give and go pass. Give a target and make eye contact before passing.

#### **Description:**

1. Blues start with half on each blue line.
2. Reds weave around in the middle.
3. Red pass to each blue player.
4. Alternate sides each pass.
5. Switch every 30".

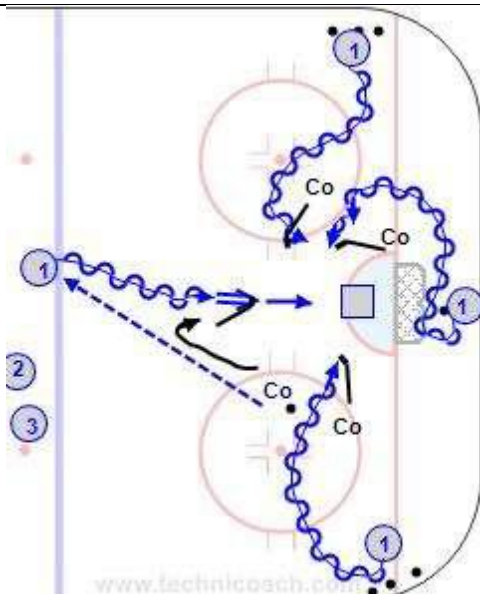
\*Compete to see who makes the most passes.

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15 min.

### **D – one end with Sean and Kevin on Breakouts**

### **F – other end with Tom and Tom – Scoring**



#### **Forwards**

### **A300 Shoot-Rebound-Walk In-Walk out - Swedish U20**

#### **Key Points:**

Shoot while skating and follow the shot for a rebound. Fake and build a wall to protect the puck. Block off the checker with your legs and back.

#### **Description:**

1. Get a pass from the coach at the blue line, skate in and shoot while moving then follow the shot for a rebound.
2. Goalie place a puck behind the net and the attacker fake and walk out while protecting the puck from the defenders stick.
3. Attacker skate to the corner and get a puck and walk in while protecting the puck and get a shot and look for a rebound.
4. Repeat the walk in from the other corner.

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### **A500 - Gretzky Move and Shot - Sweden 3**

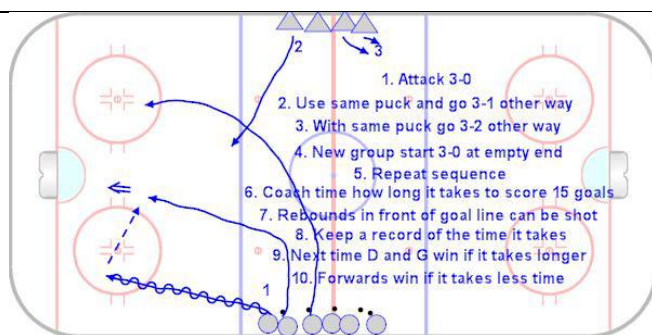
#### **Key Points:**

Attacker skate fake outside to draw the defender then cut across inside. Attacker recognize that defender has given up the blue line and force him to skate laterally by moving back and across to create space.

#### **Description:**

1. Attacker leave from the red line with a coach or another player backing up to the top of the circles.
2. Attacker fake skating to the outside.
3. Attacker see the defender lean outside and then quickly skate inside and back and then laterally to the middle.
4. Gretzky would skate across the midline and pump fake once and then shoot as the goalie moved across.

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**12 min**

### **C3 15 Goal 3-0 3-1, 3-2**

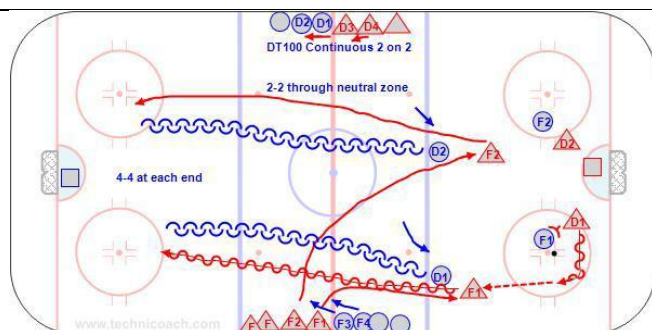
#### **Key Points:**

Forwards create 2-1 situations with close support and speed. One player always hard to the net on a middle drive on a shooting play and a wide drive if they are open. Headman the puck and move through the neutral zone quickly and make the first pass in the offensive zone early. Defenders must talk and identify coverage. Protect the middle of the ice and only play the puck carrier if he is vulnerable. Give the shot from the outside. Jam the trailer with legs in the shooting lane and stick in the passing lane. It is critical to have tight gaps and not just back in.

#### **Description:**

Players are lined up along the boards in the C3 formation. Have 2 colours of jerseys and play one team vs the other if you have enough players. You can have D on one side and F on the other or they can wait on the side they will be playing.

1. Three forwards take a puck and attack 3-0. The attack is over when the puck is over the goal line. (unless the coach wants a cycle and a shot).
2. Use the same puck and go the other way attacking 3-1 vs a D from the other colour (coach puts in a new puck if there is a goal).
3. Attack 3-2 in the original direction.
4. Three F from the other coloured team attack 3-0 on the vacant end.
5. Repeat sequence.
7. F can score on rebounds above the goal line .
- 8. Keep a record of the time it takes.



10 min.

### **DT100 Continuous 2 on 2**

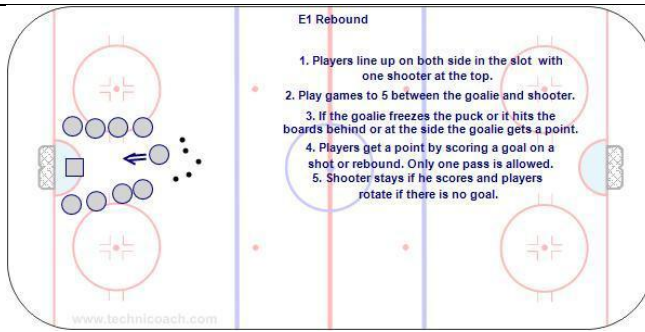
#### **Key Points:**

Forwards cover D and D cover F's. One D should join the attack to create triangles. Defenders play tight gaps and attackers create 2 on 1's on the rush.

#### **Description:**

1. Forwards line up on one side and defense on the other.
2. Start with a 2 on 2 attack F1 and F2 vs D1 and D2.
3. When the puck enters the zone defensive F1 and F2 support D and attacking team D1 and D2 support F's.
4. Play 4 on 4 in the zone.
5. If the puck is dumped out with no possession the offensive team regroup and attack again.
6. The supporting players who joined the play now go 2 on 2 in the other direction.
7. F2 - F3 support D1 and D2 and D3 and D4 support attacking F1 and F2.

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7 min.

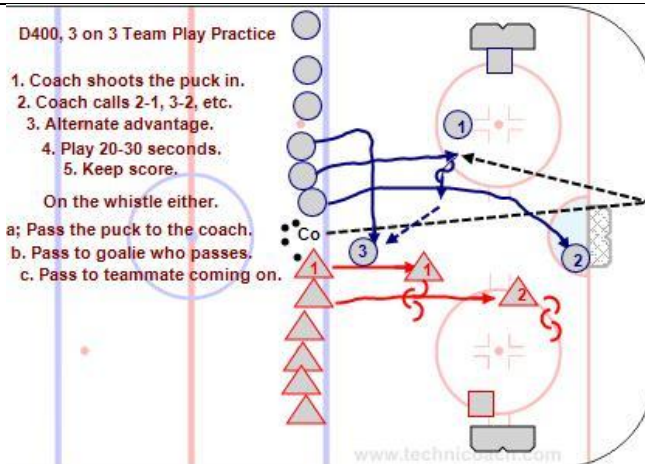
## E1 Rebound Game

This is a scoring contest that seems to be loved by players of all ages everywhere in the hockey world.

**Key Points:** Make quick shots and one timers and goalie read the play.

**Description:** 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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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.

Pucks – in middle