



Flyers

Practice Plan

Date: 09-25-12

Time: 20:21:30

Venue: Blunden

Lines:

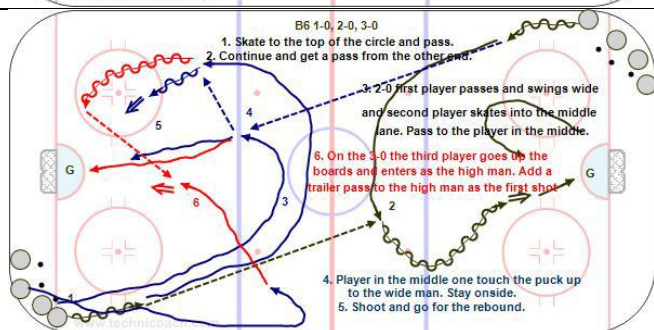
Notes:

Controlling the slot.



45 min.

A2 Skating Mechanics Taught by Dr. Gaston Schaeffer

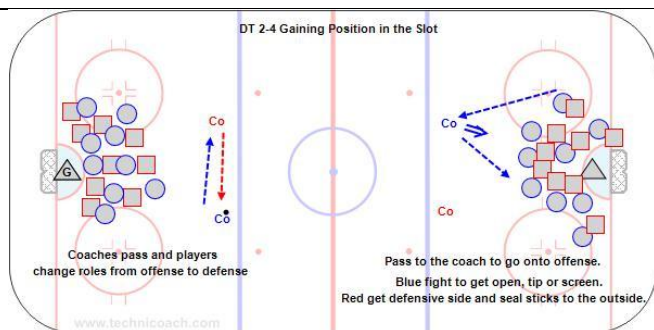


8 min.

B6 1-0, 2-0, 3-0 Small Horseshoe

Description:

1. Skate to the top of the circle and pass.
2. Continue and get a pass from the other end.
3. 2-0 first player passes and swings wide and second player skates into the middle lane. Pass to the player in the middle.
4. Player in the middle one touch the puck up to the wide man. Stay outside.
5. Shoot and go for the rebound.
6. On the 3-0 the third player goes up the boards and enters as the high man. Add a trailer pass to the high man as the first shot.



20 min DT 2-4 Gaining Position in the Slot

Key Points:

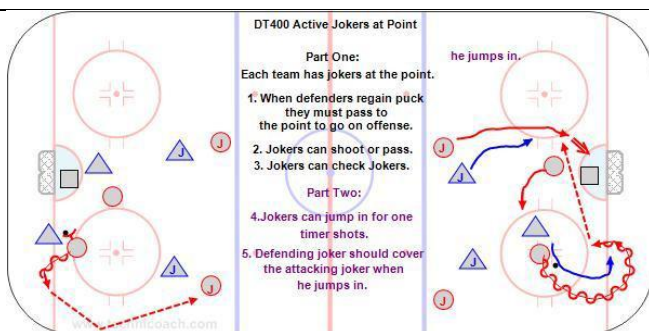
Offensive players fight for offensive side and to keep their stick free and defensive players fight for defensive side and to control the attackers sticks.

Description:

1. All players are in front of the net in two colours.
2. Start with the coach calling red offense and they try to get open and the blue cover them and control their stick.
3. Progress to 2 coaches at the point. One on each team. When they pass the players change roles o to d and d to o.
4. Play a game where the defenders must pass to their coach at the point to be on offense.
5. Offensive coach can shoot or pass.
5. Everyone stays within the dots and below the top of the circles.

 [DT 2-4 Gaining Position in the Slot.jpg](#)

 [DT 2-4 Gaining Position in the Slot.pdf](#)



8 min

DT400 Active Jokers at Point

Key Points

Each team has two jokers at the point. Introduce the game allowing jokers to check jokers and then add that jokers can come in for one timer shots.

This transition game creates three situations. In the first part the players at the point must get open and take a shot or make a pass. The defender practices covering the point. In the second part add that the jokers at the point can come in for a one timer shot

Description:

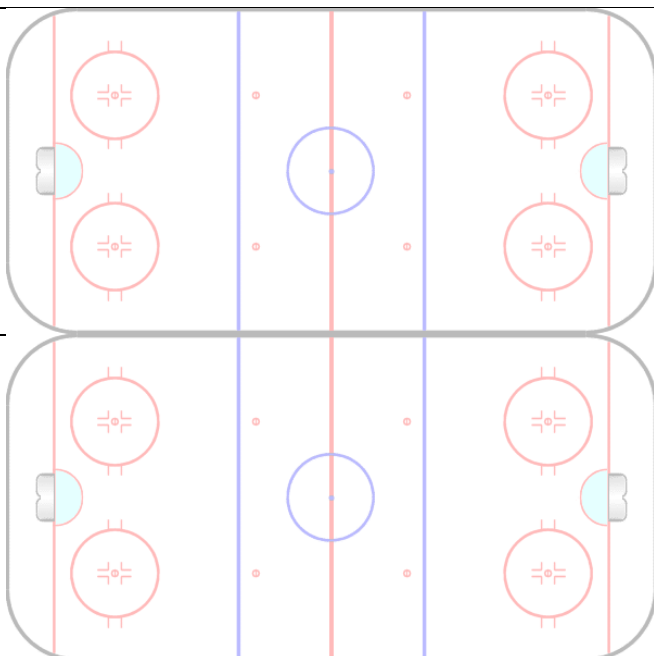
Part One: Each team has jokers at the point.

1. When defenders regain puck they must pass to the point to go on offense.
2. Jokers can shoot or pass.
3. Jokers can check the opponents Joker.

Part Two:

4. Jokers can jump in for one timer shots.
5. Defending joker should cover the attacking joker when he jumps in.

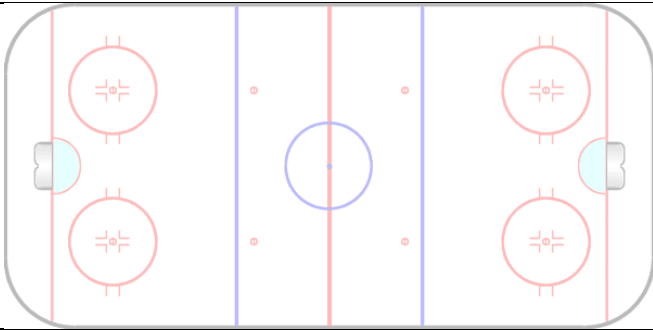
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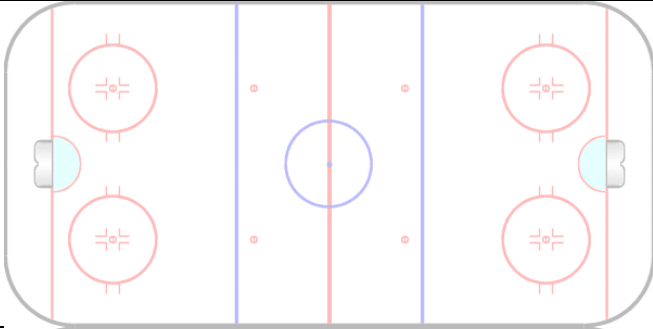
E1 Shootout.

Goalies Choice of shootout

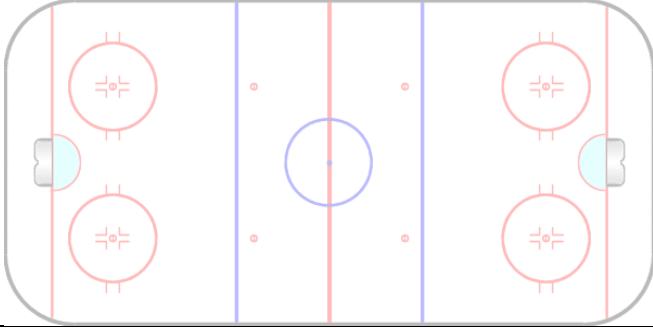
Explanation/Notes:



Explanation/Notes:



Explanation/Notes:



Explanation/Notes:
