



Flyers

Practice Plan

Date: 9-27-12

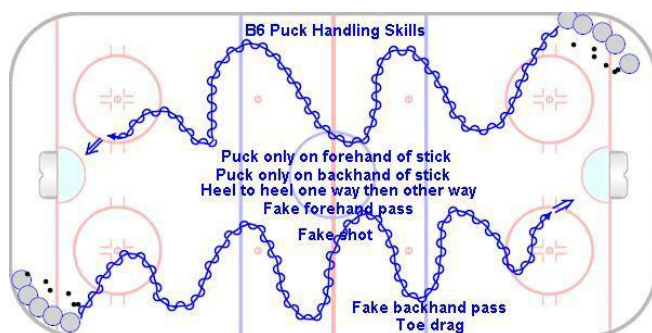
Time: 17:15-18:30

Venue: ECTAS

Lines:

Theme: Angling, dzone, specialty teams

Notes:



10 min.

B6 Puck Handling Skills, Zig-Zag

Key Points:

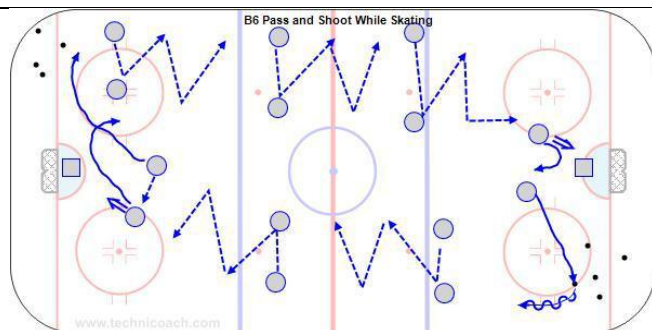
Separate the movement of the upper and lower body by doing these exercises to loosen the shoulders.

Description:

1. Players line up in diagonal corners in the B6 Formation.
2. Skate in big arcs down the ice and perform different tasks with the puck. These are some examples but players can practice every possible move both forehand and backhand.
 - a. Keep the hands and feet moving quickly.
 - b. Skate arcs with the puck only on the forehand side of the blade.
 - c. Skate arcs with the puck only on the backhand side of the blade.
 - d. Do heel to heel glides one way then the other.
 - e. Fake passes then protect the puck.
 - g. Fake shots.

Finish with a shot at each end of the ice.

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8 min.

B6 Pass and Shoot While Skating

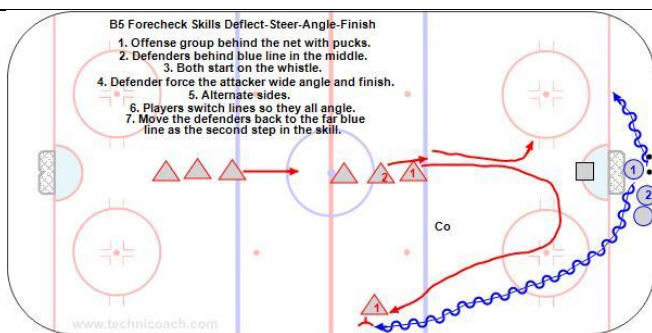
Key Points:

In this exercise the players must keep their feet moving. It is important to keep the stick square to the puck and the hands away from the body.

Description:

1. Leave 2-0 from each corner and allow the players in front 2 or 3 passes before starting.
2. Pass while skating they can be one touch or two touch then pass.
3. Shoot before reaching the hash marks and rebound.
4. Switch sides with the inside player going to the outside when you go the other way.
5. Switch corners after a few minutes so the goalies get shots from the other side.

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10 min.

B5 Forecheck Skills Deflect-Steer-Angle-Finish

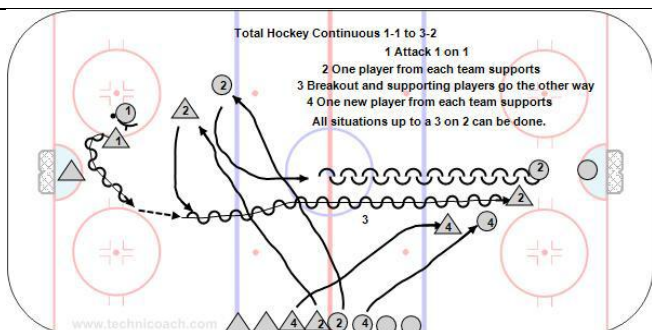
Key Points:

Gene Reilly shows the approach to European second league pro's and then U18 AAA girl's do the same drill. Cut the ice in half with the stick in the passing lane and steer the player outside the dots. Angle toward the back of the inside shoulder so they can't turn back, then finish shoulder to shoulder and stick on the puck.

Description:

1. Offense group behind the net with pucks.
2. Defenders behind blue line in the middle.
3. Both start on the whistle.
4. Defender force the attacker wide angle and finish.
5. Alternate sides.
6. Players switch lines so they all angle.
7. Move the defenders back to the far blue line as the second step in the skill.

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10 min.

DT100 2 on 2 with a Dump in and Forecheckers

Angle

Description:

D100 formation along the boards in the nzone. Start with a 1-1 and when the puck crosses the blue line each player gets support from the lineup on the boards.



8 min.

D200 Angling game

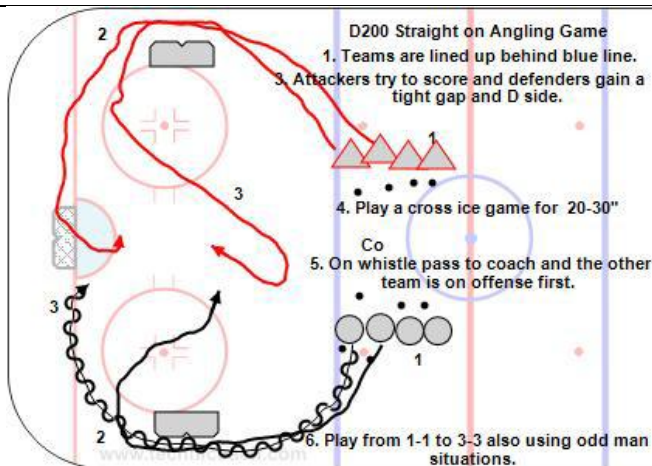
Key Points:

Checkers create an angle on puck carrier and take away their time and space with body on body and stick on the puck.

Description:

1. D200 lineup outside blue line.
2. On whistle carry the puck behind the net and checkers leave and create good angles.
3. Play 20-30 seconds.
4. Puck carrier can try to come out short side.
5. Keep score. Play to a certain score and losing team do something like push ups. Play a short series.

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7 min.

D200 Straight on Angling Game

Key Points:

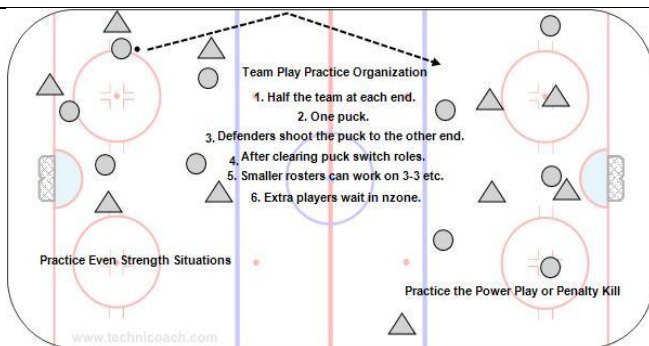
Both teams go behind their net on the whistle. Defenders close the gap and maintain the defensive side.

Description:

D200 Straight on Angling Game

1. Teams are lined up behind blue line.
2. On the whistle each team skates behind their net.
3. Attackers try to score and defenders gain a tight gap and D side.
4. Play a cross ice game for 20-30"
5. On whistle pass to coach and the other team is on offense first.
6. Play from 1-1 to 3-3 also using odd man situations.

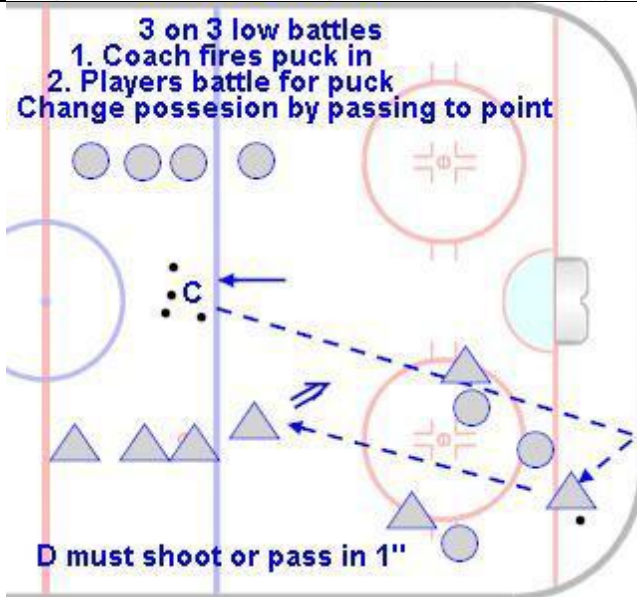
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10 min.

Power Play Practice Game:
Shoot the puck down to teammates to go onto offense.

One goalie has to leave.



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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Explanation/Notes:

