



Flyers

Practice Plan

Date: 10-02-12

Time: 16:00

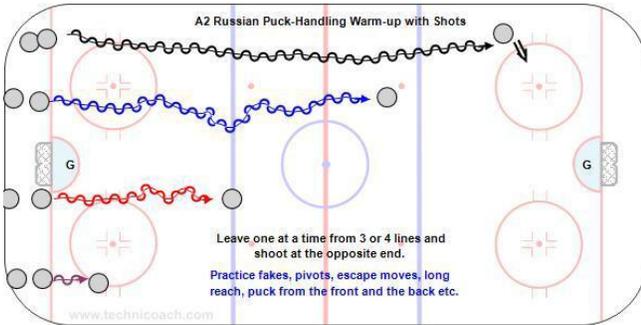
Max Bell

Lines:

Hinge, quick up, regroup, middle drive
Situations 3-0, 1-1, 2-1

Notes:

Gap Control in the corners



10 min.

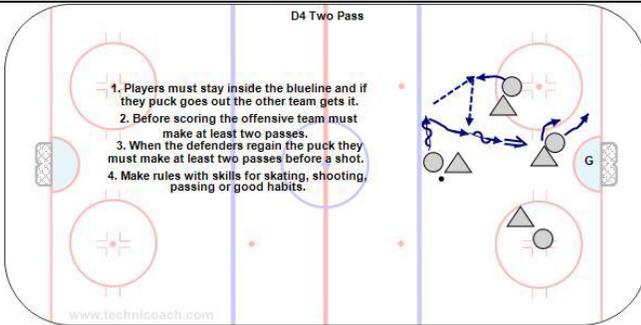
A2 Russian Puck-Handling Warm-up with Shots

Key Points:

This can be done every time players go on the ice to expand their muscle memory. The point of these exercises is to increase the size of the reach with the stickhandling moves, and to separate the upper and lower body.

This is one of the most important exercises a player can do to develop puck handling skills. All the moves can also be practice off ice with various kinds of balls and pucks.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20090427151438223>



10 min.

D4 Two Pass

Description:

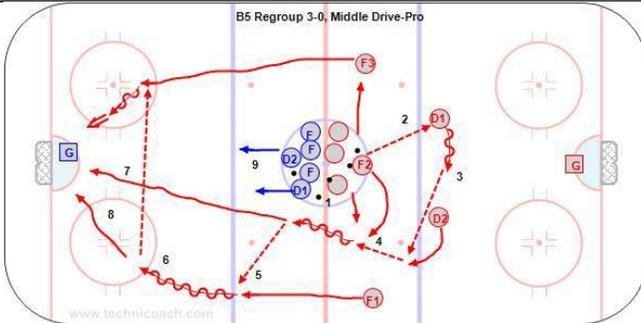
1. Players must stay inside the blueline and if they puck goes out the other team gets it.

2. Before scoring the offensive team must make at least two passes.

3. When the defenders regain the puck they must make at least two passes before a shot.

4. Make rules with skills for skating, shooting, passing or good habits.

<http://www.hockeycoachingabcs.com/mediagallery/video.php?n=20120313082015545>



10 min.

B5 Regroup 3-0, Middle Drive-Pro

Key Points:

Defense move quickly and hinge the pass up the middle. Pass hard. Centre give the stick and skates as a flat target. Middle drive hard to the net.

Description:

1. All the players are inside the middle circle.

2. Red D1 get a pass from a Red F2.

3. Red D hinge and pass D1 to D2.

4. D2 pass to F2 supporting in the middle.

5. F2 pass to F1 on the strong side.

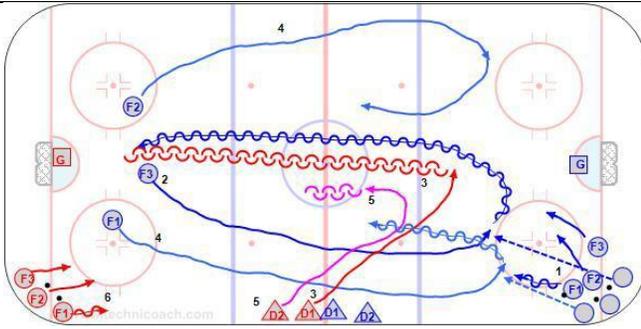
6. F1 gain blueline and pass wide to F3.

7. F2 middle drive skating hard to the net.

8. F3 shoot and all crash the net for a rebound.

9. Blue repeat in the other direction.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2012100209041983>



10 min.

C2, 3-0, 3-1, 3-2 Pro

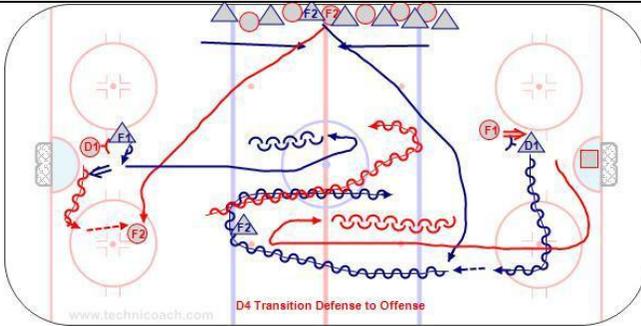
Key Points:

Forwards should attack with speed and defense play a tight gap.

Description:

1. Start with a 3-0 attack from one corner. All attacks are on the same net.
2. F3 skate back and get a puck from the original end.
3. D1 leave line and defend vs. F3.
4. F1 and F2 come back for another puck.
5. D2 defend a 2-1 vs. F1 and F2.
6. Repeat from the other end.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20121001083756215>



10 min.

DT400 1-1, 2-2, Support-Attack-Defend

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. Practice various situations. The big left handed player with the sweat suit is Dany Heatley. It is just after he won the Calder trophy. He came to say hi to the players but because we were playing transition games participated in the whole practice and then stayed and posed for pictures with each of the players.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=20090726104059741>



10 min. Gap Control – Sean teach this.

B6 1-1's from the Corner

Key Points:

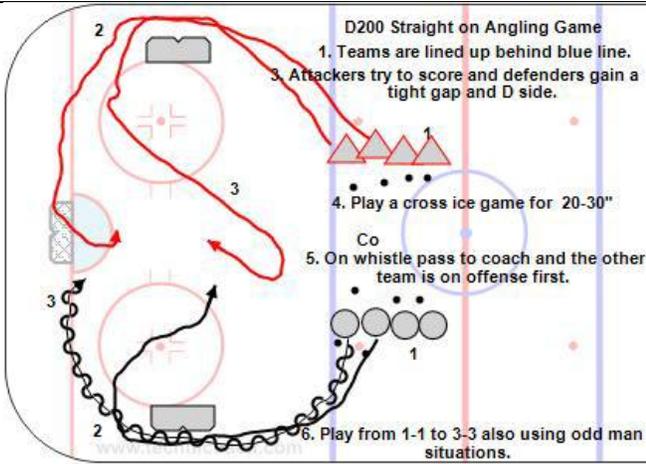
This is a drill the Russian Jursinov used. You can do 2-1 and 2-2 as well.

Stay D side stick on the puck, body on body and keep a tight gap with a stick length.

Description:

1-1's from the corner

1. Defender 1 skate to the opposite corner and defend vs attacking player 2.
2. On the whistle player 2 now skates to the opposite corner and defends vs player 3.
3. Player 3 will try to score and then defend vs player 4.
4. continue this flow.



8 min.

D200 Straight on Angling Game

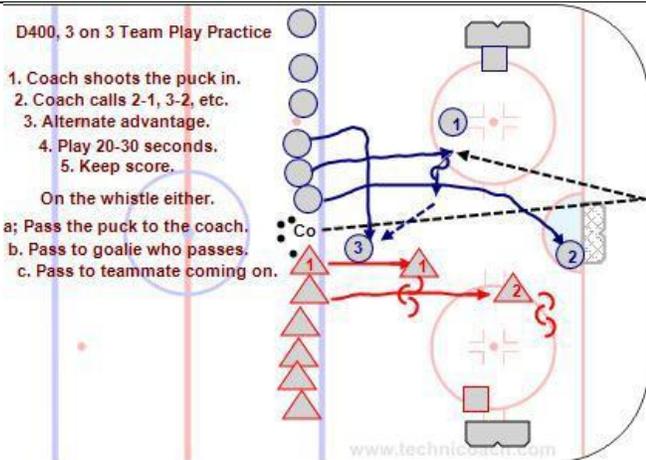
Key Points:

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.
- <http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20111005190114923>



10 min.

D200 Cross Ice Uneven Situations

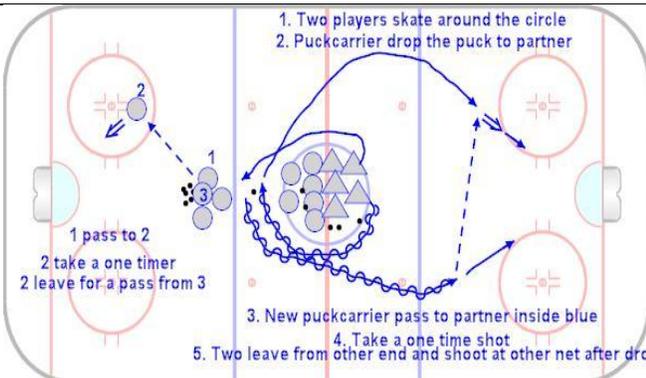
Key Points:

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.

If down players you can pass to teammates in lineup until the teams are even.

Description:

1. Coach shoots the puck in.
 2. Coach calls 2-1, 3-2, etc.
 3. Alternate advantage.
 4. Play 20-30 seconds.
 5. Keep score.
- On the whistle either.
- a. Pass to team mate coming on.
- <http://hockeycoachingabcs.com/mediagallery/media.php?f=0&so rt=0&s=20090802114759629>



7 min.

One timer shot contest. Shoot from above dots. Can be either a one timer from point or pass from dot to dot or dot back to point. i.e. point to dot to dot.

Max 2 passes.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20090812164222165>