



Flyers

Practice Plan

Date: 10-04-12

Time: 17:15-18:45

Venue: ECTAS

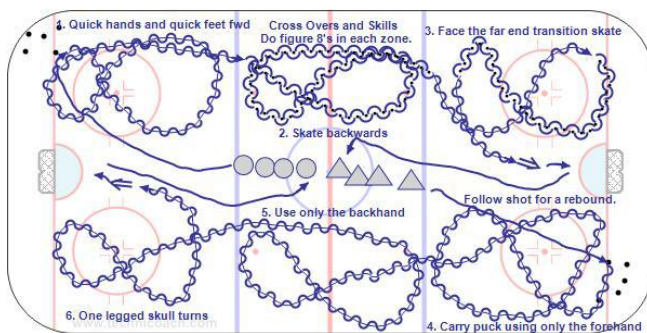
Lines:

Notes:

Low zone coverage and scoring

PK and PP

Hinge, regroup
situations



10 min.

B4 Crossover Skating and Skills

Key Points:

This is a great skating and puck handling warm up drill. Many variations can be used with the puck or in skating tasks. Do a different skill in each zone. Keep the feet moving it is crossover in large #8's and not tight turns. You can also do as a B6 and start out of opposite corners.

Description:

Cross Overs and Skills

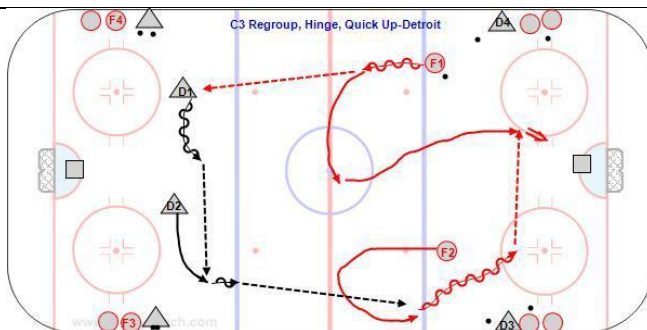
Do figure 8's in each zone.

1. Face the far end transition skate

4. Carry puck using only the forehand

5. Use only the backhand. Follow shot for a rebound.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=2012041815512444>



10 min.

B600 Regroup, Hinge, Quick Up-Detroit

Key Points:

Hinge and push the puck up the ice quickly. Strong side F stretch and weak side give middle support.

Description:

1. F1 skate and regroup with D1.

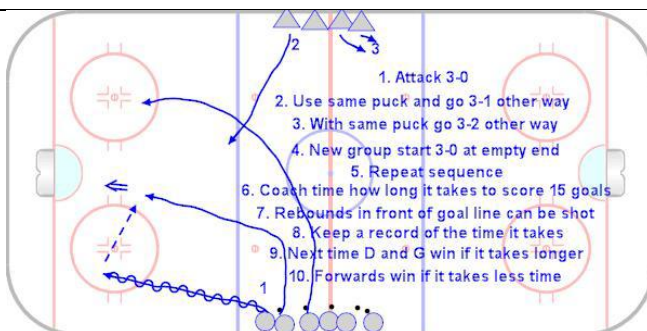
2. D1 skate to the middle and pass to D2 in the wide lane.

3. D2 quick up to F2 who stretches on the strong side boards.

4. F1 and F2 attack.

Repeat the other way with F3 regrouping with D3.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20101128092923497>



10 min

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

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.



10 min.

T4 D400 - 2 on 2 Below the Goal Line

Key Points:

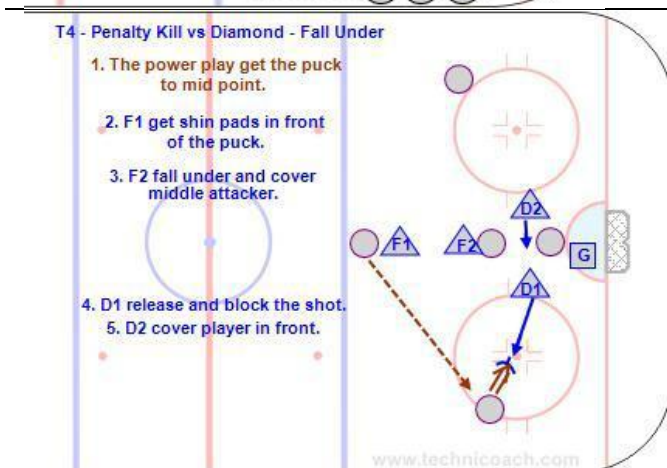
The attackers create scoring chances with speed, deception, give and goes, crosses and picks. Defenders must talk, stay net side, sticks in lanes and one the puck.

Description:

Start from the corners, one attacker with the puck and another come towards him below the goal line. 2 defenders are in front and must cover them. Keep track of goals vs the number of attempts.

Play for 5-10 seconds.

<http://www.hockeycoachingabcs.com/mediagallery/video.php?n=20090824224306239>



10 min.

Defense one end and F other PK practice.

T4 - Penalty Kill vs. Diamond - Fall Under

Key Points:

Top two players I-up with the first player blocking the shot and the second player falls under. D block shots when the puck is on their side. Defenders never get tied up and skate in straight lines.

Description:

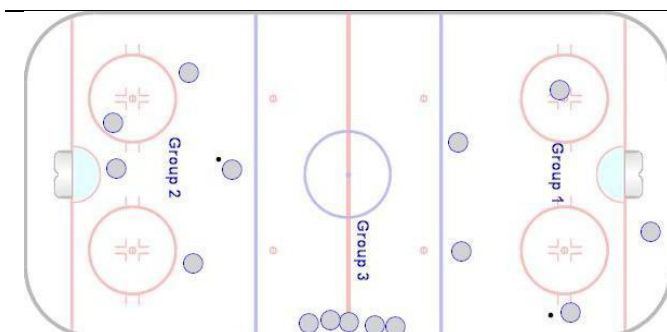
Defending vs. the Diamond 1-3-1

1. The power play gets the puck to mid point.
2. F1 get shin pads in front of the puck.
3. F2 fall under and cover middle attacker.
4. D1 release and block the shot.
5. D2 cover player in front.

Defending vs. the Umbrella

If it is a high umbrella and there isn't an attacker in the mid slot, then F2 can move to the side the puck is passed and block the shot.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120521102728277>

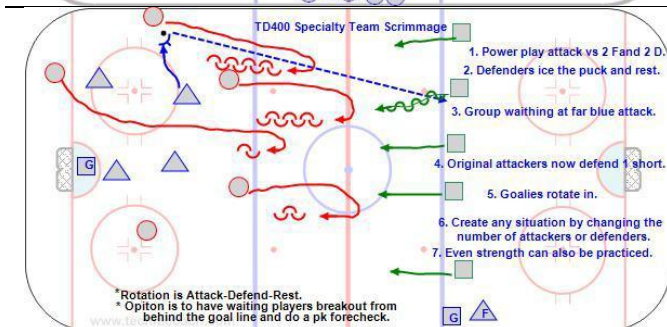


10 min.

Kingston PPlay Rotation

-shot every 3 seconds.

-one end, breakout, rotate in, same end, out.



10 min.

TD400 Specialty Team Scrimmage

Key Points:

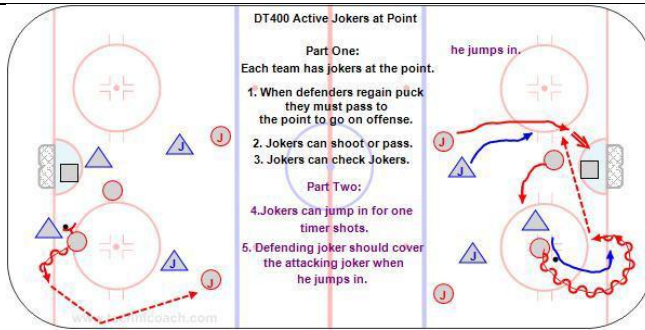
Rotation is Attack-Defend-Rest. Number the players so they know when to not defend. In even numbered situations you can require the defenders to breakout into the neutral zone before passing.

Description:

1. Power play attack vs 2 F and 2 D.
2. Defenders ice the puck and rest.
3. Group waiting at far blue attack.
4. Original attackers now defend 1 short.
5. Goalies rotate in.
6. Create any situation by changing the number of attackers or defenders.

7. Even strength can also be practiced.

*Option is to have waiting players breakout from behind the goal line and do a pk forecheck.



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:

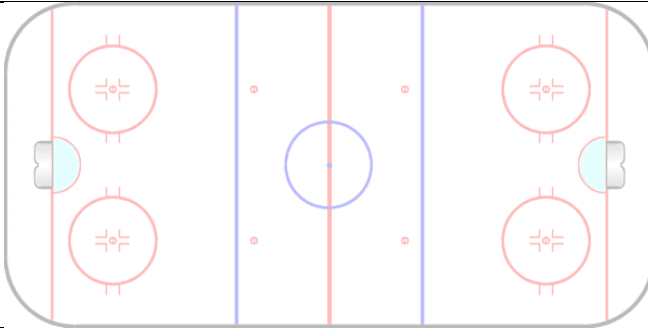
Part One: Each team has jokers at the point.

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.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120603101824103>



7 min.

Shootout – goalies choice.