



Flyers

Practice Plan

Date: 10-09-12

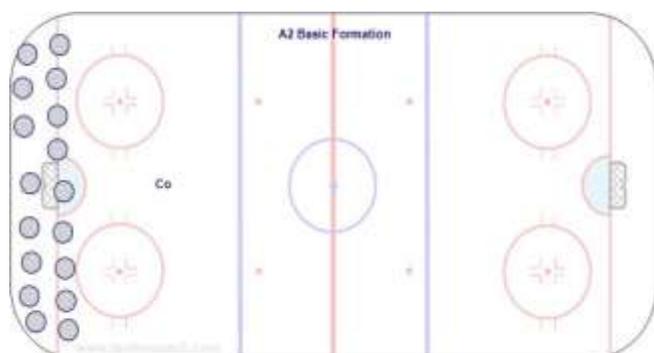
Time: 16:00-17:30

Venue: Max Bell

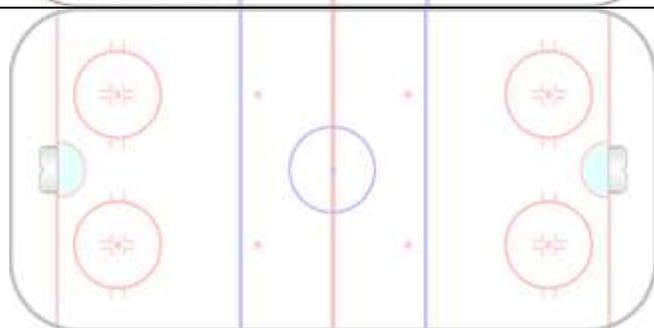
Theme:

Individual offensive skills, skating , shooting,
 Passing,
 Puck support
 Skating and reflecting
 competing

Notes:



10 min.
A2 Agility and Balance Exercises

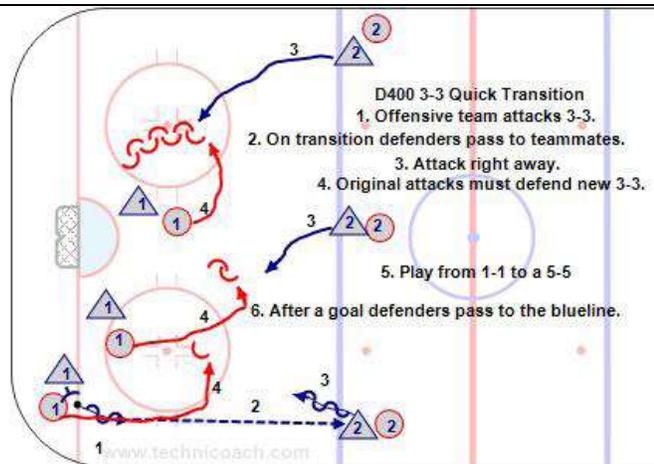


10 min.
B6 - 3 Shots, 3 Zig zags, 3 Shots

Description:

1. Make sure to leave about 2 seconds between shooters so the goalie has time to get set.
2. Follow the shot for a rebound before getting the pass.
3. Do skills while zig zagging 3 times such as;
 - a. carry the puck with the hands and feet moving all the time.
 - b. carry the puck only using the forehand side of the stick.
 - c. only use the backhand side of the stick.
 - d. transition skate facing the far end forward to backward to forward.
 - e. skate backward.
 - f. 360 degree turns.

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10 min.
2 on 2 Game of Quick Transition at each end

Key Points:

The resting players attack right away when they get a pass and the original attackers must communicate and cover one attacker each.

Description:

1. Offensive team attacks 3 on 3. It can be 1-1, 1-2, 2-1, 2-2 or 2-3 also if the coach wants to practice these situations. Upt to 5-5 is possible.
2. On transition to offense the defenders pass to their teammates waiting behind the blue line.
3. Attack right away (don't have to wait for teammates to get outside in this game.)
4. Original attackers now defend and communicate with each other on how to stop the attack.
5. After a goal the defenders is allowed to pass to the new attackers.



20 minutes

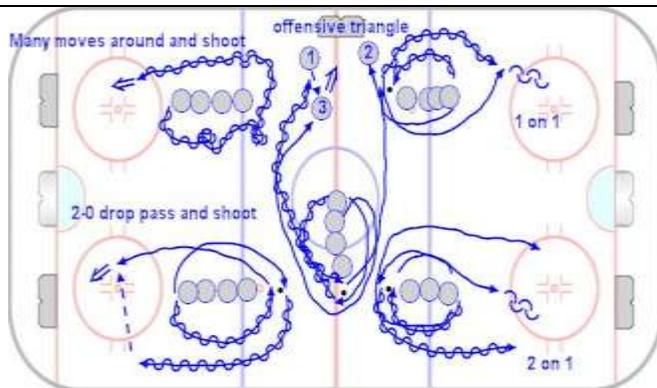
D100 Two Second Game – Puck Support

Key Points:

Players must switch right away from offense to defense to loose puck and constantly change roles from, 1-puck carrier, 2-puck support, 3-check puck carrier, 4-cover away from the puck.

Description:

1. Play a full ice game of 4-4, 5-5, with the extra players on the bench.
 2. Play 45" shifts and pass back to your goalie when the coach whistles for a change.
 3. Players can only have the puck for 2" and must make a play, gain a zone or shoot.
 4. Possession from first touching the puck for over 2" leave the puck for the other team.
 5. Encourage talking, facing the puck, always give a target.
- *Don't blow the whistle if they have started shooting. Start time when the goalie gets puck. Keep score and losing or winning have a consequence.

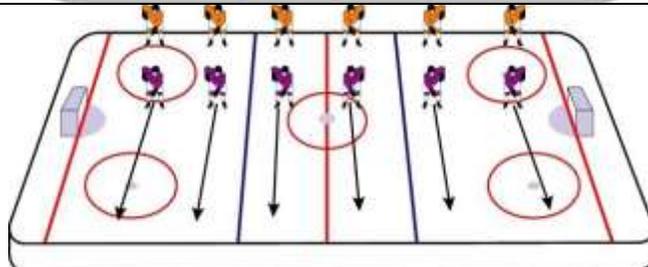


20 min.

D Shooting and Breakouts – Sean

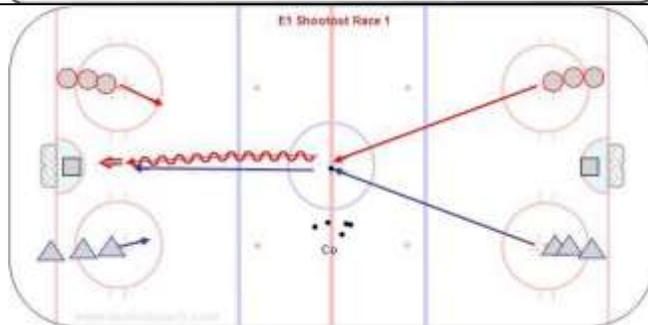
F B5 – Triangle

- One timers
- 2-0
- overspeed



12 min.

- one across and back for each of the 13 goals scored on us this weekend.
- 4 groups

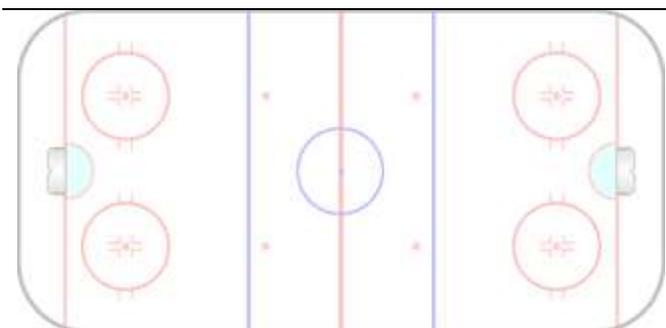


8 min.

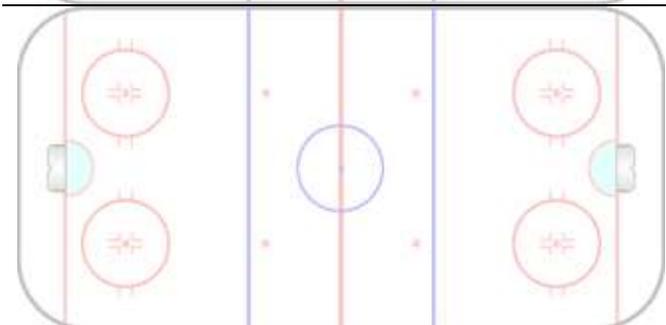
E1 Shootout Race 1 Key Points Players must have one skate on the dot at the start. No hooking or tripping. Skate to get D side and get the puck. *This is a great contest for puck protection, battling, scoring and a good anaerobic conditioning exercise. Keep score with one colour vs the other.

Description 1. Players are lined up behind the face of dots at each end. 2. A player from each team race for the puck which the coach puts on the middle dot. 3. Protect the puck and try to score vs backchecking opponent. 4. Another puck on the dot and repeat the other way.

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Explanation/Notes:



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