



Flyers

Practice Plan

Date: 11-10-12

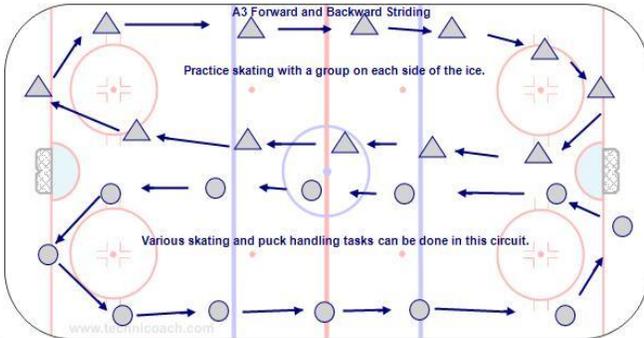
Time: 17:15-18:45

Venue: ECTAS

Lines:

Edges, Big Moves, 1-1, regroup, 2-2
Battling, defensive concepts.

Notes:

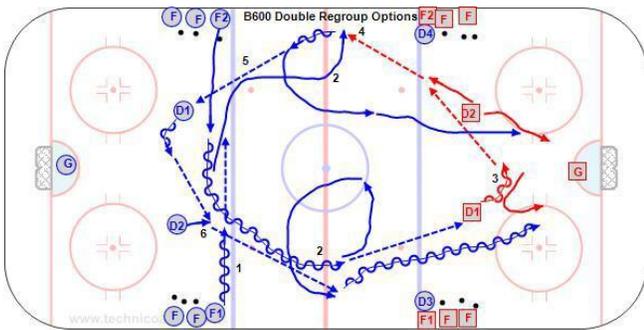


10 min.

5 min.

Balance and Edges with a puck. Green one way, white the other shoot at one end each.

5 min. Switch Direction and Do big moves warm-ups. Captains lead.



10 min.

B600 Double Regroup Options

Key Points:

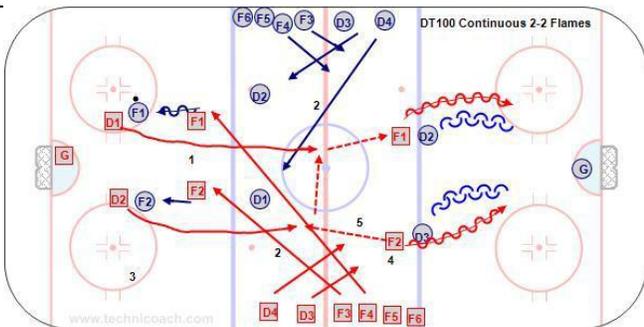
Regroup with each D and support from about a half zone away. Give a target and face the puck. Pass hard and always give strong side wall support and middle support.

Description:

1. Blue F1 leave and pass to F2.
2. Cross and regroup with Red D1 and D2
3. Red D1 hinge and Pass to D2.7
4. Red D2 pass to Blue F1 or F2.
5. Blue F's regroup with Blue D1 or D2.
6. Blue D's hinge and pass to Blue F.
7. Blue F's attack the far net vs either zero, one or two D.

*Options: vary the amount of F up to 3 or D up to 2. Add a dump in instead of a second regroup to work on breakouts or even a forecheck.

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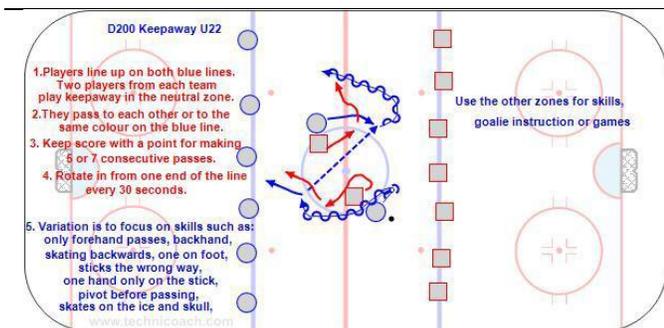


10 min.

DT100 Continuous Game of 2 on 2 With Regroup - Flames

Key Points: Allow the attackers to cross the far blue line before leaving so that there is a 2 on 2 attack first before it becomes a 4 on 4. I like the D on one side and F on the other to make it easier to talk with them. Leaving from each side also works. **Description:** 1. Start with a 2 on 2 attack. BF1 and BF2 vs RD1 and RD2. 2. RF1 and RF2 and BD1 and BD2 support the play from the lineup. 3. Play 4-4 in the zone. 4. On transition or after a goal or frozen puck RF1 and RF2 attack BD1 and BD2. *This rotation can be done from 1-1 to 3-2. Dump ins to work on the breakout and forecheck can be added *Continue this flow. The coach doesn't always blow the whistle so the defenders must be alert.*

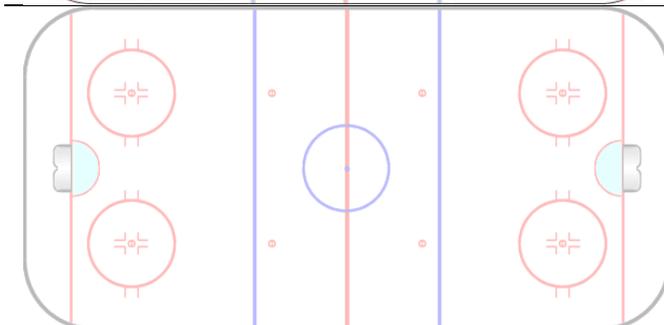
<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120805092902101>



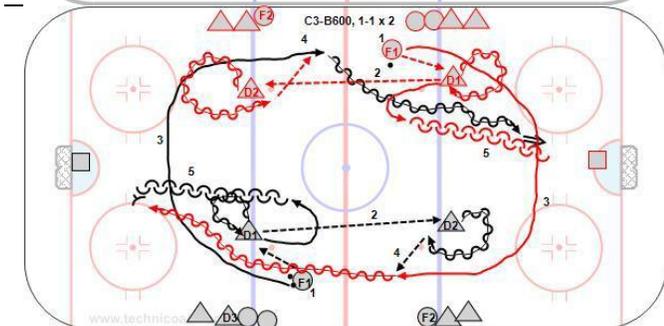
15 min.
D with Sean-Kevin at one end.

F with Tom-Tom at other end.

- 7 min. D200 keepaway
- 8 min. B5 one timers and going to the far post and one timers.



15 min. Sean game or transition game.



10 min.

C3-B600, 1-1 x 2

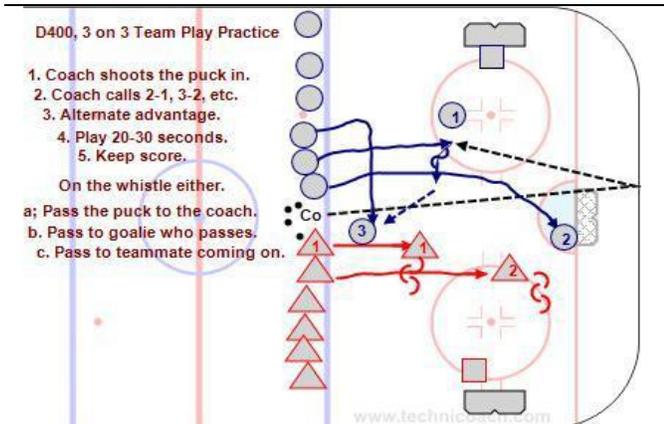
Key Points:

Hard passes and face the puck always giving a target. D should get a tight gap as soon as possible.

Description:

1. F1 from each side pass to their D1.
2. D1 pass to D2 on the same side.
3. F1's swing to the other wide lane after passing.
4. D2's pass to the F1's
5. F1's attack vs D1's on the other side.
6. F2's pass to D2's to repeat drill.

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12 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.

The coach can also implement modified rules to create situation. i.e. goals must come from one timers.

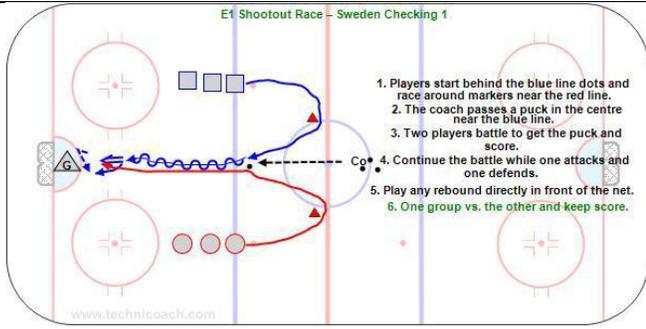
Description:

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 the puck to the coach.
- b. Pass to goalie who passes to a team mate coming on.
- c. Pass to team mate coming on. You could also simply leave the puck.

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8 min.

E1 Shootout Race – Sweden Checking 1

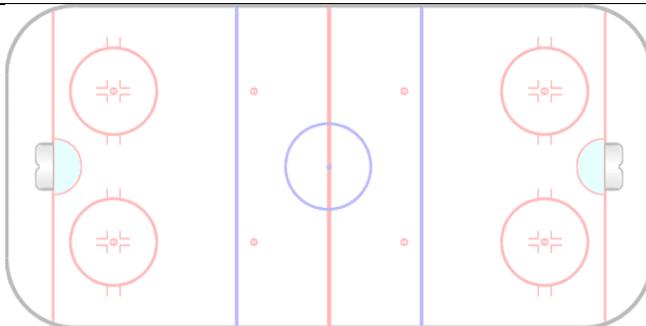
Key Points:

Players must skate hard and battle for net side body position. Player who wins the puck must protect it and the checker fight for defensive side without taking a penalty. They should play any rebound in the slot.

Description:

1. Players start behind the blue line dots and race around markers near the red line.
2. The coach passes a puck in the centre near the blue line.
3. Two players battle to get the puck and score.
4. Continue the battle while one attacks and one defends.
5. Play any rebound directly in front of the net.
6. One group vs. the other and keep score.

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Explanation/Notes:
