



Flyers

Practice Plan

Date: 10-12-12

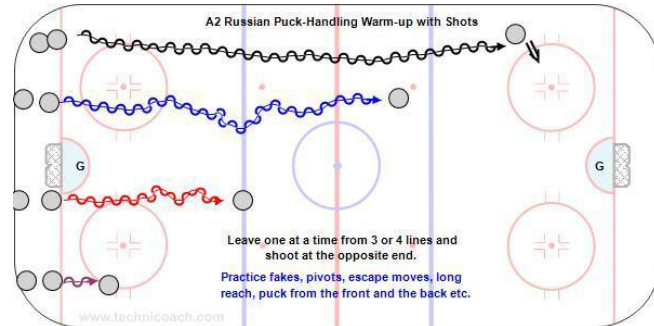
Time: 17:45-18:45

Venue: Village Square

Lines:

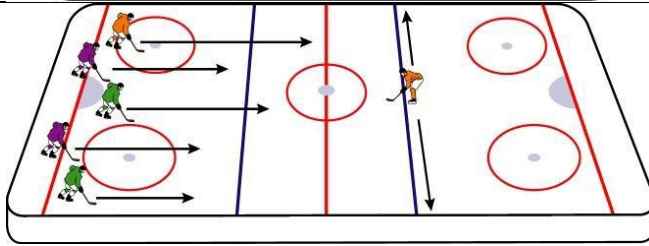
Forecheck, pk rotation, pp options, 1-1 to 2-2

Notes:



8 min.

A200 Agility and Balance with Shots



7 min.

D1-A2 Puck Dog

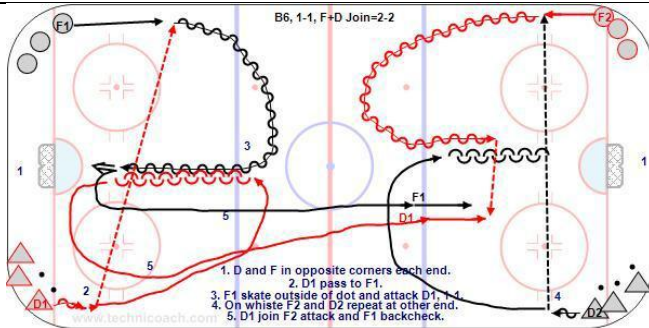
Key Points:

Encourage the players to use moves and fakes, change of pace and to protect the puck.

Description:

This game has the players line up at the end of the rink in the A2 formation. Each player has a puck. One player (who is 'it') is at the blue line and calls out 'British Puck-dog.' The players stickhandle the puck, trying to get to the end without being checked. If a player loses the puck, she becomes 'it' and is in the middle checking. The last player with a puck wins.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090802114801644>



10 min.

B6, 1-1, F+D Join=2-2

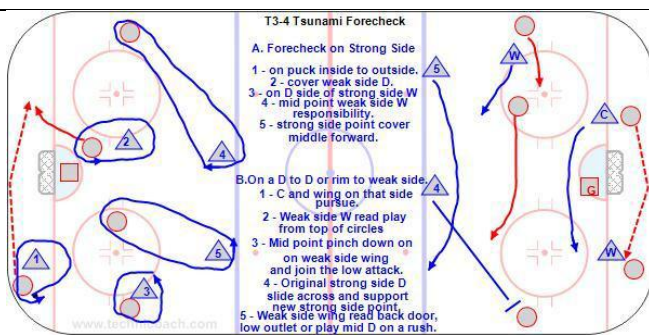
Key Points:

The D skates hard to join the attack and get open while the forward back checks. Possible to do this up to a 3-2 or vary the situation at each end so the players have to read the rush.

Description:

1. D and F in opposite corners each end.
2. D1 pass to F1.
3. F1 skate to the red line and attack D1, 1-1.
4. On whistle F2 and D2 repeat at other end.
5. D1 join F2 attack and F1 backcheck.

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5 min.

Review

1, Tsunami Rotation:

2, Facing up ice when coming back in the zone as a role 2 player.

All the players at one end.

Focus: Initial forecheck 1-2-3

When puck goes to other side C and wing who's side it went to pursue and D join the 3 player attack while far wing plays midfielder.

5 min.

Review PK rotation when the puck is deep in the corner.

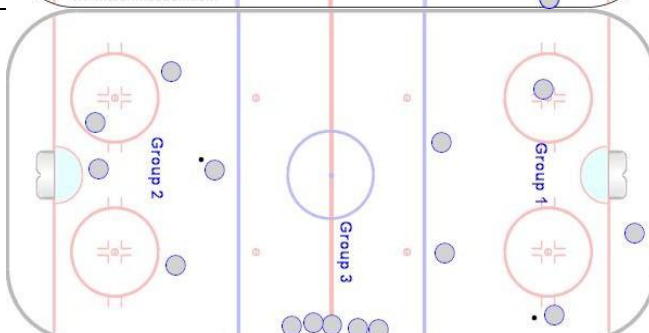
1. D1 play a 2-1 deep in the corner.

2. D2 and D1 rotate when attack is at the dot and in.



9 min. Kingston PP rotation

- Run all pplay options with a shot every 3".
- Rotate 3 areas.



8 min.

TD400 Specialty Team Scrimmage

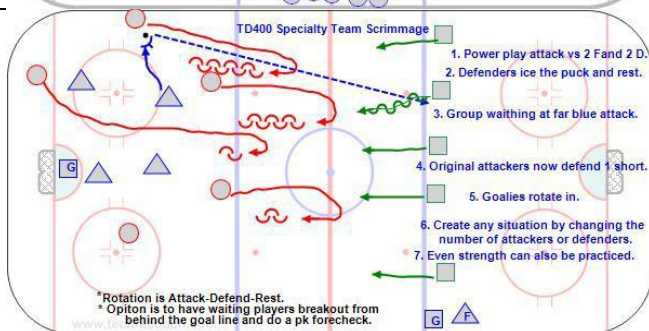
Key Points:

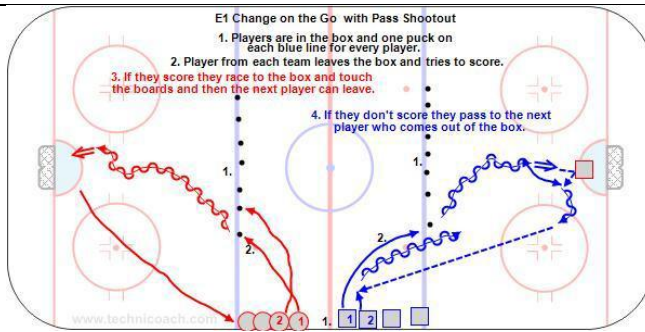
Rotation is Attack-Defend-Rest. Number the players so they know when to not defend. In even numbered situations you can require the defenders to breakout into the neutral zone before passing.

Description:

1. Power play attack vs 2 Fand 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.





7 min.

E1 Change on the Go with Pass Shootout Key Points:

Players should work on selling the fake, change of pace and making the goalie move first. The goalie must time his retreat into the net to keep good angles on shots and cover the goal line on dekes. **Description:** 1. Players are in the box and one puck on each blue line for every player.

2. Player from each team leaves the box and tries to score.

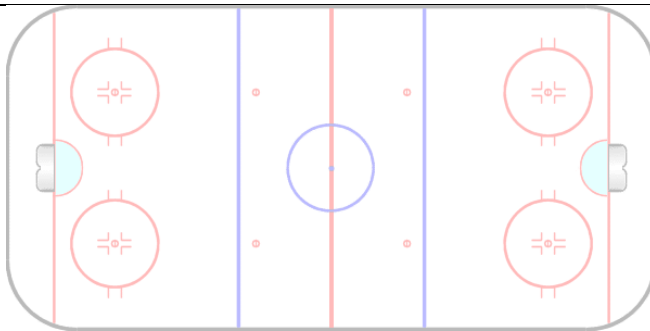
3. If they score they race to the box and touch the boards and then the next player can leave.

4. If they don't score they pass to the next player who comes out of the box.

5. Losing team do something for every goal they lose by.

*To make it realistic the goalie should practice starting from the goal line and coming out.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120415181657595>



1 min. pucks, summary, cheer in middle.