



Flyers

Practice Plan

Date: 10-16-12

Time: 16:00-17:30

Max Bell

Lines:

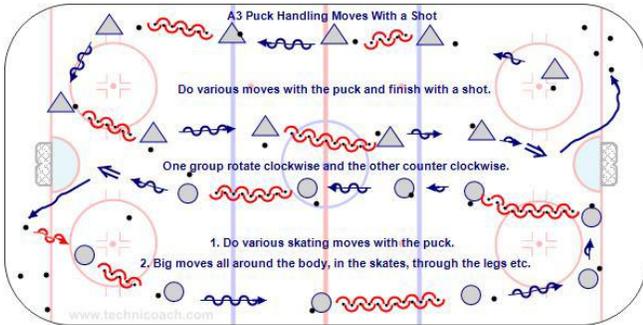
Notes:

Back check, D join rush, back pressure

Identify coverage when backchecking

One timers, shooting, break outs,

Goalteanding.



8 min.

5 min. edges

5 min. moves and a shot

A300 Puck Handling Moves With a Shot

Key Points:

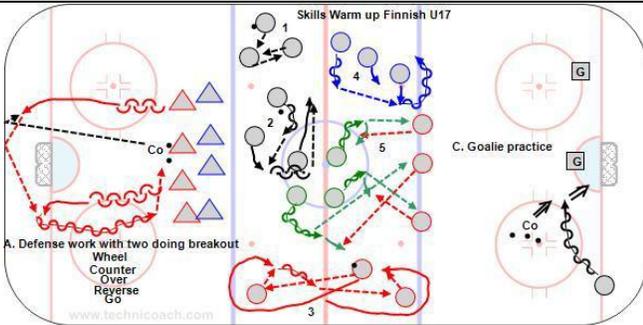
Do various moves with the puck and finish with a shot.

Description:

One group rotate clockwise and the other counter clockwise.

1. Do various skating moves with the puck.

2. Big moves all around the body, in the skates, through the legs etc.



10 min.

B Skills Warm up Finnish U17

Key Points:

This is a great way to warm everyone up at the start of a practice.

Defense do the various breakout options and read where the pressure is coming from. Pass the puck back to the coach and move thru everyone. Forwards pass with good technique and eye contact. Goalie coach work on technique and rebound control.

Description

A. Defense work with two doing breakout options vs one forechecker.

B. Forwards lines of 3 work in the neutral zone.

1 - Stationary pass with eye contact.

2 - Pass while moving always face puck.

3 - #8 around partners give and go.

4 - Keepaway 2-1 in four areas.

5 - Two lines move and pass to other two lines on the blue line.

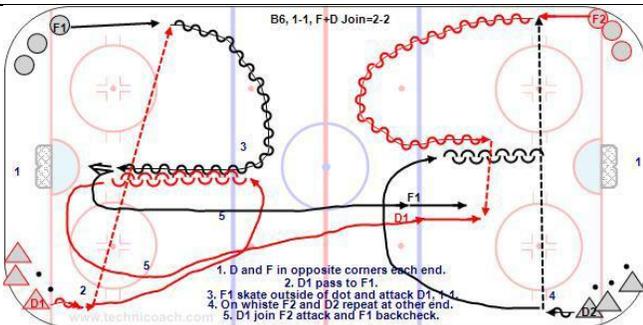
6 - Two lines of 3 pass while skating on one side of the neutral zone.

Goalie coach work on technique and rebound control.

C. Goalies work with coach at one end.

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9 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

Description:

1. D and F in opposite corners each end.

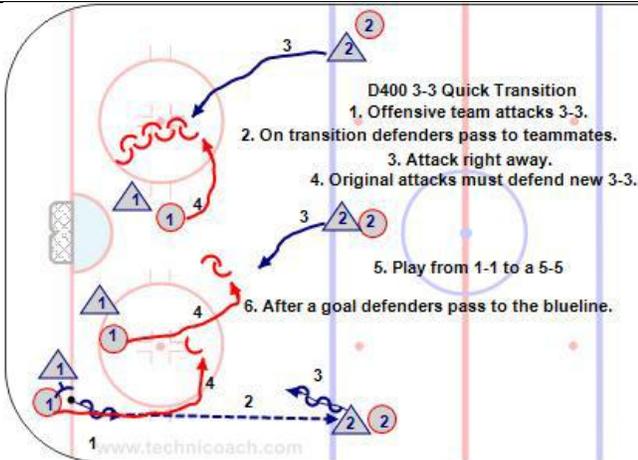
2. D1 pass to F1.

3. F1 skate outside of dot 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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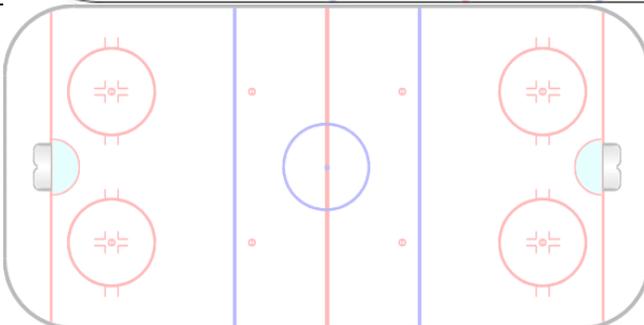


15 min.
Sean and Kevin with D at one end.

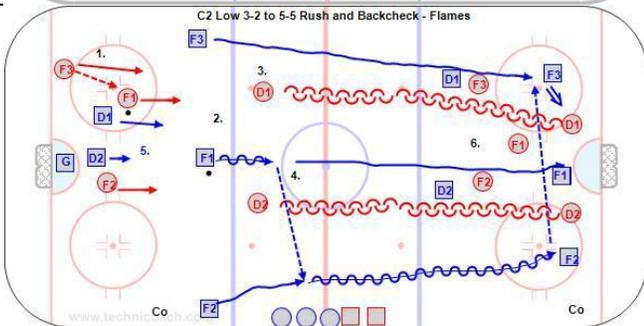
15 min. Tom and Tom with F's one goalie.

8 min. -Tom G. shooting technique Tom M. one timers.

7 min. – 3 on 3 quick transition.



15 min. Sean
Continuous 2-2 with D joining and back pressure.



10 min.
C2 Low 3-2 to 5-5 Rush and Backcheck – Flames

Key Points:

Good way to practice low zone coverage, D joining the play and F's coming back into the zone. A good habit is to turn up ice and find your check when you see everyone in front of you is covered.

Description:

1. Red F1-F2-F3 attack low vs. Blue D1-D2.
2. Blue F1-F2-F3 wait with a puck at the top of the circles. Extra players along the boards.
3. Red D1-D2 are ready to defend the 3-2 attack.
4. On whistle Blue F1-F2-F3 attack R D1-D2.
5. B D1-D2 join attack and R F1-F2-F3 backcheck.
6. Play 5 on 5.

Alternative: Use one puck and defense pass to waiting forwards instead of 2 pucks and a whistle.

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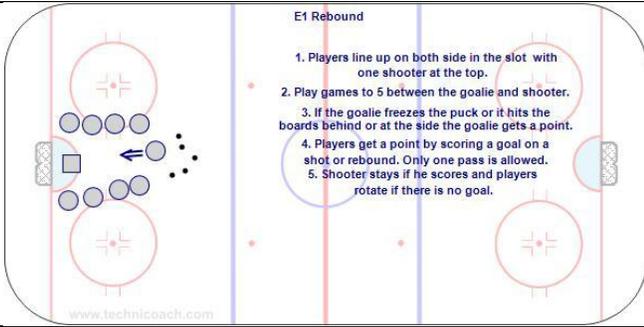


D100

4-4

Rules: One pass in each zone minimum.

Goals must be on one timers.

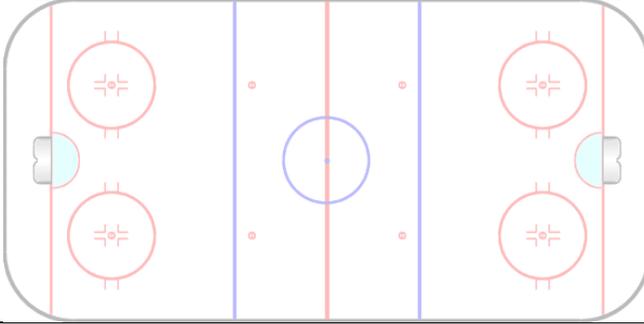


E1 Rebound

1. Players line up on both side in the slot with one shooter at the top.
2. Play games to 5 between the goalie and shooter.
3. If the goalie freezes the puck or it hits the boards behind or at the side the goalie gets a point.
4. Players get a point by scoring a goal on a shot or rebound. Only one pass is allowed.
5. Shooter stays if he scores and players rotate if there is no goal.

7 min.

E1 Rebound



1 min.

Pucks, summary, cheer