



Flyers

Practice Plan

Date: 10-18-12

Time: 17:15-18:45

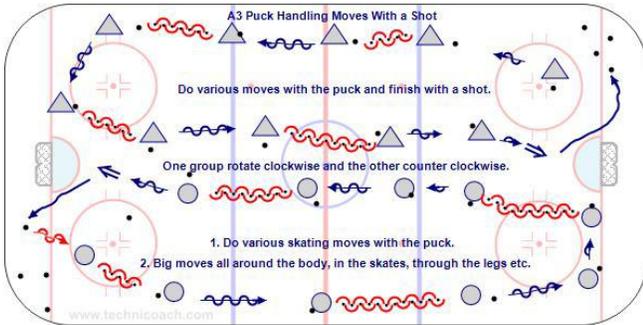
ECTAS

Lines:

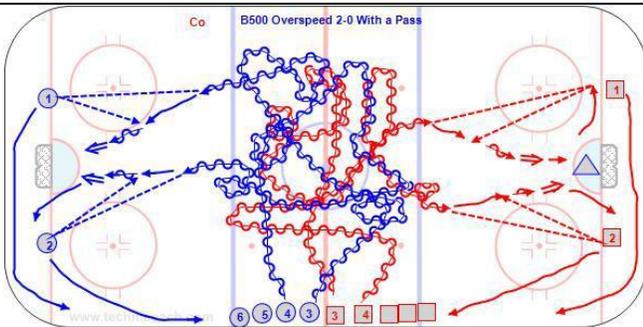
Backcheck, d join play, pp and pk, angling

Notes:

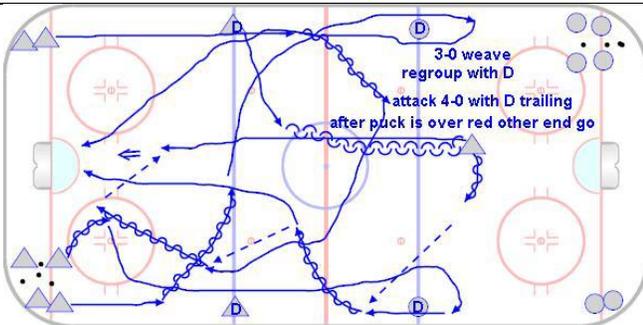
Face-off, goaltending



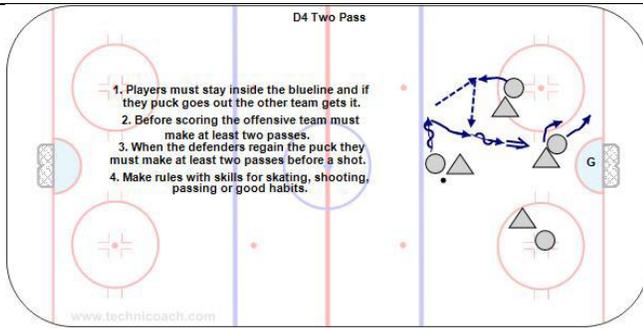
8 min.
 5 min. edges
 5 min. moves and a shot
 A300 Puck Handling Moves With a Shot
Key Points:
 Do various moves with the puck and finish with a shot.
Description:
 One group rotate clockwise and the other counter clockwise.
 1. Do various skating moves with the puck.
 2. Big



8 min.
B500 Overspeed 2-0 with a Pass
Key Points:
 Players must challenge themselves out of their comfort zone. Make as many moves as possible and continue until they have shot and looked for a rebound. Take the pass and shoot right away without over handling.
Description:
 1. Line up along boards on one side.
 2. Players 1 and 2 start on the goal line.
 3. Players 3 and 4 leave and make moves at top speed.
 4. Coach whistle every 7" and they players attack the net.
 5. Closest attacker give and go with 1 or 2.
 6. Second closest do a tight turn then give and go with 1 or 2.
 7. With only one goalie go one way only.
 8. After passing return to the back of the line.
<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20111004075623113>



8 min.
B6 3-0 Weave With D Regroup
Key Points:
 -Skate with the puck to the big ice between the dots and then pass.
 - Pass and follow your pass.
 -Stay wide until you get the pass.
Description:
 1. Half the forwards at each end in three lines behind the goal line with the D waiting at the bluelines. Whites at one end and Blues at the other.
 2. Middle player start by skating toward the strong side and pass to the wing and follow the pass skating behind the new puck carrier.
 3. Wing skate to the big ice between the dots and pass to the far wing then follow the pass.
 4. Wide wing skate to the big ice and pass to the original centre who is now in the opposite wide lane.
 5. The D is skating backwards thru the middle zone and the puck is



10 min.

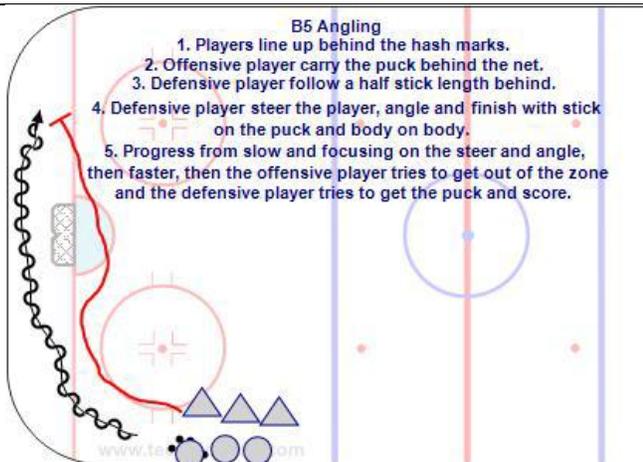
D4 Two Pass

Key Points:

My favorite game to warm up the players at the start of practice. The quicker they make the passes after regaining the puck the more scoring chances they produce.

Description:

1. Players must stay inside the blue line and if they puck goes out the other team gets it.
2. Before scoring the offensive team must make at least two passes.
3. When the defenders regain the puck they must make at least two passes before a shot.
4. Make rules with skills for skating, shooting, passing or good habits.



10 min.

Sean – D

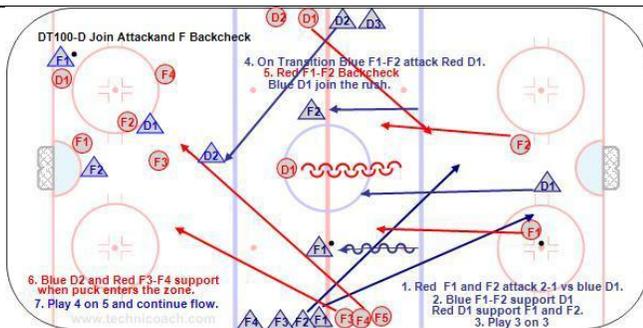
B5 Angling

Checker approach at the back shoulder. Body on body and stick on the puck. Follow from about a half stick length.

B5 Angling

1. Players line up behind the hash marks.
2. Offensive player carry the puck behind the net.
3. Defensive player follow a half stick length behind.
4. Defensive player steer the player, angle and finish with stick on the puck and body on body.
5. Progress from slow and focusing on the steer and angle, then faster, then the offensive player tries to get out of the zone and the defensive player tries to get the puck and score.
6. Practice from each side.

TURN AND LOOK WHEN ENTERING DZONE



10 min.

DT100-D Join Attack and F Backcheck

Key Points:

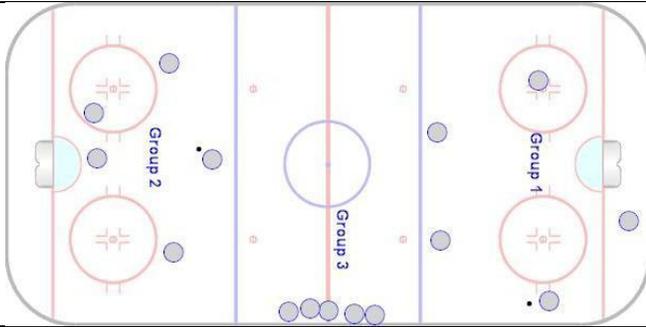
This is a continuous 2-1 transition game using only one puck and no whistles. It practices situations in the dzone, teaches players who to cover in the dzone and how to support the attack. Forwards enter the zone to support the defense and then attack and backcheck.

Defense support from the point, defend and then join the attack. Coach can vary the number of F or D to create different situations in each zone.

Description:

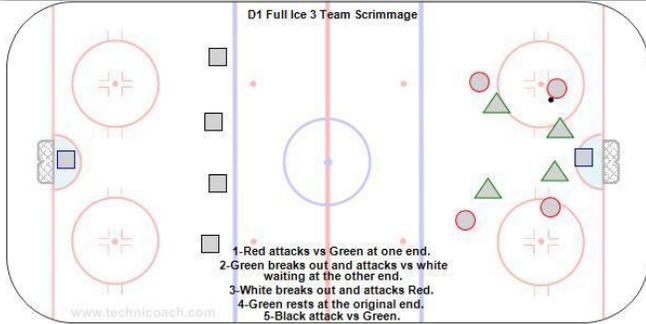
1. Red F1 and F2 attack 2-1 vs blue D1.
2. Blue F1-F2 support D1, Red D1 support F1 and F2.
3. Play 3 on 3
4. On Transition Blue F1-F2 attack Red D1.
5. Red F1-F2 Backcheck and Blue D1 join the rush.
6. Blue D2 and Red F3-F4 support when puck enters the zone.
7. Play 4 on 5 and continue flow.

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10 min.

Kingston pp rotation.



10 min.

D1 Full Ice 3 Team Scrimmage

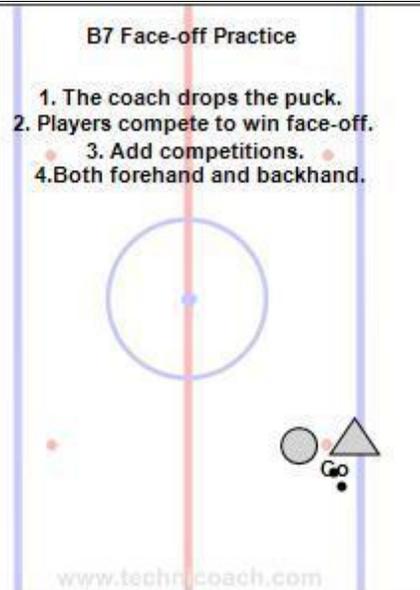
Key Points:

Give close support to the ball or puck. Defending team create speed through the neutral zone after the breakout. New defending team identify coverage when the attackers enter the zone.

Description:

Three teams play full court or full ice.

- 1-Red attacks vs Green at one end.
- 2-Green breaks out and attacks vs. Black waiting at the other end.
- 3-Black breaks out and attacks Red.
- 4-Green rests at the original end.
- 5-Black attack vs. Green.



10 Goalies Choice and Face-off practice

B7 Face-off Practice-Washington

Key Points:

Watch the puck all the time. Read what the other player is going to do by how they hold the stick and where their team mates are. Practice winning clean and scrambling the draw.

Description:

1. Either a coach or another player drop the puck for a face-off.
2. Players compete to win the face-off.
3. Add competitions.
4. Practice both forehand and backhand.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20101210084123920>