



## Flyers

## Practice Plan

10-23-12

16:00-17:30

Max Bell

### Lines:

Passing, defensive skating, nervous system  
Overload, passing, one timers, quick thinking

### Notes:

8 min.

#### A3 Puck Handling Nervous System Overload

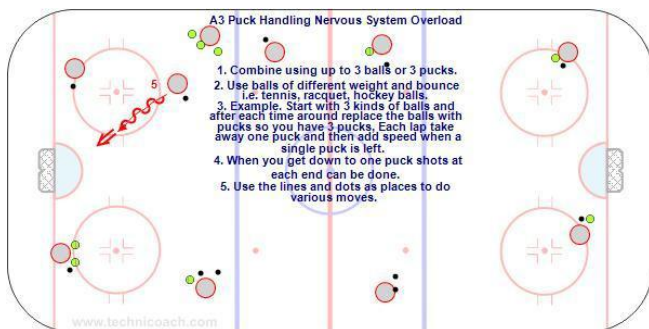
##### Key Points:

Keep the balls and pucks within a stick length and move them around the body. Stress rolling the wrists big moves.

##### Description:

1. Combine using up to 3 balls or 3 pucks.
  2. Use balls of different weight and bounce i.e. tennis, racquet, hockey balls.
  3. Example. Start with 3 kinds of balls and after each time around replace the balls with pucks so you have 3 pucks. Each lap take away one puck and then add speed when a single puck is left.
  4. When you get down to one puck shots at each end can be done.
  5. Use the lines and dots as places to do various moves.
- The first part of this college women's practice has them handling one ball and one puck.

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7 min.

#### A2 Defensive Back Skating

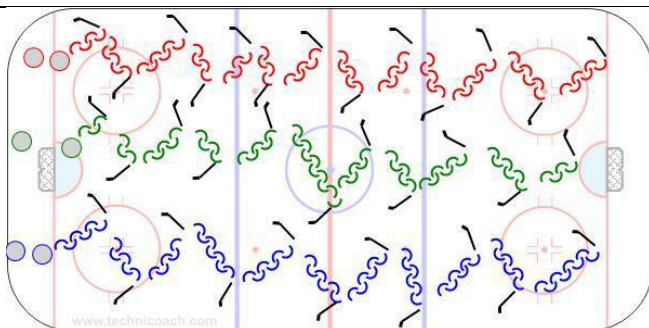
##### Key Points:

All the players including the goalies do this. Zig zag back keeping good posture and practice reaching with a poke check with the knees bent and the back straight.

##### Description:

1. Players start in 3 lines at one end of the ice.
2. Skate backward 3 or 5 strides in a zig-zag pattern from one side to the other.
3. Keep the elbow back to hide the reach of the stick and then extend the stick at the finish of each repetition.

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8 min.

#### B6 3-0 One Touch Regroup - 3 Shots

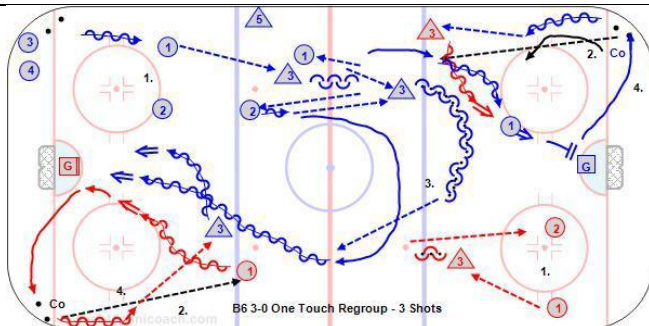
##### Key Points:

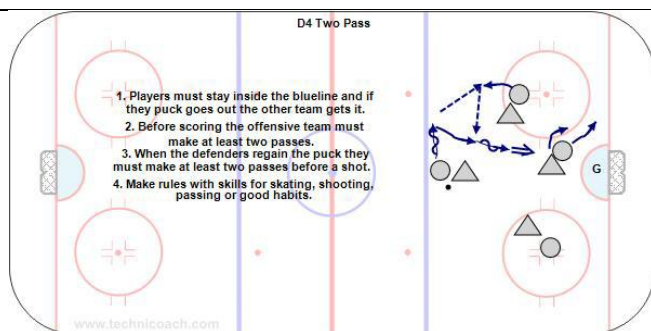
Face the puck and one touch two passes to start. Shoot while skating and follow the shot for a rebound. This is done out of diagonal corners at the same time.

##### Description:

1. F1 and F2 leave from the corner and exchange the puck twice with the D1.
2. F1 continue and get a pass from coach in the corner shoots and screens.
3. D1 pivot and Pass to F2 who shoots and screens.
4. Red F1 cycle out of the corner and pass to Blue D1 who shoots from the point.

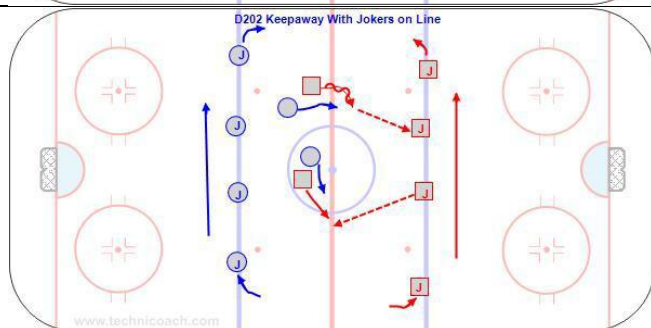
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**7 min.**

**Two Pass and goals can only be scored using one timer shots.**



**Sean D 15 min.**

**Tom F 15 min.**

**D202 Keep-away With Jokers on Line 8 min.**

**Key Points:**

Protect the puck, use fakes and change the type of passes and the situation.

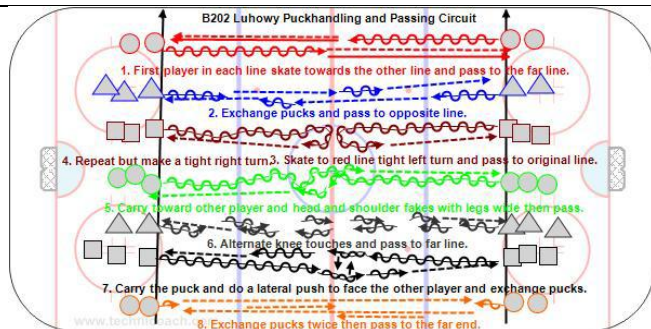
This is a great game to practice puck support, getting open, passing and puck protection.

**Description:**

1. Active players are in the middle.
2. Jokers are lined up along the blue lines.
3. Passes to Jokers are allowed.
4. Play even situations up to 3-3.
5. Vary the situations 2-1, 3-1, 3-2.
6. On whistle leave from one end and return to the line-up at the other end.

\* Award one point for making 5 consecutive passes and keep score.

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**7 min.**

**B202 Luhowy Puckhandling and Passing Circuit**

**Key Points:**

Control the puck and "lock and load" when you carry the puck; meaning move it from in front to your side. Keep a strong skating position with the knees bent and head up.

**Description:**

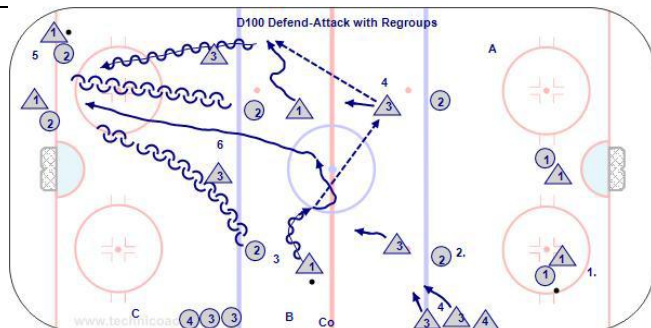
Line up behind the top of the circle with 2 or 3 players facing 2 or 3 players at the other end.

Have between 2 and 4 groups depending on the number of players. A group of 4 is the smallest.

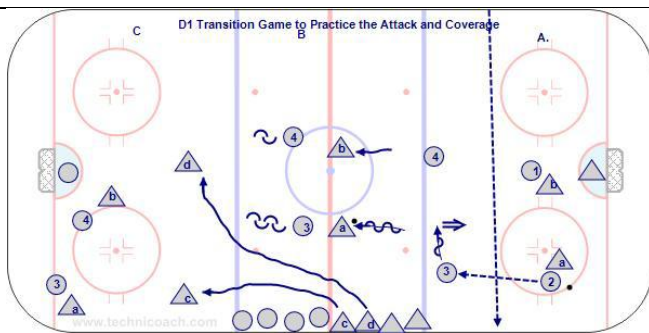
1. First player in each line skate towards the other line and pass to the far line.
2. Exchange pucks and pass to opposite line.
3. Skate to red line tight left turn and pass to original line.
4. Repeat but make a tight right turn.
5. Carry toward other player and head and shoulder fakes with legs wide then pass.
6. Alternate knee touches and pass to far line.
7. Carry the puck and do a lateral push to face the other player and exchange pucks.
8. Exchange pucks twice then pass to the far end.

\*Other passes like backhands, saucer or moves like in the feet, toe drag can be added.

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**Sean 15 min. with whole team**



10 min.

**D100 Transition Game of Support, Defend, Attack, Rest 3-3**

**Key Points:**

This is a great full ice transition game to practice offense and defense in all three zones. The coach can decide what to focus on each time you do it. Instead of stopping the game talk to the players when they come back to the line. You can do this from 1-1 to a 3-3. I will put a modification that adds other nuances to the game at another date. Point men only get one second with the puck to shoot or pass. Defenders cover the low players and ignore the pointmen.

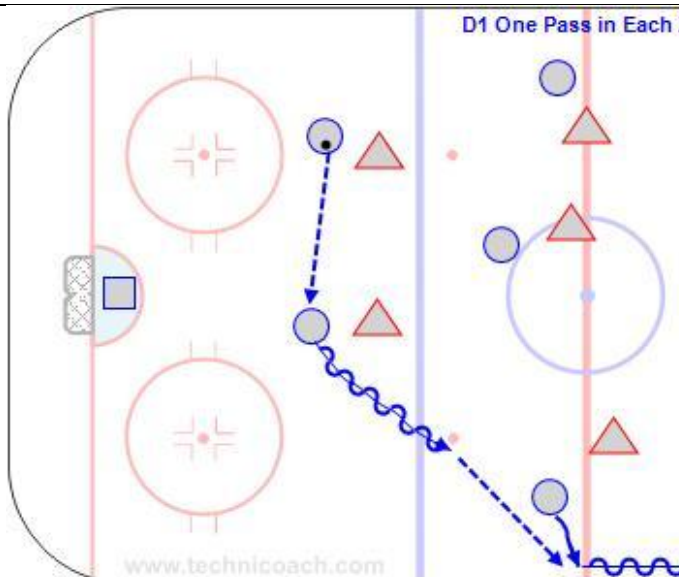
**Description:**

A. 1 and 2 attack vs a and b and are supported on the blue line by 3 and 4. The pointmen cannot go farther than the top of the circle.

When the puck goes to the point a and b control the sticks of 1 and 2. Attackers cycle, screen, tip, drive the net. Defenders work on low coverage and B.O.

B. When a and b breakout over the blue line 1 and 2 are finished and there is a 2 on 2 in the nz zone with a and b attacking 3 and 4.

C. After the puck crosses the blue line c and d support a and b from the point.

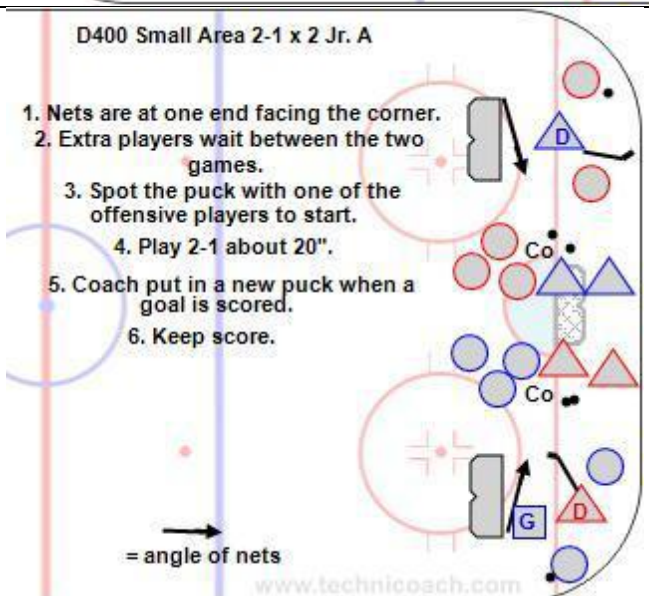


10 min.

**D100 4-4 Full Ice**

**At least one pass in each zone.**

**45 " shifts and pass back to goalie on the whistle.**



1. Nets are at one end facing the corner.
2. Extra players wait between the two games.
3. Spot the puck with one of the offensive players to start.
4. Play 2-1 about 20".
5. Coach put in a new puck when a goal is scored.
6. Keep score.

= angle of nets

10 min.

**D400 Small Area 2-1 x 2 Jr. A**

**Key Points:**

Defender eliminate the puck carrier crossing the midline of the net and the cross pass. Goalie and defender work together to make it a 2-2. Attackers use quick passes, quick shots, fake shots, one timers. Get the goalie moving and shoot where he came from and not where he is going.

**Description:**

1. Nets are at one end facing the corner.
2. Extra players wait between the two games.
3. Spot the puck with one of the offensive players to start.
4. Play 2-1 about 20".
5. Coach put in a new puck when a goal is scored.
6. Keep score.

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