



Flyers

Practice Plan

Date: 10-25-12

Time: 17:15-18:45

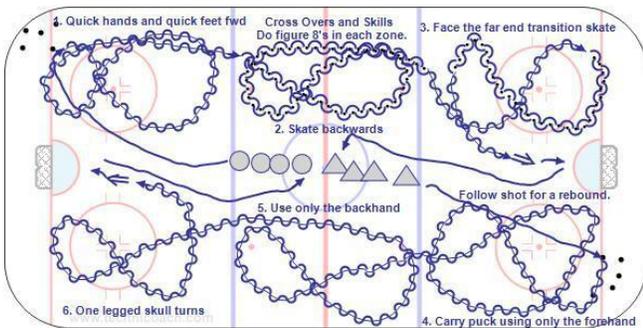
Venue: ECTAS

Lines:

Individual forward and defense skills.
Rush.

Notes:

Penalty kill, power play, breakouts, D join



10 min.

B6 or B4 Crossover Skating and Puckhandling

Key Points:

This is a great skating and puck handling warm up drill. Many variations can be used with the puck or in skating tasks. Do a different skill in each zone. Keep the feet moving it is crossover in large #8's and not tight turns. You can also do as a B6 and start out of opposite corners.

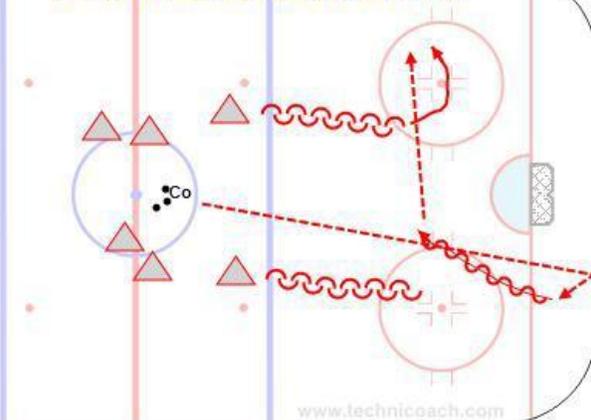
Description:

Cross Overs and Puck Handling Skills
Do figure 8's in each zone.

1. Quick hands and quick feet fwd
2. Skate backwards
3. Face the far end transition skate
4. Carry puck using only the forehand
5. Use only the backhand.

<http://www.hockeycoachingabcs.com/mediagallery/video.php?n=201204181551244>

B2 - Defense Individual Skill and Partner Drills - Pro



20 min. D – Sean

B2 - Defense Individual Skill and Partner Drills – Pro

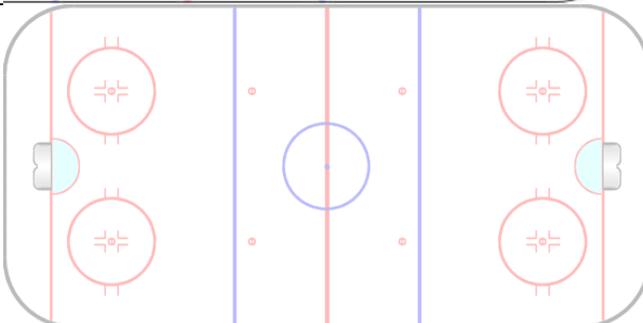
Key Points:

Defense do a series of drills to practice shooting, passing, hinge, breakout options.

Description:

1. Point shots while moving.
2. Keep the puck in then shoot or pass.
3. Skate to the big ice and pass.
4. Set up shots from the mid point.
5. One D breakout options.
6. D partners hinge and double hinge.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=200720200747488>

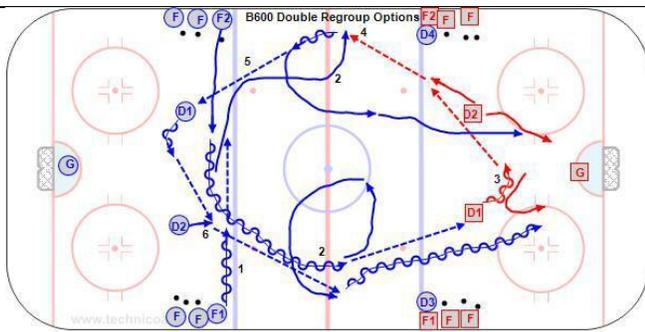


20 min. F – Tom – Neutral Zone

10 min. Passing Skills

10 min. offensive triangle – one end

10 min. G – Natalie – one end



10 min.

B600 Double Regroup Options

Key Points:

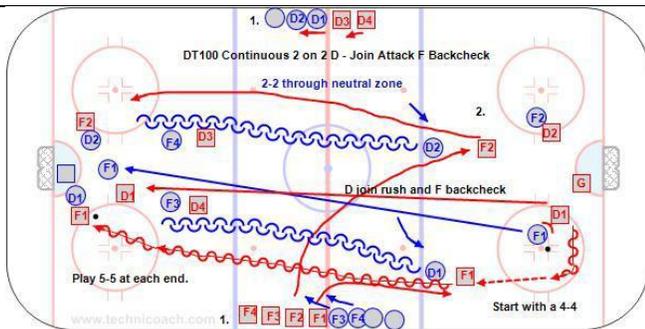
Regroup with each D and support from about a half zone away. Give a target and f the puck. Pass hard and always give strong side wall support and middle support.

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.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=200301090901108>



10 min. Sean Introduce Game

DT100 Continuous 2 on 2 D - Join Attack F Backcheck

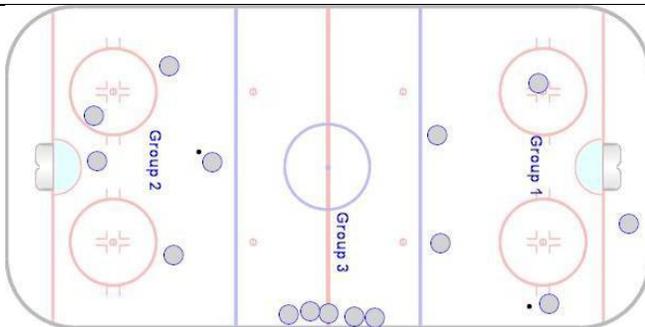
Key Points:

Forwards cover D and D cover F's. One D should join the attack to create triangles and one forward backcheck. Play tight gaps and attackers create 2 on 1's on the rush. Play 5-5 at each end.

Description:

1. Forwards line up on one side and defense on the other.
2. Start with a 2 on 2 attack Blue F1 and F2 vs Red D1 and D2.
3. When the puck enters the zone defensive Red F1 and F2 support Red D1 and D2 and Blue D1 and D2 support Blue F1 and F2.
4. On transition Red D1 join new attack and Blue F1 backcheck
5. If the puck is dumped out with no possession the offensive team regroup and attack again.
6. Red F1-F2-D1 now go 3 on 3 in the other direction vs. Blue D1-D2-F1.
7. Blue F2 - F3 support Blue D1-D2-F1 and Red D3 and D4 support attacking Red F1-F2-D1.
8. This rotation continues with a 5-5 in each zone.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=21026092747403>



15 min.

T2 Kingston Team Play Rotation

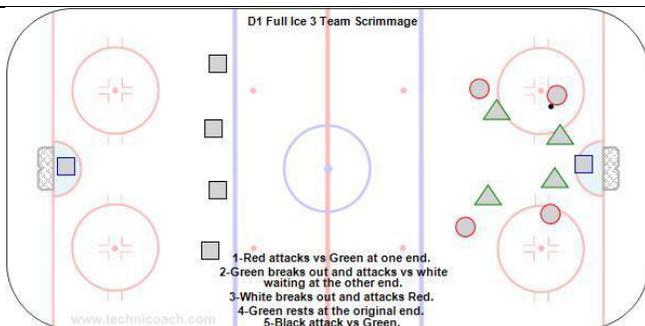
***Sean and Kevin one end teach Pk. 5 min. per group**

Breakout with offensive group who now go on pk. v

the group at far end who do PP.

Rotation – 5-0 PP. 5-4 PP. 4-5 PK

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=&s=20121022102206766>



15 min.

D1 Full Ice 3 Team Scrimmage 5-5, 4-4, 5-4, 5-3

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.

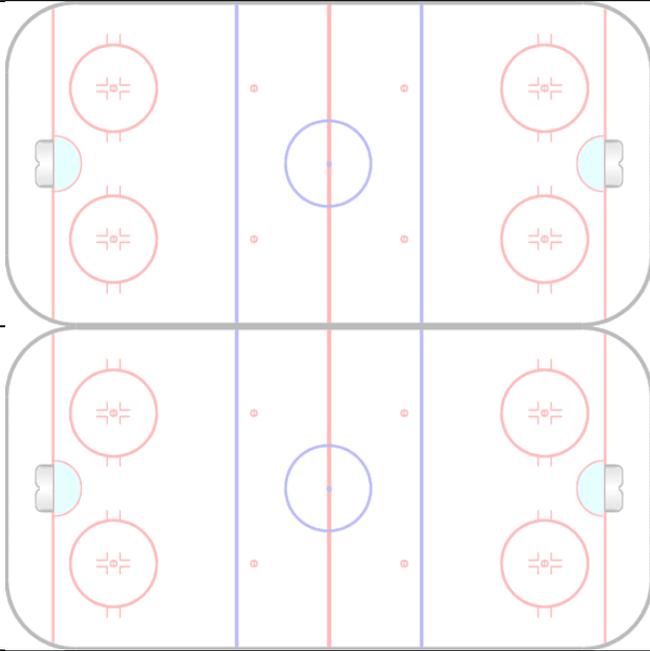
Description:

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.

They keep this rotation and play a game up to 5. Start another game at 0-0 switch who they attack first i.e. now Green attacks Red and Red attack vs. Black and Black vs. Green. This rotation can be used to practice team play full strength and power play and penalty kill.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=2012013110134>



10 Shootout – Goalies Choice

**Natalie decide which shootout or game to finish with
E1 Shoot Until You Score Race 1-0, 2-0, 3-0**

<http://www.hockeycoachingabcs.com/mediagallery/video.php?s=20121026142749173>

Explanation/Notes: