



Flyers

Practice Plan

Date: 10-30-12

Time: 16:00-17:30

Max Bell 2

Lines:

Individual offensive skills. Skating

Battle, 1-1, 2-1, 2-2

Green vs. White in all games.

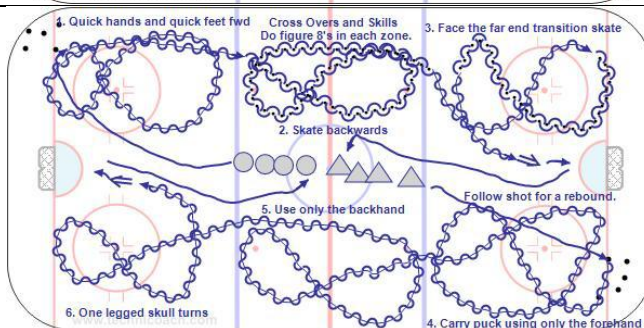
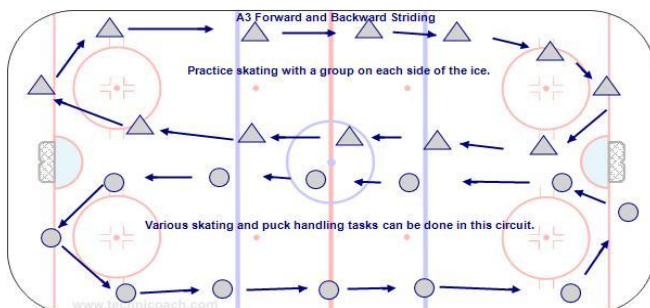
Notes:

Puck handle, shoot, pass,

10 min.

5 - A3 Balance and Edges

5 – Big Moves



8 min.

Figure 8's

-only forehand

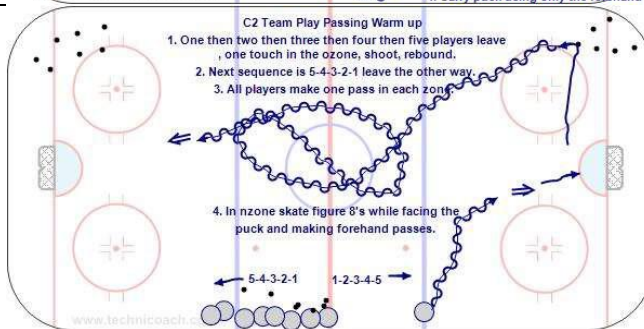
-only backhand

-face far end and shoot

-only forward

-only backwards

-face inside on turn and shoot.



10 min.

C2 1-2-3-4-5-5-4-3-2-1 Pass and Shoot Warm-up

Key Points:

Face the puck and pass on the forehand. Stay in each zone until all players have made a pass.

Description:

1. One then two then three then four then five players leave, one touch in the ozone, shoot, rebound.

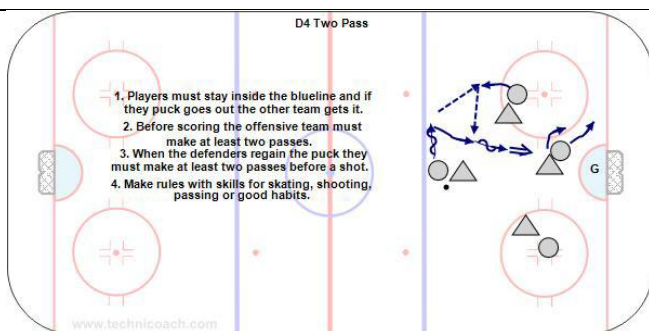
2. Next sequence is 5-4-3-2-1 leave the other way.

3. All players make one pass in each zone.

4. In neutral zone skate figure 8's while facing the puck and making forehand passes.

*When there is only one player do a figure eight or touch both knees.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20111103221612750>



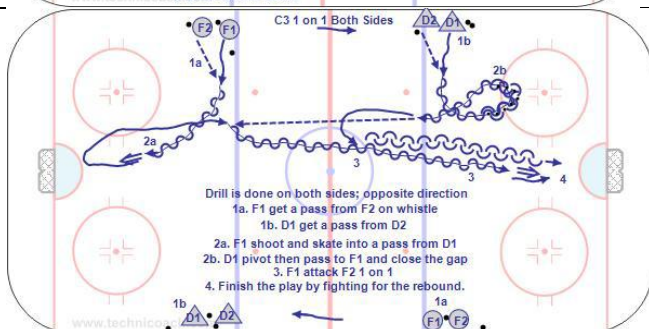
7 min.

D4 Two pass at each end.



10 min

1 vs 1 vs 1 at each end.



8 min.

C3 1 on 1 Both Sides

Key Points:

Tight gap for D

Attack with speed and go for the rebound

Description:

Drill is done on both sides; opposite direction

1a. F1 get a pass from F2 on whistle

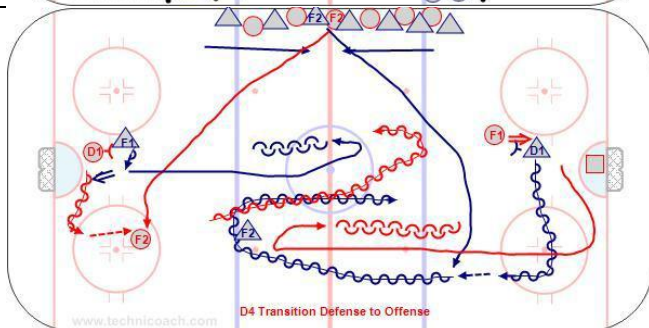
1b. D1 get a pass from D2

2a. F1 shoot and skate into a pass from D1

2b. D1 pivot then pass to F1 and close the gap

3. F1 attack D1 1 on 1

4. Finish the play by fighting for the rebound.



10 min.

DT400 1-1, 2-2, Support-Attack-Defend

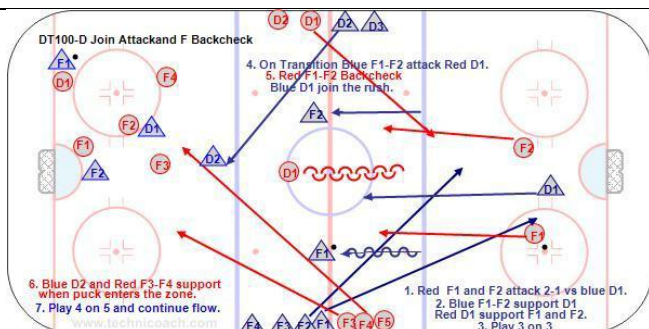
Key Points:

Defending player stay on the defensive side. Supporting player give a target for the pass and get into an open lane.

Description:

1. F1 attack D1 at each end. 2. Players line up on the boards with the first player in line D1 supporting the defense. 3. The coach can determine whether the supporting defender is passive or active. 4. On a turnover or a goal the breakout pass is made to the supporting defender from D1 to F2. 5. Carry the puck to the red line or if the team has a full ice practice, carry the puck to the far blue line. 6. F2 Attack vs. the original attacker F1. Practice various situations. The big left handed player with the sweat suit is Dany Heatley. It is just after he won the Calder trophy. He came to say hi to the players but because we were playing transition games participated in the whole practice and then stayed and posed for pictures with each of the players.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20090726104059741>



17 min.

DT100-D Join Attack and F Backcheck 1-1, 2-1, 2-2

Key Points:

This is a continuous 2-1 transition game using only one puck and no whistles. It practices situations in the nzone, 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.

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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.

<http://hockeycoachingabcs.com/mediagallery/media.php?s=20090726093546253>



9 min.
Rebound.

Pucks, summary, cheer
