



Flyers

Practice Plan

Date: 11-01-12

Time: 17:15-18:45

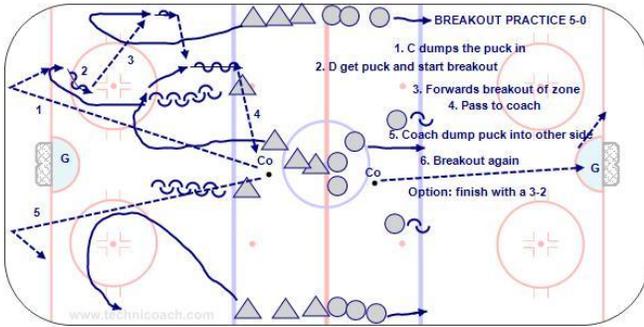
ECTAS

Lines:

Breakouts, specialty teams, back checking

Notes:

Puck support, low zone play.



10 min.

T2 B5 5-0 Breakout Practice

Key Points:

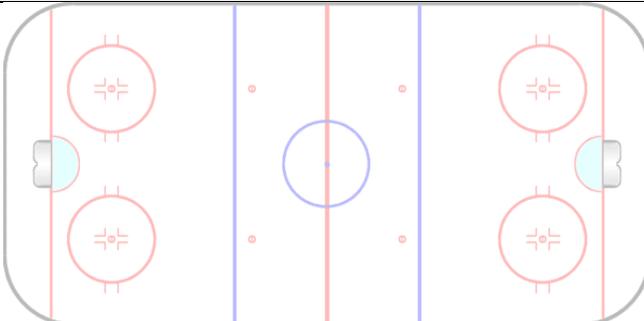
Breakout from both sides and practice all the options including D to D passes.

Description:

1. Coach dumps the puck in.
2. D go back and get the puck, move between the dots and pass or go D to D.
3. Forwards break out.
4. Pass the puck to the coach.
5. Coach dumps the puck in the other corner for another breakout.
6. Do all of the options; go, counter, wheel, reverse, reverse to wing, over.

Option: do a third breakout and the forwards skate to the red line and turn back attacking 3-2.

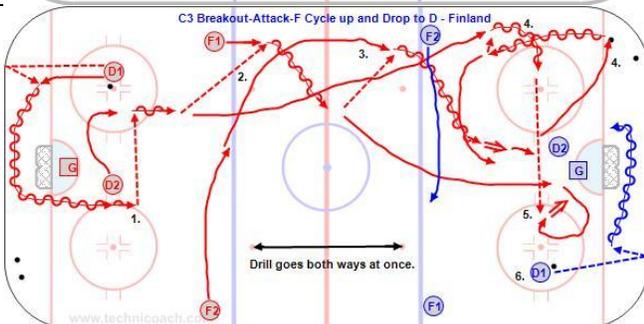
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8 min.

B6 D Double Pass to F x 2, Point Shot - Jalonen.wmv

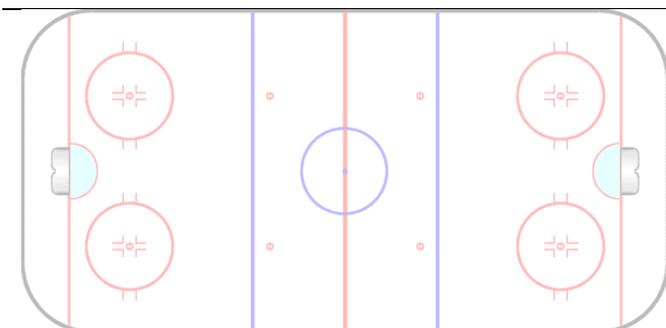
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7 min.

C3 Go, 3-0, Point Shot - Jalonen.wmv

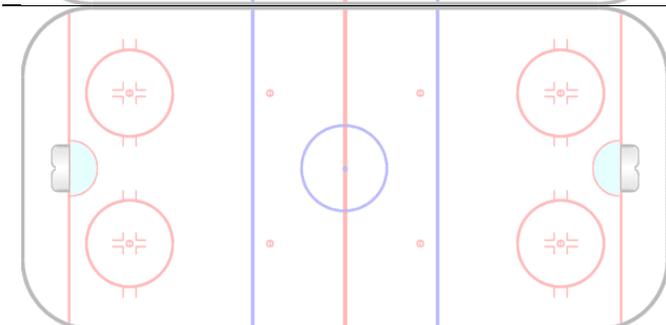
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5 min.

C3 D Reverse, 3-0, Point Shot - Jalonen.wmv

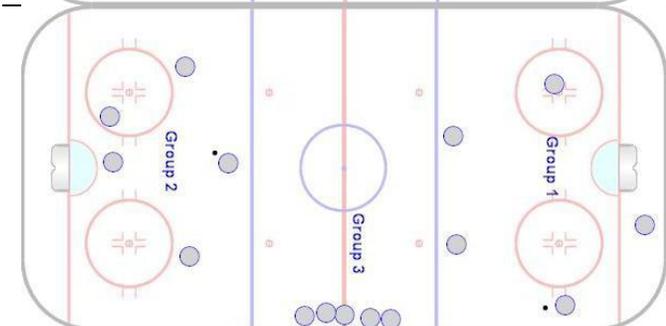
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5 min.

C3 D Behind, D-D, 3-0, F-D Switch - Jalonen.wmv

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10 min.

T2 Kingston Power Play and Team Play Rotation

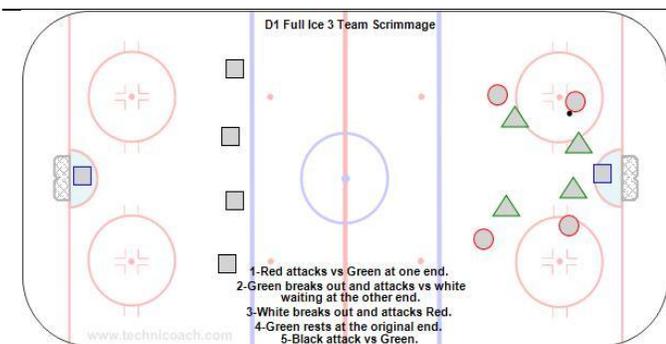
Key Points:

. Coach in each zone

Description:

- Line A at one end practice attack options.
- Line B at other end practice attack options. Both walk through pp 5-0.
- Line C in middle passing practice.
- On whistle line A dump the puck to the other end and breakout returning to the original end while group C replace group B at the far end and group B pass in the neutral zone.
- Repeat with group C breaking out and back and group B switch with group A who move to the middle.

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



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.

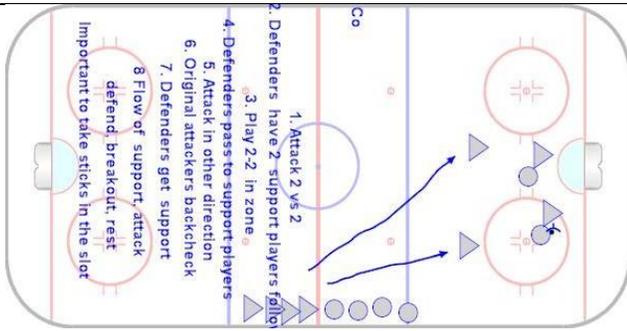
Description:

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.

They keep this rotation and play a game up to 5. Start another game at 0-0 but 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 at full strength and power play and penalty kill.

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10 min.

DT100 Backchecking Transition Game

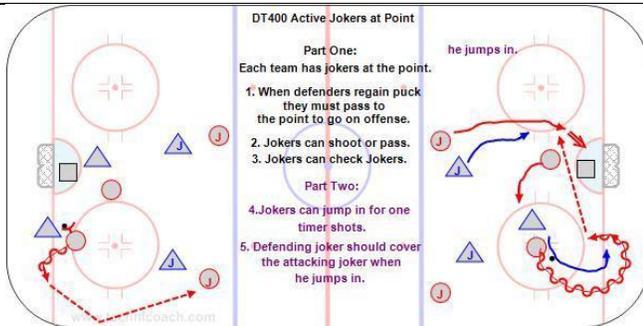
Key Points:

Attack quickly and the defender tie up the stick on the rebound then look for the puck.

Description:

Full ice game with the defenders getting support. New attackers have to get the breakout pass inside their zone. This works on quick passes and attack or the backchecker catches up. The backchecker must tie up sticks on the rebound and don't allow a second shot. The attacker must be quick and follow the shot. Defender make a breakout pass to the supporting player in the high slot.

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9 min.

DT400 Active Jokers at Point

Description:

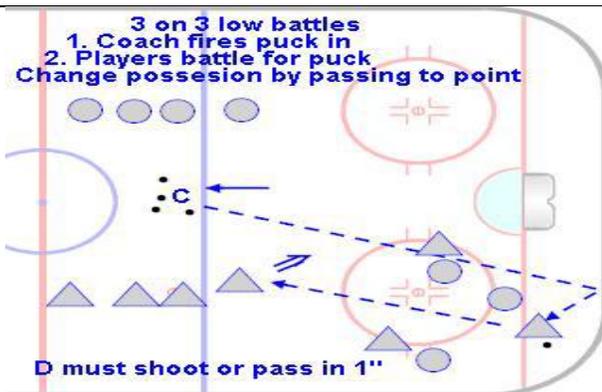
Part One: Each team has jokers at the point.

1. When defenders regain puck they must pass to the point to go on offense.
2. Jokers can shoot or pass.
3. Jokers can check the opponents Joker.

Part Two:

4. Jokers can jump in for one timer shots.
5. Defending joker should cover the attacking joker when he jumps in.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120603101824103>



9 min.

DT400 Transition Game of Low Battles with Point Support

Description:

1. One team is lined up behind each faceoff dot. From one to three players leave at a time.
2. The next player in line plays the joker at the point and must pass or shoot within a second.

Defenders do not check the joker as he can't go in and score.

3. The coach dumps the puck in or shoots on net and the teams race for the puck. Whoever gets the puck can shoot right away.

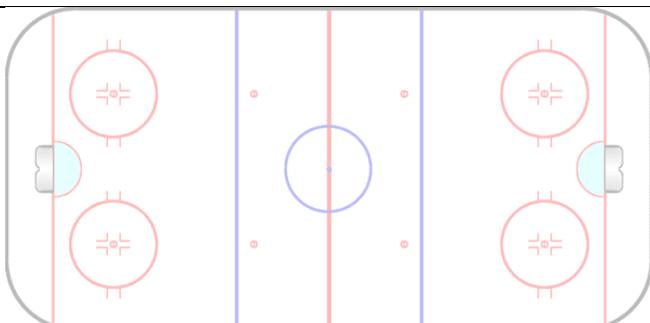
4. When the defending team gets the puck they must pass to their joker at the point to transition to offense.

5. If the puck is shot out of the zone the coach passes to the non-offending joker.

6. Play 20-30" and on the whistle the players pass to the coach and skate hard out of the zone

before the coach shoots a new puck in.

<http://www.hockeycoachingabcs.com/mediagallery/video.php?n=20090726102317243>



8 min.

E1 – Goalie choice shootout

