



Flyers

Practice Plan

Date: 11-06-12

16:00-17:30

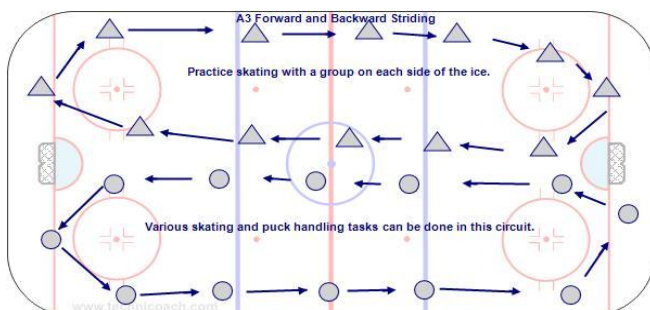
Max Bell

Lines:

Individual offensive skills, passing, shoot

Notes:

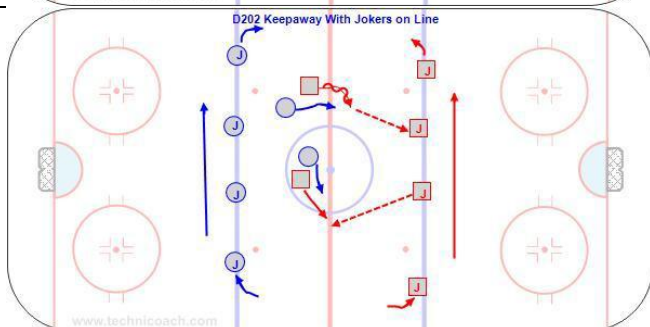
BREAKOUTS, keepaway, SAG, shootout



8 min.

5 - A3 Balance and Edges

5 – Big Moves



10 min.

D202 Keep-away With Jokers on Line

Key Points:

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

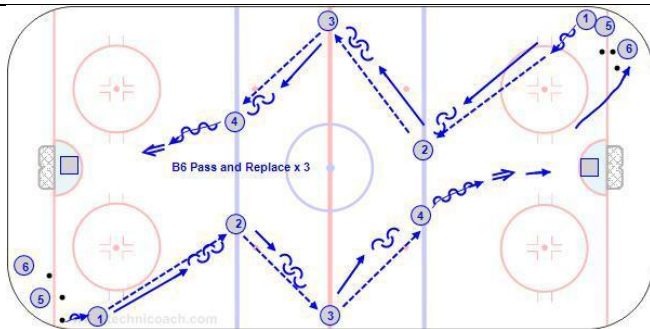
This is a great game to practice puck support, getting open, passing and puck protection.

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.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20121011224955196>



8 min.

B6 Pass and Replace x 3

Key Points:

Pass while skating then turn and face the player who is passing to you. Shoot before the hash marks and follow the shot for a rebound.

Description:

- A. 1 pass to 2 and follow the pass and turn and face 5 for a pass.
 - B. 2 pass to 3 and follow the pass.
 - C. 3 pass to 4 and follow the pass.
 - D. 4 skate in and shoot-rebound- go to the corner.
- # Do 2 or 3 minutes from each side. Alternate task by requiring backhand or saucer passes or a move before passing, etc.

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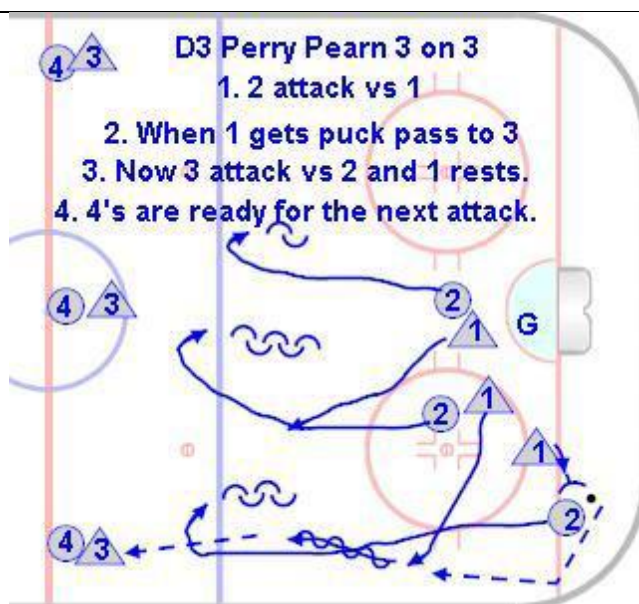
B6 D Double Pass to F x 2, Point Shot - Jalonen.wmv
<https://skydrive.live.com/redir.aspx?cid=bd6fa116988317e9&page=self&resid=BD6FA116988317E9!4131&parid=BD6FA116988317E9!4011&authkey=!AiNFDbHV5qQQtZA&Bpub=SDX.SkyDrive&Bsrc=Share>

C3 Go, 3-0, Point Shot - Jalonen.wmv
<https://skydrive.live.com/redir.aspx?cid=bd6fa116988317e9&page=self&resid=BD6FA116988317E9!4130&parid=BD6FA116988317E9!4011&authkey=!AiNFDbHV5qQQtZA&Bpub=SDX.SkyDrive&Bsrc=Share>

C3 D Reverse, 3-0, Point Shot - Jalonen.wmv
<https://skydrive.live.com/redir.aspx?cid=bd6fa116988317e9&page=self&resid=BD6FA116988317E9!4132&parid=BD6FA116988317E9!4011&authkey=!AiNFDbHV5qQQtZA&Bpub=SDX.SkyDrive&Bsrc=Share>

C3 D Behind, D-D, 3-0, F-D Switch - Jalonen.wmv
<https://skydrive.live.com/redir.aspx?cid=bd6fa116988317e9&page=self&resid=BD6FA116988317E9!4133&parid=BD6FA116988317E9!4011&authkey=!AiNFDbHV5qQQtZA&Bpub=SDX.SkyDrive&Bsrc=Share>

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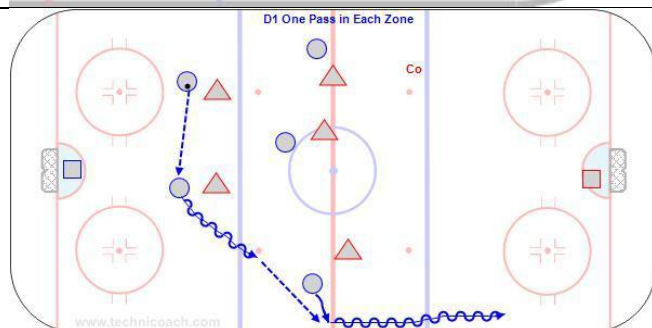


11 min.

DT400 Perry Pearn 2 on 2

Two six minute games.

Keep Score



10 min.

D1 One Pass in Each Zone

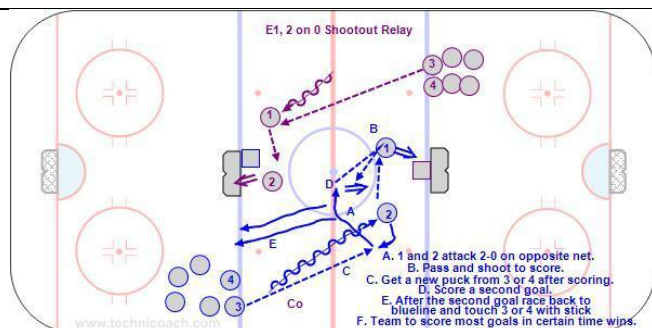
Key Points:

Close support, skate to open ice with the puck, give a target.

Description:

1. Play full ice either in shifts or all on the ice at once.
2. There must be at least one pass made in each zone. If not the other team gets the puck.
3. Controlled scrimmage so everyone stop on the whistle for coach input.
4. With shifts in a D100 game pass back to the goalie on the whistle.

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7 min.

E1 Two Goal Relay Race

Key Points:

Work on shooting one timers and scoring on rebounds. Good habits like face the puck, give a target with the stick on the ice. Limit of 2 passes before each shot.

Description:

- A. 1 and 2 attack 2-0 on opposite net.
- B. Pass and shoot to score.
- C. Get a new puck from 3 or 4 after scoring.
- D. Score a second goal.
- E. After the second goal race back to the blueline and touch 3 or 4 with stick on shin pad.
- F. Team to score most goals in certain time wins.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120914084920694>

