



## Flyers

## Practice Plan

Date: 11-08-12

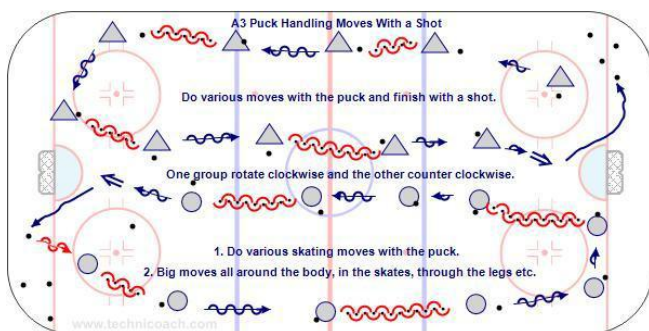
Time: 15:15-18:45

Ectas

Lines:

Notes:

Breakouts, shoot, pass, goaltending,  
Shootout, rebounds, 5-4, 5-3 PP, PK  
Backcheck

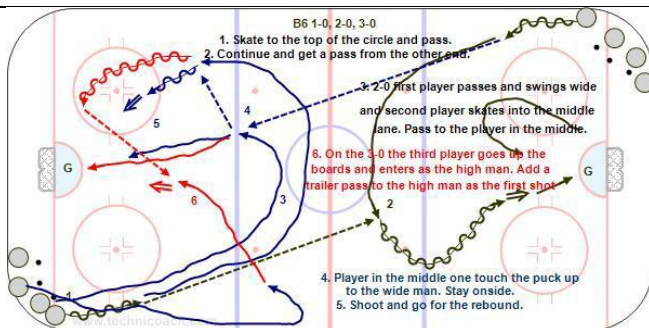


10 min.

### A300 Edges and Puck Handling with a Shot

1. Dark group skate down half the rink with a puck and shoot from the middle and white group skate the opposite way and shoot on the other net.
2. Skate on all of the edges and use big moves by reaching the opposite. i.e. Skate left and reach as far as you can to the right.
3. The players skating down the middle finish with a shot and then get a new puck.
4. Exercises are done while zig-zagging in and out.
  - a. Forward skate and alternate on the front inside edges.
  - b. Backward skate and alternate on the inside edges.
  - c. Skate forward and cross-over alternating on the outside edges.
  - d. Skate backward and cross-over alternating on the outside edges.
  - e. Open hip turn each way.
  - f. Slalom and reach as far as possible with the puck the opposite way.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20121108114316285>



8 min.

### B6 1-0, 2-0, 3-0 Small Horseshoe

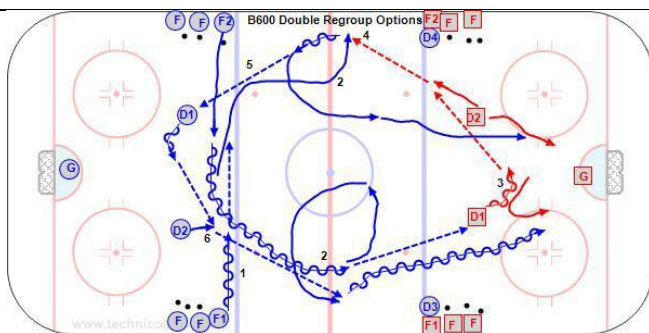
#### Key Points:

This is a great timing drill with good flow for early in the practice. Pass hard and get your top hand away from your body. Call for the pass. Give your stick and skates as a target.

#### Description:

1. Skate to the top of the circle and pass.
2. Continue and get a pass from the other end.
3. 2-0 first player passes and swings wide and second player skates into the middle lane. Pass to the player in the middle.
4. Player in the middle one touch the puck up to the wide man. Stay onside.
5. Shoot and go for the rebound.
6. On the 3-0 the third player goes up the boards and enters as the high man. Add a trailer pass to the high man as the first shot.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20120301081936833>



10 min.

### B600 Double Regroup Options

#### Key Points:

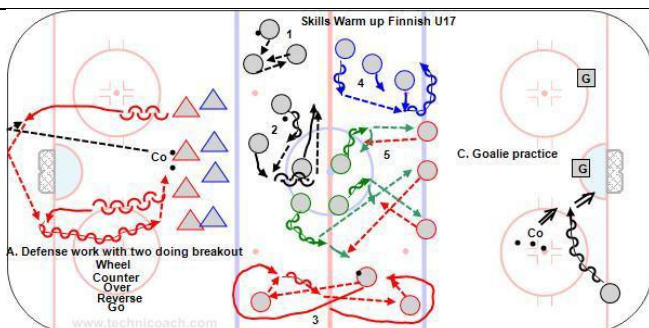
Regroup with each D and support from about a half zone away. Give a target and face the puck. Pass hard and always give strong side wall support and middle support.

#### 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=20120301090901108>

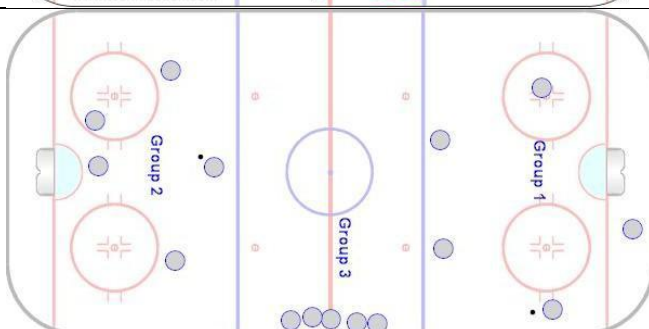


12 min.

### Sean – D breakout

### Tom – Forward skills

### Nat - Goalies

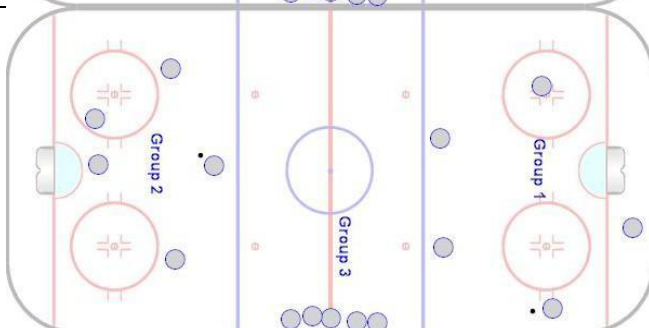


12 min.

### Kingston rotation

5-4 PK with Sean with 2 groups.

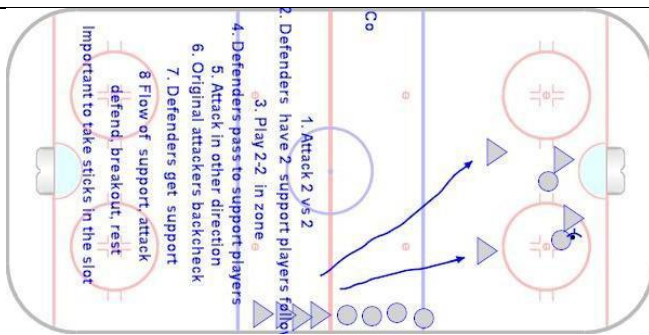
5-4 PP Tom G



10 min.

### PK Review 5-3 Sean

PP 5-3 Low Dice – Tom G



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:

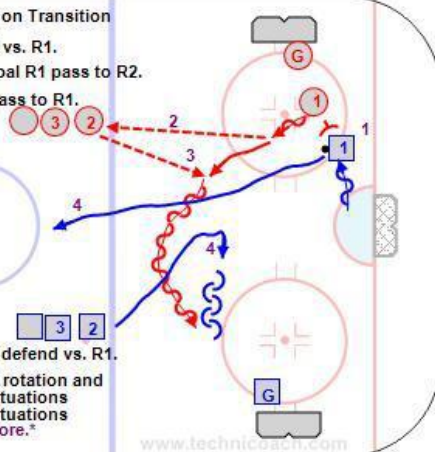
Full ice game with the defenders getting support. New attackers have to get the breakout pass inside their zone. This works on quick passes and attack or the backchecker catches up. The backchecker must tie up sticks on the rebound and don't allow a second shot. The attacker must be quick and follow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

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080719141212210>

#### D200 1-1 Pass to Line on Transition

1. B1 attack vs. R1.
2. On a turnover or goal R1 pass to R2.
3. R2 return pass to R1.

4. B1 leave and B2 defend vs. R1.
5. Continue this rotation and create situations and create situations  
\*Keep Score.\*



10 min.

### D200 1-1 Pass to Line on Transition

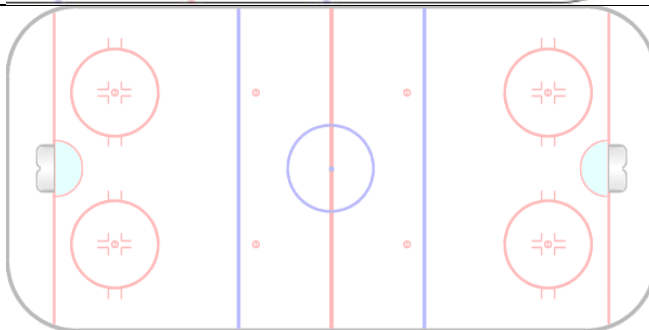
#### Key Points:

Defender coming on play a tight gap. Attacker use quick moves and get a shot on the net and follow for a rebound.

#### Description:

1. B1 attack vs. R1.
  2. On a turnover or goal R1 pass to R2.
  3. R2 return pass to R1.
  4. B1 leave and B2 defend vs. R1.
  5. Continue this rotation and create situations from 1-1 to 3-3.
- \*Keep Score.\*

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8 min.

### E1 2-0 Rebound Shootout at each end.

- Pass from middle to wide lane.
- Shoot from outside the dot to the far pad.
- Original passer crash the net for a rebound.
- Keep score