



Flyers

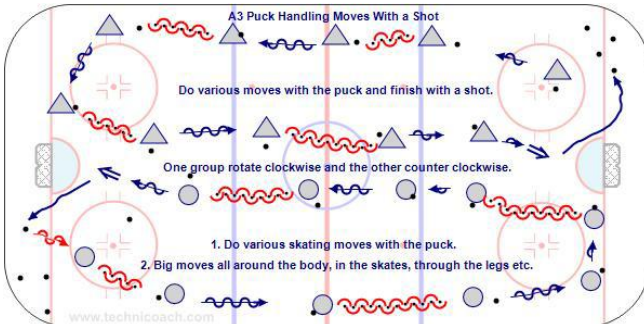
Practice Plan

Date: 11-12-12

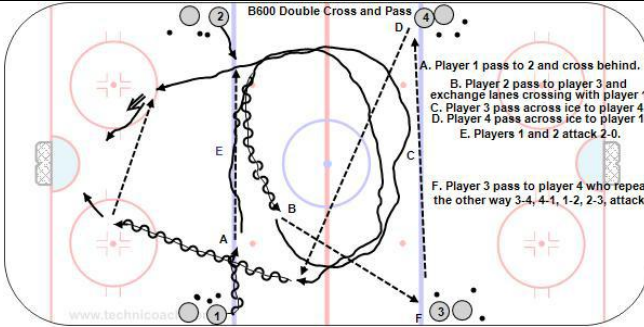
Time: 20-21:15

Bowness

Lines:	Notes:
Passing, shooting, puck support, tight zone	Play,



10 Skating Edges and Big Moves with a shot.



10

B600 Double Cross and Pass

Key Points:

Make hard passes. Players should face the puck.

Description:

A. Player 1 pass to 2 and cross behind.

B. Player 2 pass to player 3 and exchange lanes crossing with player 1.

C. Player 3 pass across ice to player 4.

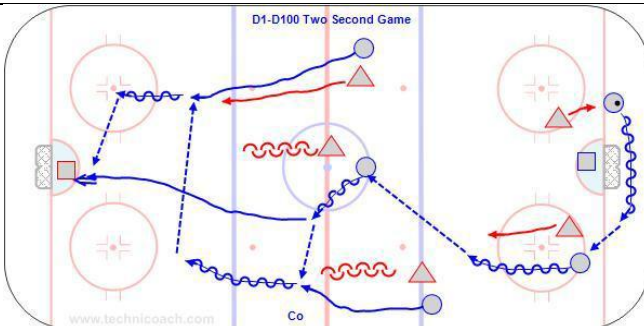
D. Player 4 pass across ice to player 1.

E. Players 1 and 2 attack 2-0.

F. Player 3 pass to player 4 who repeat the other way 3-4, 4-1, 1-2, 2-3, attack.

Options:

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DT100

3 on 3 2" game

D1-D100 Two Second Game

Key Points:

Supporting players must give close support plus depth and width. Puck carrier must skate hard to open ice and use escape moves, drive skating and cut backs to create passing lanes.

*This game can be played full, cross, half ice.

Great game for on ice awareness, passing skills and offensive support and defensive coverage.

Description:

1. Play full ice with either all the players on the ice at once or in shifts.

2. Players can be in possession of the puck for a maximum of 2 seconds.

3. Stress that when you get the puck the order of priorities should be:

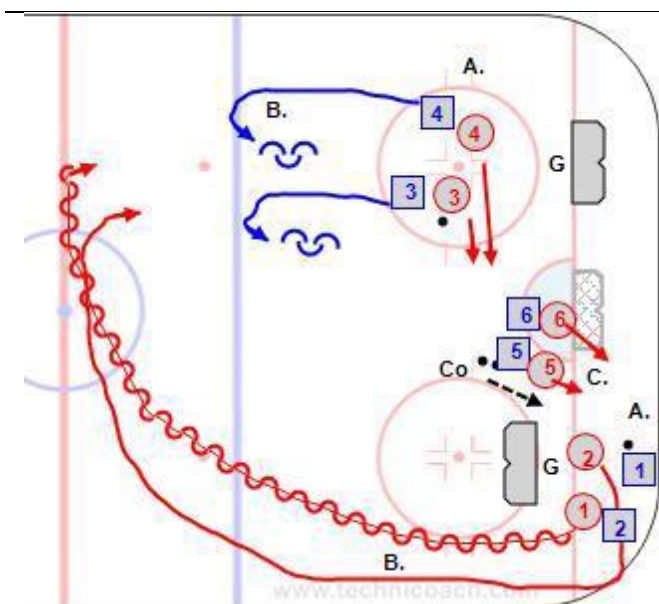
A-Make a play.

B-Regroup.

C-Gain a zone.

3. When over 2 seconds the other team gets the puck (coach monitor).

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20110324143851598>



10 min.

DT400 Kibyuk Small and Smaller Area Games at Once

Key Points:

Set one net up on the goal line below the face-off dot facing up ice and the other net facing the corner just inside the circle. The game is continuous and the coach shoot in a new puck on a goal.

Description:

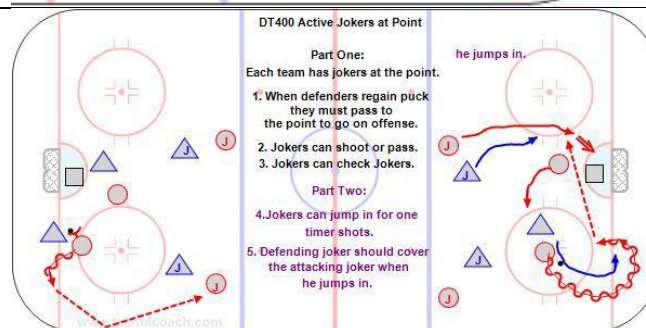
A. Blue 1 and 2 attack Red 1 and 2 in the corner and Blue 3 and 4 attack Red 3 and 4 from the red line.

B. Coach whistles and Red 1 and 2 carry the puck out to the red line and attack the other net vs. Blue 3 and 4.

C. Coach shoots in a new puck and Red 5 and 6 attack vs. Blue 1 and 2 in the corner. Red 3 and 4 return to the line.

Option: Vary the number of players from 1 to 3 and switch up who starts on offense half way through the game.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20121012034957748>



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DT400 Active Jokers at Point

Key Points

Each team has two jokers at the point. Introduce the game allowing jokers to check jokers and then add that jokers can come in for one timer shots.

This transition game creates three situations. In the first part the players at the point must get open and take a shot or make a pass. The defender practices covering the point. In the second part add that the jokers at the point can come in for a one timer shot

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.

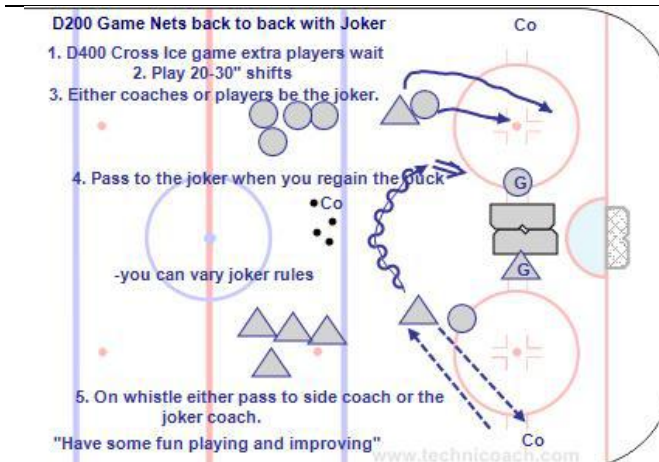
3. Jokers can check the opponents Joker.

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>



10 min.

D200 Game Nets back to back with Jokers

Key Points:

Transition from one role to another. Jokers can only hold the puck 1-2".

Description:

1. D200 Cross Ice game extra players wait outside the blue line.

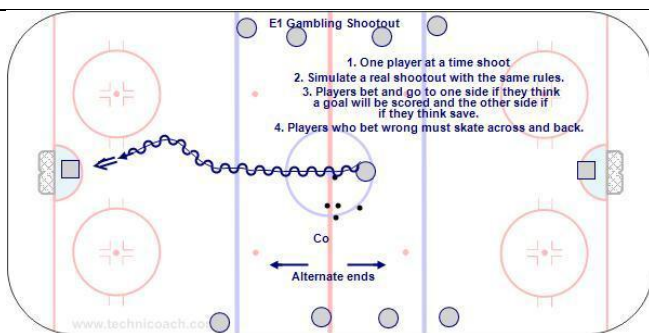
2. Play 20-30" shifts

3. Either coaches or players be the joker.

4. Pass to the joker when you regain the puck.

-you can vary joker rules

5. On whistle either pass to side coach or the



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E1 Gambling Shootout

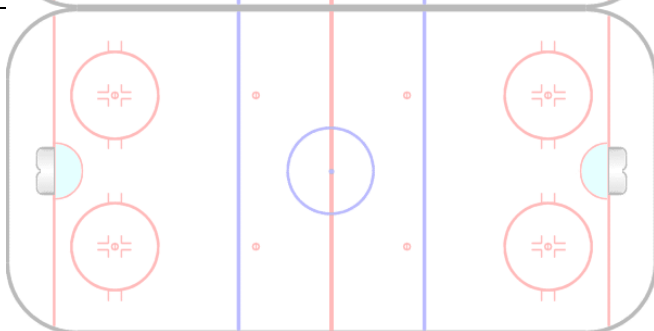
Key Points:

Simulate a real shootout by placing the puck on the dot and the player starting on the whistle and the goalie not moving until the player touches the puck. Get the goalie used to shootout skating.

Description:

1. One player at a time shoots.
2. Simulate a real shootout with the same rules.
3. Players bet and go to one side if they think a goal will be scored and the other side if they think save.
4. Players who bet wrong must skate across and back.
5. Alternate ends.

Explanation/Notes:



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