Flyers		**Practice Plan**	
Date: 11-13-12	**Time:**		**Venue: Max Bell**
Lines:		**Notes:**	
Shooting, passing, moves, one timers		Game situations.	
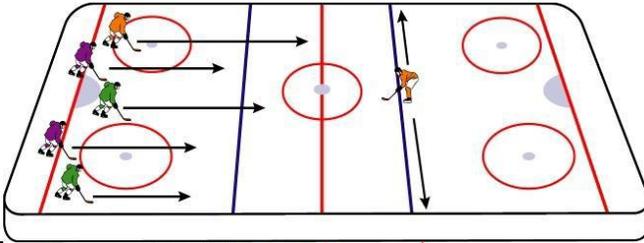
12 min,
- **British Bulldog**
- **Puck Dog**
- **Pass Dog**
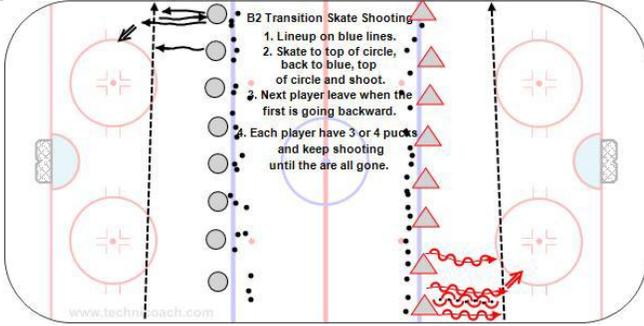
8 min.
B2 Transition Skate Shooting
*Key Points:*
Keep 2 hands on the stick and keep the feet moving. Hit the net.
Description:
B2 Transition Skate Shooting
1. Lineup on blue lines.
2. Skate to top of circle, back to blue, top of circle and shoot.
3. Next player leave when the first is going backward.
4. Each player have 3 or 4 pucks and keep shooting until the are all gone.
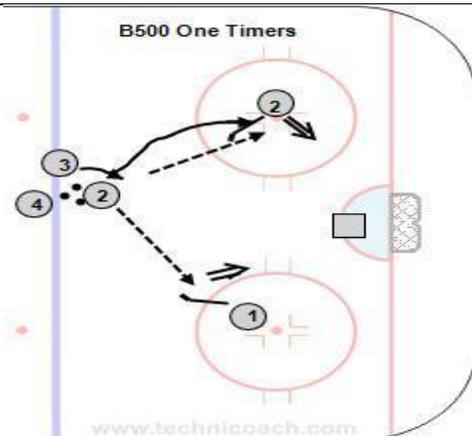

10 min.
 B500 One Timers at Each End
Key Points:
Square up for the shot and have the stick back as the pass is being made. Follow through with the whole body to the net and the lead knee pointing to the target.
Description:
1. One leave the line and get a pass from 2 on the off wing and shoot.
2. Two leave after passing and get a pass from three.
3. Continue this rotation and progressively increase the speed of the passes.
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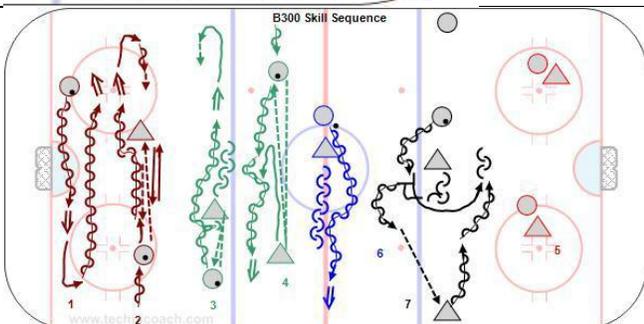
10 min.

 B3 Passing and Partner Practice
Key Points:
This is a great formation for partners to work together on passing or puck handling. You can even progress to one net or cross ice games and include more players. Practice shooting quickly, Use many moves vs. a passive opponent and increase the movement

progressing to cross ice games.

Description:

1.Partner pass stationary and then skating. Incorporate going around each other as well.

2. Skate across ice and shoot at boards.

3. Skate-give and go-deke-shoot quickly.

4. Skate-give and go-deke moving D-Shoot.

5. Give-go,defender close gap-deke-shoot.

6. Partner keep-away.

7. 1 on 1 game-use line on boards or nets.

8. 1 on 1 game. Pass to waiting partner on whistle, goal or when defender regains puck.

9. Cross ice game and use small nets or the line on the boards as the goal. Play tournaments.

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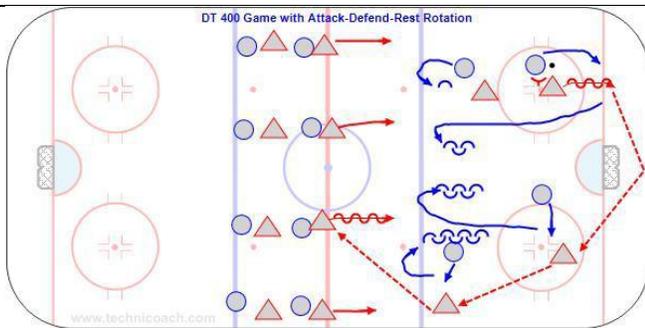
12 min.

DT 400 Game with Attack-Defend-Rest Rotation 4-4

Key Points: Mike Johnston demonstrates a quick 3 on 3 transition game. It is similar to the Perry Pearn game but the emphasis is on quick transition and the offside rule and gaining the blue line first isn't stressed. This rotation can be used from 1-1, 1-2, 2-2. 3-2, 2-3 3-3, 4-3, 3-4, 4o-5, 5-4, 5-5, 6-5 to practice team play, especially if you have 15 or less skaters. Mike explains the benefits of using transition games and suggests that only two colours be used at practice to enable more game like drills and games. Put half the D and half the F in one colour each. You can have more than two groups per team.

Description:

1. Players line up behind the red line with the defending team at the front of the line. Use two colours, i.e. white and blue.

2. Three whites attack vs. Three blue defenders.

3. After a goal, a puck frozen by the goalie or the defense gains possession pass to blue team mates at the red line.

4. Original white attackers defend vs the three new blue players and the original three blue defenders rest at the back of the line.

*This is a great rotation to practice team play.

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10 min.

D200 Keepaway U22

Key Points:

Role One - the player with the puck must protect it and skate to open ice.

Role Two - player without the puck must get open and give a target.

Role Three - player checking the puck carrier must have the stick on the puck and in the passing lane.

Role Four - player away from the puck must see the puck and the player they are covering. Stick in the passing lane and body on the defensive side.

Description

1.Players line up on both blue lines. Two players from each team play keepaway in the neutral zone.

2.They pass to each other or to the same colour on the blue line.

3. Keep score with a point for making 5 or 7 consecutive
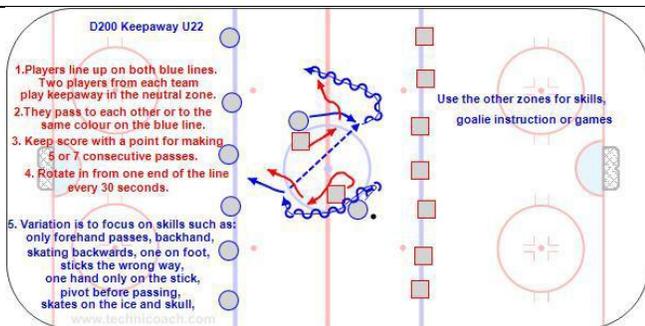
passes.
4. Rotate in from one end of the line every 30 seconds.
5. Variation is to focus on skills such as: only forehand passes, backhand, skating backwards, one on foot, sticks the wrong way, one hand only on the stick, pivot before passing, skates on the ice and skull.
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DT400 Regroup Game of 2-2
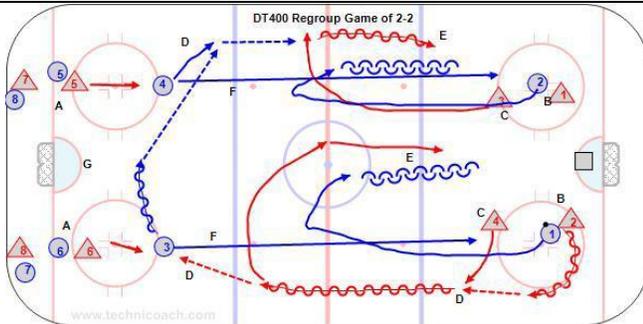
10 min.
 DT400 Regroup Game of 3-3
Key Points:
This is a continuous flow game. When supporting from top of the circles act like wingers and give wall and middle breakout options. If the attackers come above the top of the circles the defenders there can check the puck carrier.
* Add regroups-dump ins.
Description:
A. Players line up below the circles on each side.
B. Offensive 1 and 2 attack vs. defenders 1 and 2.
C. Defenders 3 and 4 support 1 and 2 from the top of the circles.
D. After a goal, frozen puck or breakout 3 and 4 regroup with the opposition 3 and 4 who hinge and pass.
E. 3 and 4 attack vs original offensive 1 and 2.
F. After hinging the new 3 and 4 support the defending 1-1 from top of the circles.
G. Continue this flow of hinge and pass-support-breakout-regroup-attack-defend-rest.

DT400 One Goal Full Ice Team Play Scrimmage
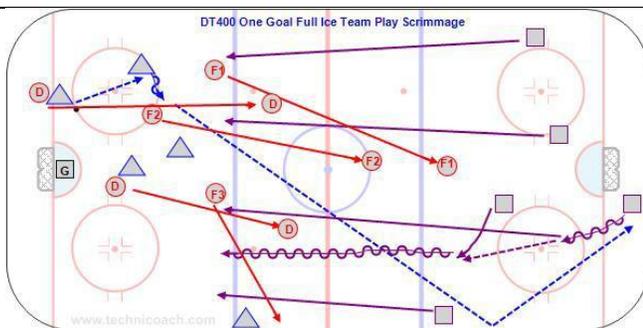
10 min
 DT400 One Goal Full Ice Team Play Scrimmage
Key Points:
Practice team play situations with 3 groups. It is best to have one colour for each group. The next group to attack waits at the far end.Practice from 3-3 to 6-5 in a controlled scrimmage mode. Coach can give input while the players wait at the far end.
*Description:*
1. Red circles attack vs. Blue triangles either even or odd situation. Extra blue on the side if it is on the pk.
2. On a goal, frozen puck or turnover the blue fires it to the other end and forechecks.
3. Purple breakout and attack vs. blue and the red sets up to breakout at the far end.
4. Continue this rotation of ATTACK-DEFEND-SET UP AT FAR END.

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8 min.
Reboumd

C faceoffs