



Flyers

Practice Plan

Date: 11-15-12

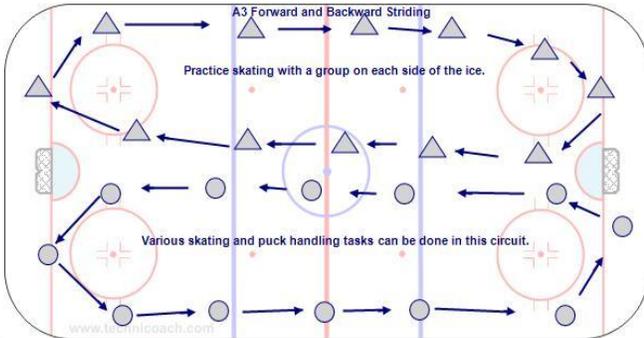
Time: 17:15-18:45

Venue: ECTAS

Lines:

Edges, Big Moves, 1-1, low zone play, pk, pp
Battling, defensive concepts.

Notes:

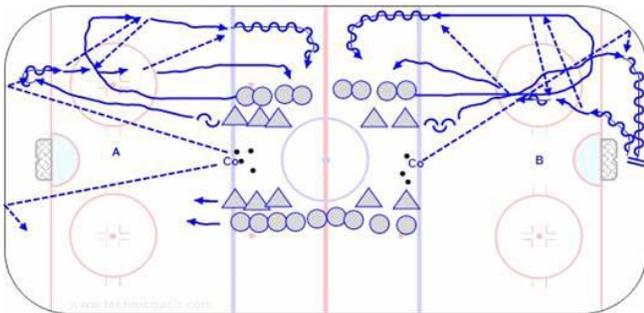


15 min.

5 min.

Balance and Edges with a puck. Green one way, white the other shoot at one end each.

5 min. Switch Direction and Do big moves warm-ups. Captains lead.



6 min.

B5 Murdoch Breakout Routine A and B

Key Points:

This is a good routine to use at the start of practice instead of just skating around the ice aimlessly.

- Work for 5-10 min. and get in a lot of reps.
- D shoulder check on the way to the puck.
- Forwards funnel through middle lane and watch puck before swinging up the boards.

Description:

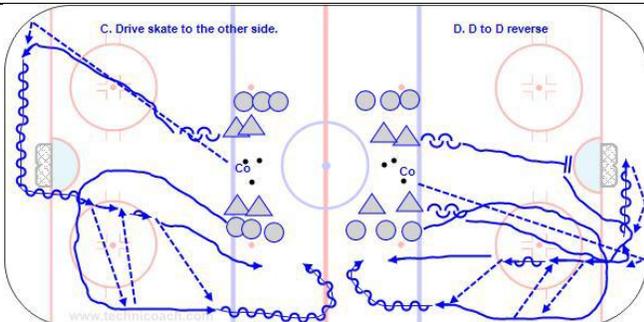
Wings and Defense

A. Coach shoots puck in and D gets the puck and passes to the wing who times his skating from inside to outside. D to W back to D and up to wing. Then repeat on the other side. All forwards take turns getting the pass on the wing.

B. Coach shoots the puck in and D skates back to get in while the wing times his skating from the middle to the outside lane.

The D drives the back of the net and stops and goes out the same direction making a counter pass to the wing, who returns the pass and gets another pass. Repeat on the other side.

<http://www.hockeycoachingabcs.com/mediagallery/video.php?n=20080720200745971>



6 min.

B5 Murdoch Breakout Routine C and D

Key Points:

Defenseman Shoulder check on the way to read the forechecking pressure.

Forwards read the play from the middle lane and time it so they are skating up the boards for the pass. If the forechecker follows you behind use the reverse.

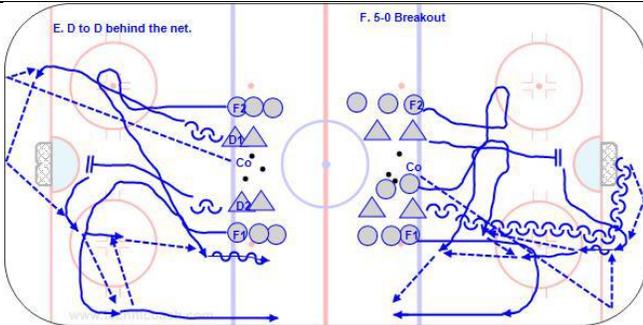
Description:

C. Coach dumps the puck in and the D gets in and drive skates hard to the back of the net and up the ice between the dots. Pass D to W

to D to W.

D. Coach dumps the puck in and the D gets it and drive skates to the back of the net to draw the forechecker then passes back off the boards to the other D who has called reverse from the front of the net. D2 passes to W to D2 to W and out.

<http://www.hockeycoachingabcs.com/mediagallery/video.php?n=20080720200746400>



8 min.

B5 Murdoch Breakout Routine E and F

Key Points:

On all of these both wingers can go and time their skating to be available for the pass. Add the centremen to do 5-0 full ice reps.

Description:

E. Coach dumps the puck in D1 gets it, D2 skates to the front of the net and calls for the pass D to

D. Both wings watch the puck from the middle zone and time their skating to be available for the pass. D1 behind to D2 to F1 to D2 to F2 and out. try to pass to all three forwards and back to D twice. i.e. D to C to D to F2 to F1.

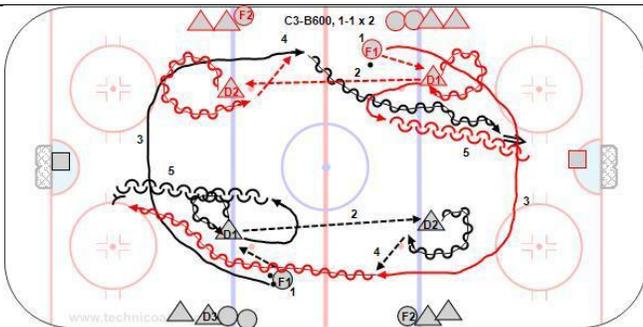
F. Coach calls the breakout (i.e. reverse) and all 5 breakout and try to score at the other end.

Practice all of the options doing about 2 reps each line of 5.

Example:

At my last nights practice I had groups of 5 in the middle and they did from A-F as a 5-0, I dumped the puck in one side and then the other and they passed back to me when they got over. After two breakouts they return 3 on 2.

<http://www.hockeycoachingabcs.com/mediagallery/video.php?n=20121101085219680>



10 min.

C3-B600, 1-1 x 2

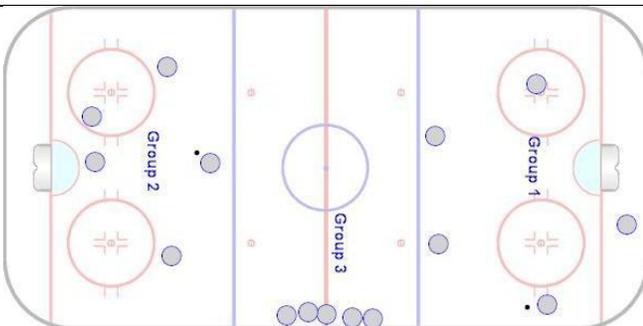
Key Points:

Hard passes and face the puck always giving a target. D should get a tight gap as soon as possible.

Description:

1. F1 from each side pass to their D1.
2. D1 pass to D2 on the same side.
3. F1's swing to the other wide lane after passing.
4. D2's pass to the F1's
5. F1's attack vs D1's on the other side.
6. F2's pass to D2's to repeat drill.

- <http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090812173641629>

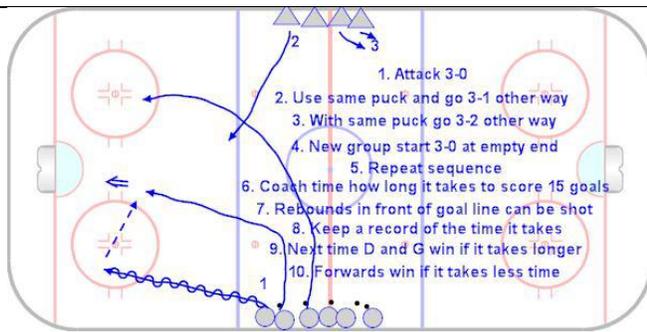


25 min.

-two groups pp and pk review at one end

-one group pp options at one end.

- rotate each 10 min.



10 min.

C3 15 Goal 3-0 3-1, 3-2

Key Points:

Forwards create 2-1 situations with close support and speed. One player always hard to the net on a middle drive on a shooting play and a wide drive if they are open. Headman the puck and move through the neutral zone quickly and make the first pass in the offensive zone early. Defenders must talk and identify coverage. Protect the middle of the ice and only play the puck carrier if he is vulnerable. Give the shot from the outside. Jam the trailer with legs in the shooting lane and stick in the passing lane. It is critical to have tight gaps and not just back in.

Description:

Players are lined up along the boards in the C3 formation. Have 2 colours of jerseys and play one team vs the other if you have enough players. You can have D on one side and F on the other or they can wait on the side they will be playing.

1. Three forwards take a puck and attack 3-0. The attack is over when the puck is over the goal line. (unless the coach wants a cycle and a shot).
2. Use the same puck and go the other way attacking 3-1 vs a D from the other colour (coach puts in a new puck if there is a goal).
3. Attack 3-2 in the original direction.
4. Three F from the other coloured team attack 3-0 on the vacant end.
5. Repeat sequence.

<http://www.hockeycoachingabcs.com/mediagallery/video.php?n=20120922115420197>

10 D400 Transition Game of Low Battles with Point Support

Key Points:

Great game to practice cycling, going to the net, screening, tipping, point shots, shot pass, one timers on offense. On defense you have the low zone coverage and communication skills. As well as individual techniques like sealing the stick to the outside, tying up sticks, boxing out, switching, all from the defensive side.

Description:

1. One team is lined up behind each faceoff dot. From one to tree 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

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

