



Flyers

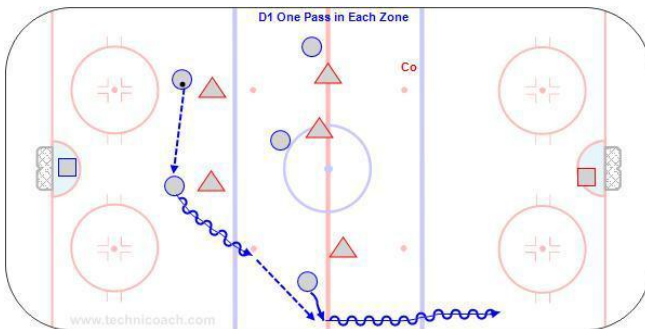
Practice Plan

Date: 11-19-12

Time: 20:00-21:15

Bowness

Lines:	Notes:
Pass, skate to big ice, edges and balance, Quick attack.	Breakout, F and D switch, protect puck, battle



10 min.

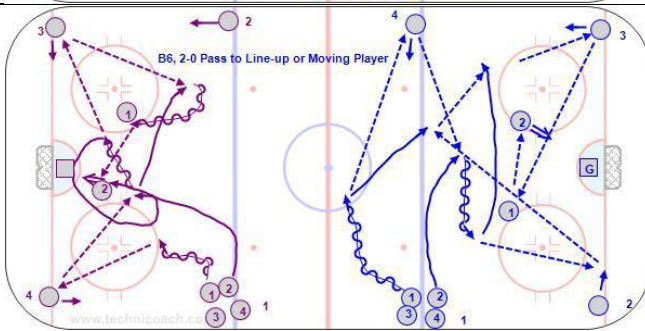
Edges and balance game.

-flat footed

-slalom

-one leg

-backward



8 Pass to lineup or moving players

B6, 2-0 Pass to Line-up or Moving Player - Pro

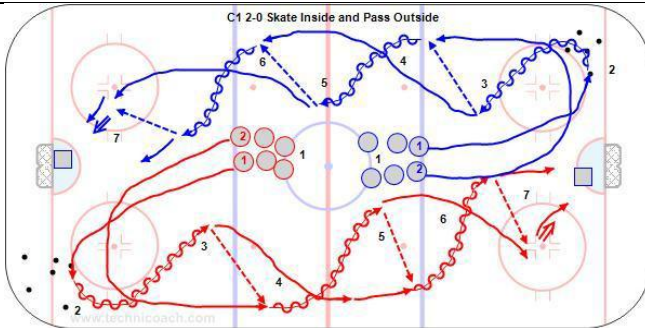
Key Points:

Always face the puck and give a target. Pass and go for a return pass. Stick to stick passes.

Description:

1. Players are in four spots. At each blue and goal line.
2. Player 1 -2 leave and skate full speed making as many passes as they can in 10 seconds.
3. Pass to each other and the four corners.
4. After a certain amount of passes or on the whistle attack the net and shoot.
5. Maximum of one pass allowed while attacking the net.

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8 min.

C1 2-0 Skate Inside and Pass Outside

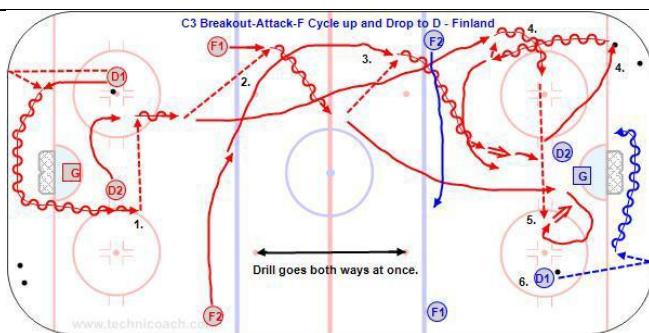
Key Points

Skate to the big ice between the dots with the puck and pass to the outside. Pass and follow the pass taking the ice behind.

Description:

1. Line up in the C1 formation at the bluelines.
2. Two players leave from the front of each line and get a puck from the corner.
3. The first player skate inside the dot with the puck and pass to the second player on the outside.
4. First player follow the pass and cross 'taking the ice behind.'
5. The second player receive the pass and skate between the dots.
6. The second player now passes wide to the first player and follows the pass.
7. Shoot and rebound after one pass in the offensive zone.

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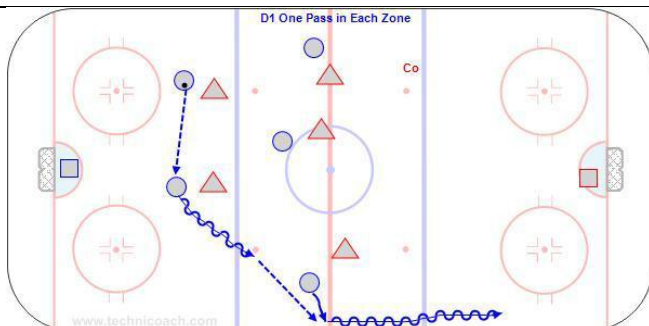
12 min. Sean do with variations in D to D
C3 Breakout-Attack-F Cycle up and Drop to D - Finland
Key Points:

This drill has a breakout at each end with a 3-0 attack 2 F and 1 D. Attackers move to the big ice when they get the puck. It ends with a high cycle and pass to the strong side D.

Description:

1. D1 drive the back of the net and pass across to D2.
2. D2 move the puck up the ice quickly to either F1 or F2 who is cutting across from the weak side.
3. F1 and F2 always carry the puck to the inside and pass to the outside and shoot at the far end.
4. Either F1 or F2 get a puck from the corner and cycle high up the boards and pass to D2.
5. D2 either shoot or pass to F1 or F2 who is skating to the net on the weak side.
6. This drill happens at each end at the same time.

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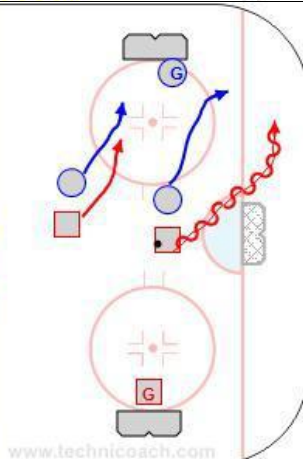


10 Full Ice 3-3 One pass in each zone.

Change on the go.
Keep score.
Loser do task.

D200 Coach Call Options - U22

1. Play cross ice 2-2 to 5-5.
2. If the coach calls out 1 then the player cannot pass the puck.
3. If the coach calls out 2 then the player can pass.
4. Keep score and play 20-30 second shifts.



10 min.

D200 Coach Call Options - U22

Key Points:

Player with the puck must protect it or make plays depending on the number the coach calls. The player without the puck either gets open for a pass or sets picks and screens to support the puck carrier.

Description:

1. Play cross ice 2-2 to 5-5.
2. If the coach calls out 1 then the player cannot pass the puck.
3. If the coach calls out 2 then the player can pass.
4. Keep score and play 20-30 second shifts.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20121109165327614>

D200 Game With Varying Situations

1. Teams line up near the dots outside of the blue line.
2. Coaches tell each team how many will go on the whistle.
3. Send from one to five
4. Shifts of 20".
5. Keep score.



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8 min.

D200 Game with Various Situations

Key Points:

Players must be alert to the changing situations from one to four opponents and communicate with each other. Only use one puck and pass to team mates on the whistle. Extra pucks can be dangerous when stepped on and hockey is played with one puck.

Description:

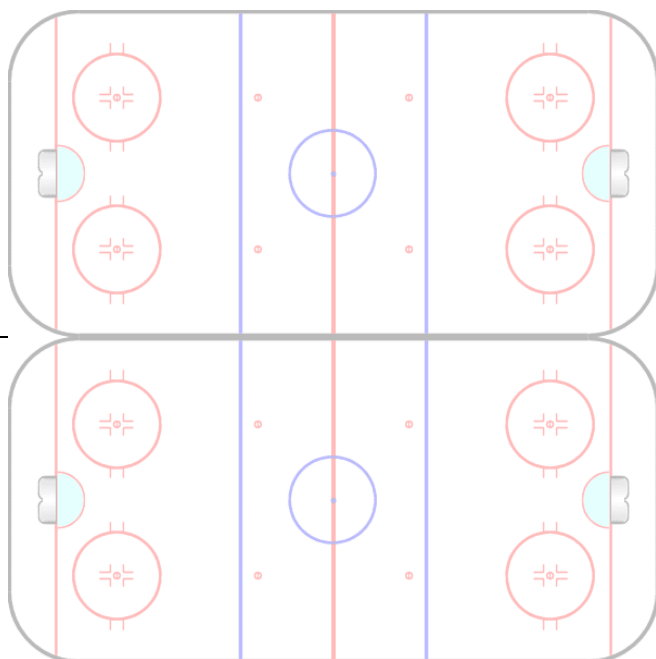
1. Teams line up near the dots outside of the blue line.
2. Coaches tell each team how many will go on the whistle.
3. Send from one to five, depending on how many are at the practice.
4. Shifts of 20".
5. Keep score.

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8 min.

E1 Speed Scoring 2-1 to 2-2 - Suomi

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Explanation/Notes: