



## Flyers

## Practice Plan

Date: 29-11-12

Time: 17:15-18:45

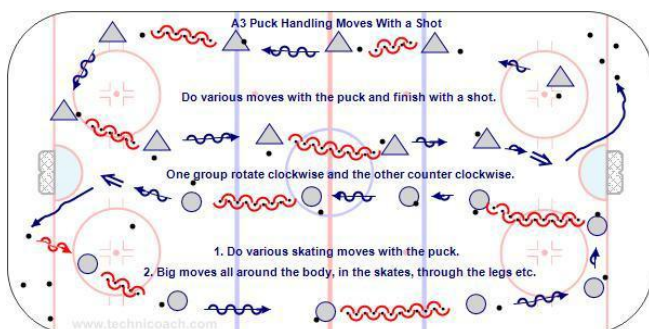
Venue: ECTAS

Lines:

1-3-1 Hard Trap, offensive skills,  
Support,

Notes:

Defensive skills, passing, 1-1, 2-1, quick



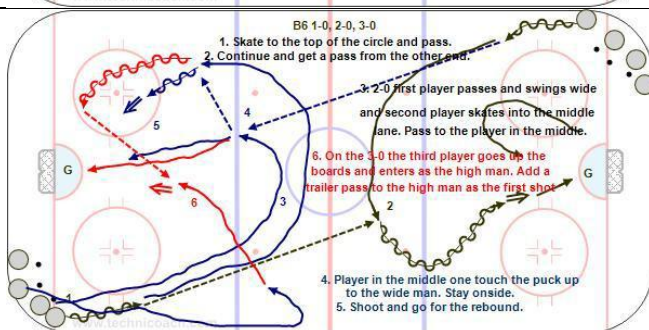
10 min.

**A300 Edges and then Puck Handling with a Shot**

**Key Points:**

Move the puck all around the body in two circles going opposite directions. Finish with a shot. Use all of the edges and big moves reaching as far as possible.

<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>



15 min.

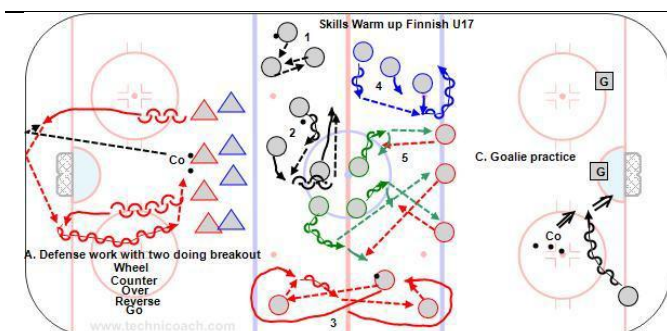
**D100 Two Second Game**

**Key Points:**

Players must switch right away from offense to defense to loose puck and constantly change roles from, 1-puck carrier, 2-puck support, 3-check puck carrier, 4-cover away from the puck.

**Description:**

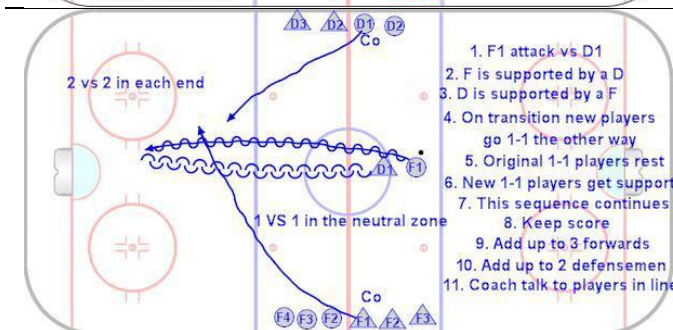
1. Play a full ice game of 3-3, 4-3, 4-4, 5-4, 5-5, 6-5 with the extra players on the bench.
2. change on their own
3. Players can only have the puck for 2" and must make a play, gain a zone or shoot.
4. Possession from first touching the puck for over 2" leave the puck for the other team.
5. Encourage talking, facing the puck, always give a target.



**15 min.**  
**Sean D and LW**

**Tom RW and C**

- Tight area skills.
- 1-1-1
- 1-1 box game in front.



**12 min.**  
**DT100 Continuous 1-1, 2-1**

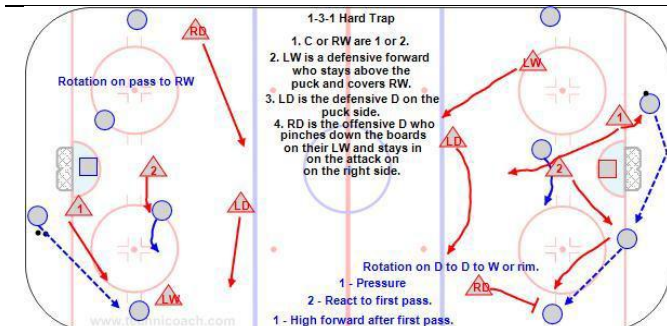
**Key Points:**

Forward gets support from a defenseman and the D gets support from a forward.

**Description:**

1. Forwards line up in the neutral zone on one side and D on the other on their offensive side of the red line.
2. Start with a 1-1 and the supporting players join the play when the puck enters the zone and play 2-2.
3. This is a game and not a drill, so no whistles. Original players leave when the puck is carried over the blue line and there is a 1-1 the other way with the players who supported.
4. If the puck is dumped out the players stay on and regroup.
5. Situations up to a 3-2 each way can be practiced with this flow.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20100821121211421>



**15 min.**  
**1-3-1 trap review**  
**kSean – D and LW**  
**Tom – RW and C**

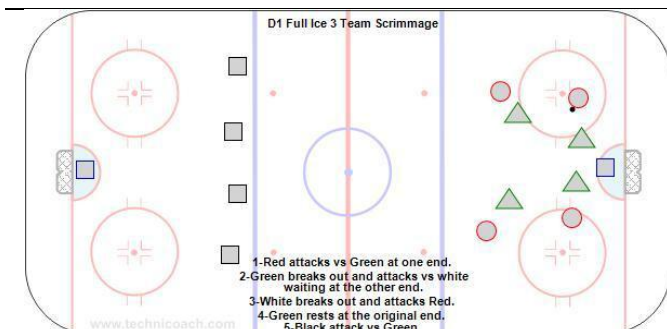
**1-3-1 Hard Trap**

**Key Points:**

First forechecker pressure inside to outside. Second forechecker pressure the D to D pass and cover the C on if the D with the puck has control or passes to the wing.

**Description:**

1. C or RW are 1 or 2. One pressures the puck carrier and two support from the middle taking away the pass up the middle and pressure on a D to D or cover the C on a pass to the wing.
2. LW is a defensive forward who stays above the puck and covers RW.
3. LD is the defensive D on the puck side.
4. RD is the offensive D who pinches down the boards on their LW and stays in on the attack on the right side.
5. Player 1 (C or RW) come back through the middle and become F3 on a D to D or rim.



**10 min.**  
**D1 Full Ice 3 Team Scrimmage with Dump In to Practice 1-3-1**

**Description:**

Three teams play full court or full ice.

- 1-Red attacks vs Green at one end.
- 2-Green breaks out and attacks vs. Black waiting at the other end.
- 3-Black breaks out and attacks Red.
- 4-Green rests at the original end.
- 5-Black attack vs. Green.

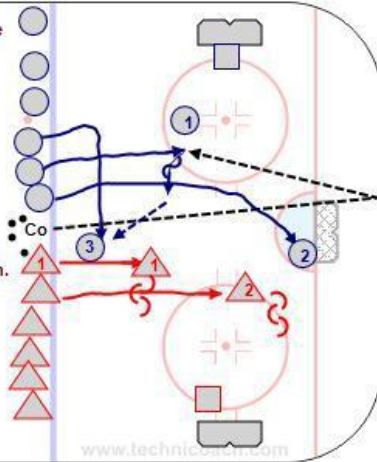
<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=2012013110134174>

#### D400, 3 on 3 Team Play Practice

1. Coach shoots the puck in.
2. Coach calls 2-1, 3-2, etc.
3. Alternate advantage.
4. Play 20-30 seconds.
5. Keep score.

On the whistle either.

- a. Pass the puck to the coach.
- b. Pass to goalie who passes.
- c. Pass to teammate coming on.



8 min.

#### D200 Cross Ice Uneven Situations

##### Key Points:

Play 1-2, 1-3, 2-3 to work on both offensive and defensive out number situations.

Stress good habits and moving the puck to a player in better position.

The coach can also implement modified rules to create situation. i.e. goals must come from one timers.

##### Description:

1. Coach shoots the puck in.
2. Coach calls 2-1, 3-2, etc.
3. Alternate advantage.
4. Play 20-30 seconds.
5. Keep score.

On the whistle either.

- a. Pass the puck to the coach.
- b. Pass to goalie who passes to a team mate coming on.
- c. Pass to team mate coming on. You could also simply leave the puck.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090802114759629>

7 min.

#### E1 D200 Shootout Game

##### Key Points:

As soon as there is a rebound or goal the defender pick up the puck and attack the other way.

##### Description:

1. Coach dumps the puck in and players race for it.
2. Puck carrier try to score defender defend.
3. On rebound or goal defender attack other way.
4. Shooter must get outside of the blue line.
5. When teammate outside then first player in the line backchecks.

