



## Flyers

## Practice Plan

Date: 27-11-12

Time: 16:00-17:30

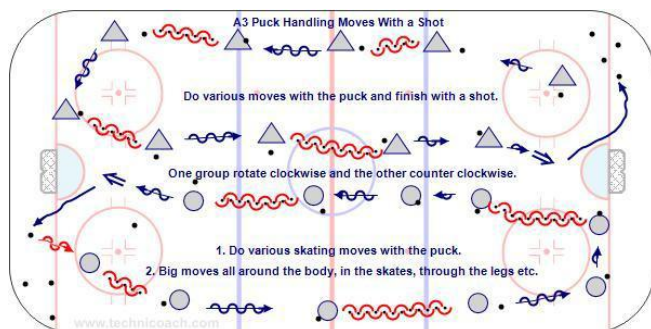
Venue: Max Bell

### Lines:

Intro to 1-3-1 Trap, passing, shooting, skate

### Notes:

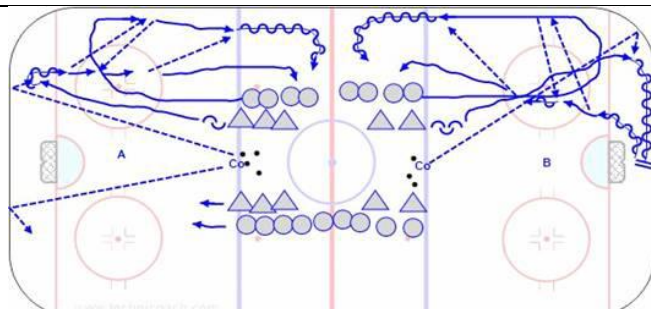
Quick support, breakouts, 1-1, 2-1, 2-2, 3-3, 4-4



10 min.

- **A300 Edges and Puck Handling with a Shot**
- Exercises are done while zig-zagging in and out.
  - Forward skate and alternate on the front inside edges.
  - Backward skate and alternate on the inside edges.
  - Skate forward and cross-over alternating on the outside edges.
  - Skate backward and cross-over alternating on the outside edges.
  - Open hip turn each way.
  - Slalom and reach as far as possible with the puck the opposite way.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20121108114316285>



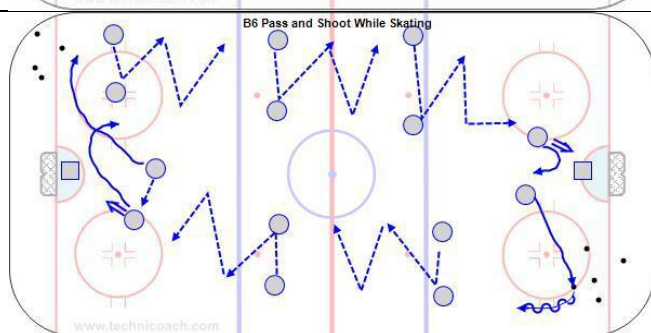
10 min.

### B5 Murdoch Breakout Routine 2-0 to 5-0

#### 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.



8 min.

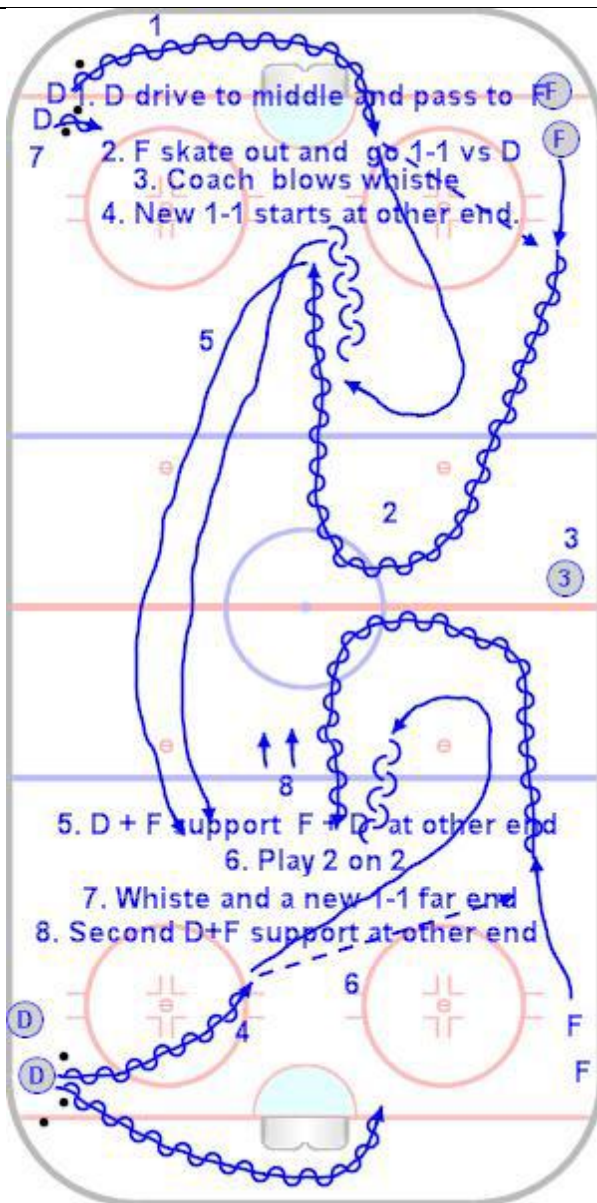
### B6 Pass and Shoot While Skating

#### Key Points:

Most players have to coast before passing or shooting. In this exercise the players must keep their feet moving. It is important to keep the stick square to the puck and the hands away from the body.

#### Description:

1. Leave 2-0 from each corner and allow the players in front 2 or 3 passes before starting.
2. Pass while skating they can be one touch or two touch then pass.
3. Shoot before reaching the hash marks and rebound.
4. Switch sides with the inside player going to the outside when you go the other way.
5. Switch corners after a few minutes so the goalies get shots from the other side.



**12 min.**

B6 1 on 1 to 2 on 2 with Both Offensive and Defensive Support

There is a 1-1 at one end and on the whistle there is another 1-1 at the far end. The D jumps up to support the attacker and the F must backcheck. It becomes a 2-2.

Progress to a 2-1 which becomes a 3-3, a 3-1 or 2-2 which become 4-4 and a 3-2 which becomes a 5-5.

Progress.

1-1

2-1

2-2



**15 min.**

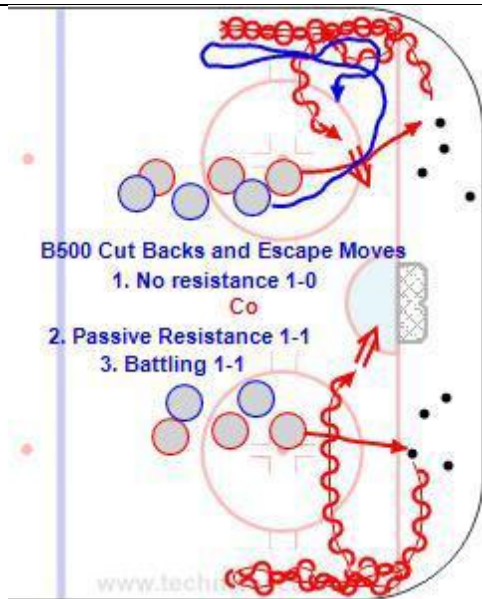
### **1-3-1 Hard Trap Introduction**

#### **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 right side.
5. Player 1 (C or RW) come back through the middle and become F3 on a D to D or rim.



**12 min.**  
**Sean with D.**

### Tom Forwards cut backs.

#### B500 Cut Backs and Escape Moves

##### Key Points:

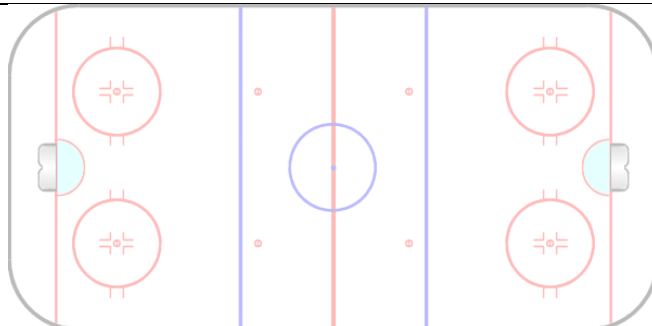
Protect the puck with the body on offense. Cut back turning toward the boards. Defender stay lined up with the back of the inside shoulder and stick on the puck.

##### Description:

1. Leave on the whistle and practice cut backs, tight turns. Go to the net on the second whistle while the next players leave.
2. Two players leave and the second player stays on the D side with the stick on the puck and gives passive resistance.
3. This is a battle and the defender tries to get the puck. On the second whistle whoever has the puck go to the net.

\*Without goalies both sides can go at once and with a goalie alternate sides. Players switch sides after doing both offense and defense.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2011041612155482>



**15 min.**  
**D100**

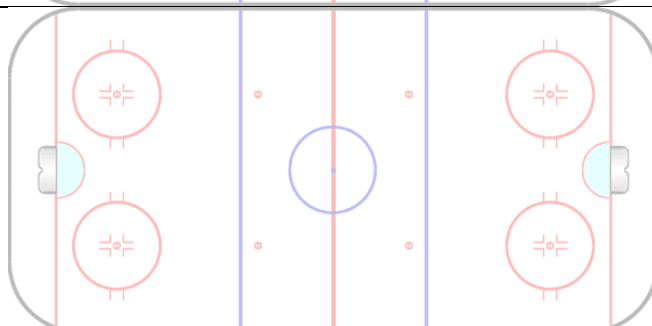
**4-4 second game.**



**8 min.**

Full Ice 2 v 0 Scoring Game:

- Play starts on whistle, both sides going at same time
- X1 & X2 race to score 2 goals vs O1 & O2
- After 1st goal X1 & X2 retrieve puck from far blue
- Both players must cross red line on regroup
- After 2nd goal players sprint back to cross red line
- First side to cross red line with 2 goals gets point



**Explanation/Notes:**