



Flyers

Practice Plan

Date: 11-20-12

Time: 16:00-17:30

Venue: Max Bell

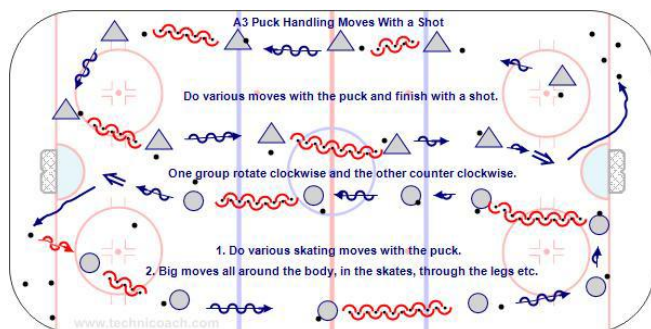
Lines:

Breakout, forecheck, power play, D join attack

Notes:

1-1, 2-1, 2-2

10 min



A300 Edges and 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.

Description:

1. Dark group skate down half the rink with a puck and shoot from the middle and white group skate the opposite way and shoot on the other net.
2. Skate on all of the edges and use big moves by reaching the opposite. i.e. Skate left and reach as far as you can to the right.
3. The players skating down the middle finish with a shot and then get a new puck.

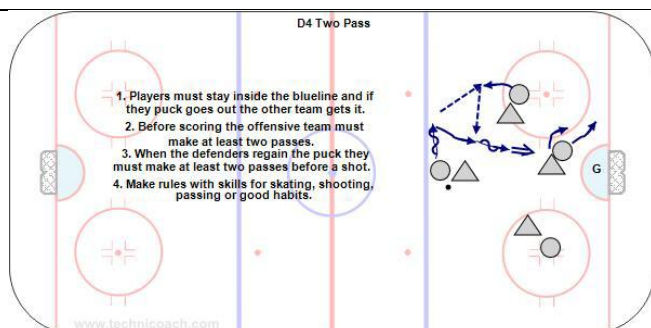
<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20121108114316285>

12 min

Two Pass x 2

Description:

1. Players must stay inside the blueline and if they puck goes out the other team gets it.
2. Before scoring the offensive team must make at least two passes.
3. When the defenders regain the puck they must make at least two passes before a shot.
4. Game 1 – only forehand passes
Game 2 – must take 3 hard strides.



8 min.

B600 Regroup, Hinge, Quick Up-Detroit

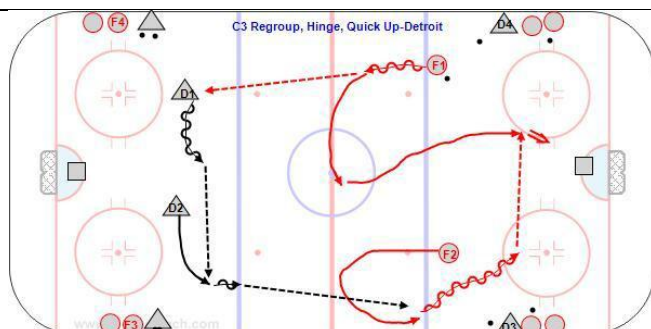
Key Points:

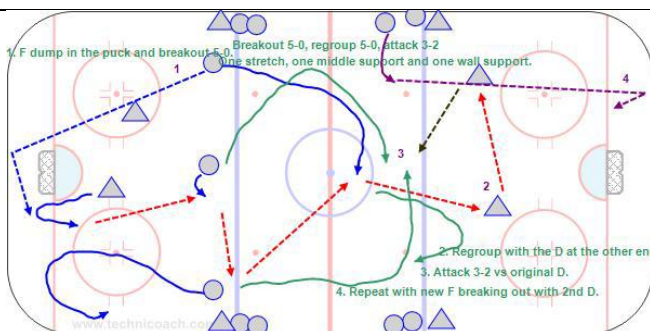
Hinge and push the puck up the ice quickly. Strong side F stretch and weak side give middle support.

Description:

1. F1 skate and regroup with D1.
 2. D1 skate to the middle and pass to D2 in the wide lane.
 3. D2 quick up to F2 who stretches on the strong side boards.
 4. F1 and F2 attack.
- Repeat the other way with F3 regrouping with D3.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20101128092923497>





8 min.

C3 Breakout 5-0, Regroup 5-0, Attack 3-2

Key Points:

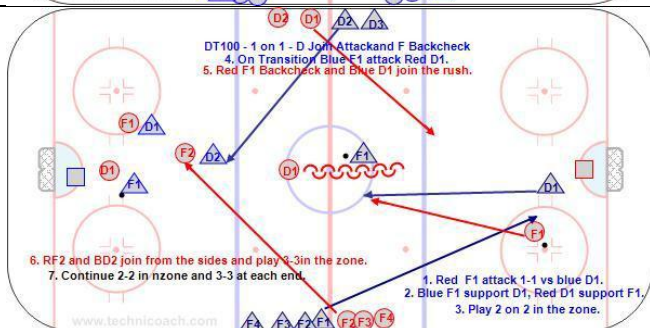
One stretch, one middle support and one wall support.

Description:

Breakout 5-0, regroup 5-0, attack 3-2.

One stretch, one middle support and one wall support.

1. F dump in the puck and breakout 5-0.
2. Regroup with the D at the other end.
3. Attack 3-2 vs original D.
4. Repeat with new F breaking out with 2nd D.



8 min.

DT100 Continuous 1 on 1 D - Join Attack F Backcheck

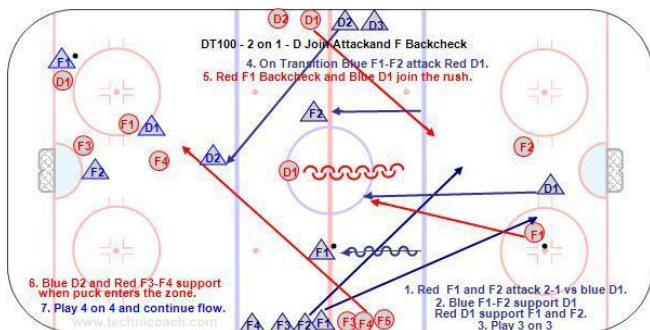
Key Points:

Forwards cover D and D cover F's. One D should join the attack to create triangles and one forward backcheck. Play tight gaps and attackers create 2 on 1's on the rush. Play 5-5 at each end.

Description:

1. Forwards line up on one side and defense on the other.
2. Start with a 1 on 1 attack Blue F1 vs. Red D1.
3. When the puck enters the zone defensive Red F1 support Red D1 and Blue D1 support Blue F1.
4. On transition Red D1 join new attack and Blue F1 backcheck.
5. If the puck is dumped out with no possession the offensive team regroup and attack again.
6. Red F1-D1 now go 2 on 2 in the other direction vs. Blue D1-F1.
7. Blue F2 support Blue D1 - F1 and Red D3 support attacking Red F1-D1.
8. This rotation continues with a 3-3 in each zone.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20121104082522829>



5 min.

DT100 - 2 on 1 - D Join Attack and F Backcheck

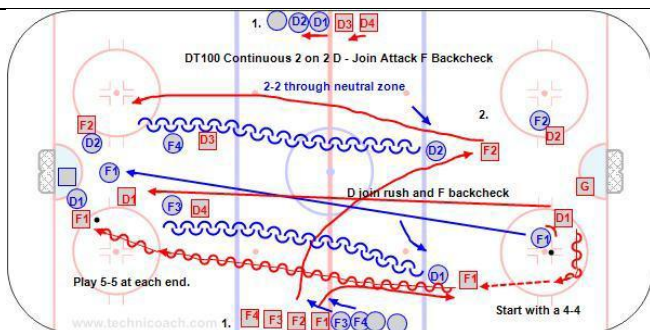
Key Points:

This is a continuous 2-1 with one D joining the rush and the high F backchecking. Forwards enter the zone to support the defense and then attack and one backcheck. Defense support from the point, defend and then join the attack. Coach can vary the number of F or D to create different situations in each zone.

Description:

1. Red F1 and F2 attack 2-1 vs blue D1.
2. Blue F1-F2 support D1, Red D1 support F1 and F2.
3. Play 3 on 3
4. On Transition Blue F1-F2 attack Red D1.
5. Red F1 Backcheck and Blue D1 join the rush.
6. Blue D2 and Red F3-F4 support when puck enters the zone.
7. Play 4 on 4 and continue flow.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20121104082851444>

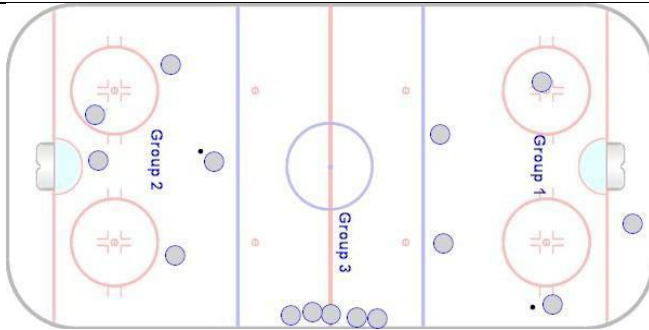


5 min.

DT100 Continuous 2 on 2 D - Join Attack F Backcheck

Description:

1. Forwards line up on one side and defense on the other.
2. Start with a 2 on 2 attack Blue F1 and F2 vs Red D1 and D2.
3. When the puck enters the zone defensive Red F1 and F2 support Red D1 and D2 and Blue D1 and D2 support Blue F1 and F2.
4. On transition Red D1 join new attack and Blue F1 backcheck.
5. If the puck is dumped out with no possession the offensive team regroup and attack again.
6. Red F1-F2-D1 now go 3 on 3 in the other direction vs. Blue D1-D2-F1.



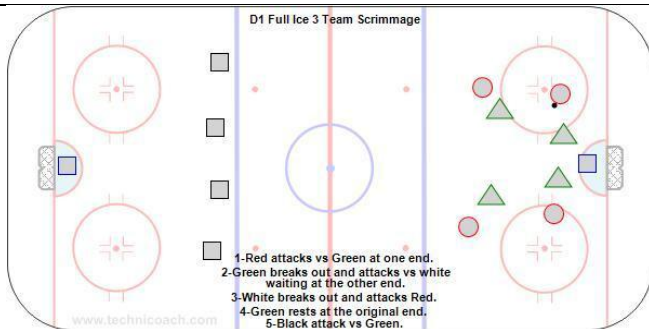
10 min.

Kingston PP rotation with Forecheck review at one end.

Description:

- Line A at one end practice attack options.
- Line B at other end practice attack options. Both walk through pp 5-0.
- Line C in middle passing practice.
- On whistle line A dump the puck to the other end and breakout returning to the original end while group C replace group B at the far end and group B pass in the neutral zone.
- Repeat with group C breaking out and back and group B switch with group A who move to the middle.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20121022102206766>



10 min.

D1 Full Ice 3 Team Scrimmage

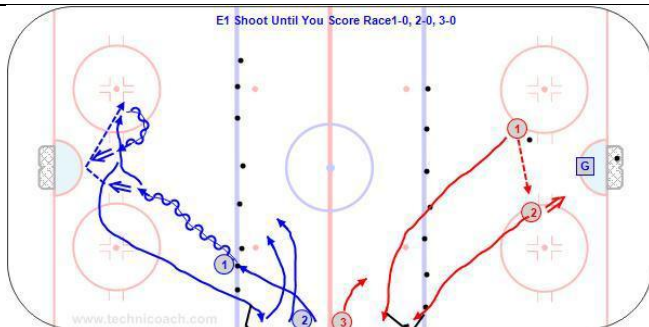
Description:

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.

They keep this rotation and play a game up to 5. Start another game at 0-0 but switch who they attack first i.e. now Green attacks Red and Red attack vs. Black and Black vs. Green. This rotation can be used to practice team play at full strength and power play and penalty kill.

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



10 min.

E1 Shoot Until You Score Race 1-0, 2-0, 3-0

Key Points:

Players should attack quickly, pass early, shoot to score. Go

Description:

1. Place one puck on the bluelines for each player on the bench
2. One player leaves from the bench and must keep shooting
3. Scoring player skate hard to the bench and touch the board attack 2-0.
4. Repeat after a goal and attack 3-0.
5. All three players rush back and touch the boards and then
6. The team that scores all the pucks first wins.