



## Flyers

## Practice Plan

Date: 03-12-12

Time: 18:30

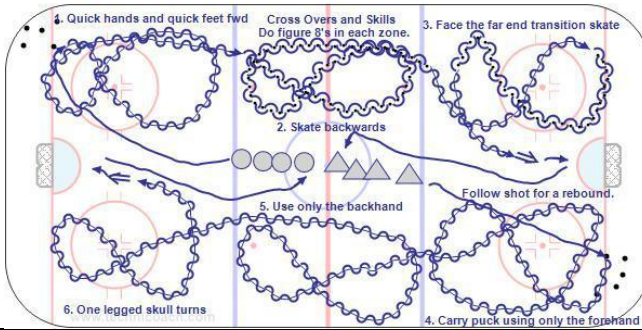
Venue: SAIT

### Lines:

Cooperation, puck skills, passing,

### Notes:

Competition, quick thinking, support

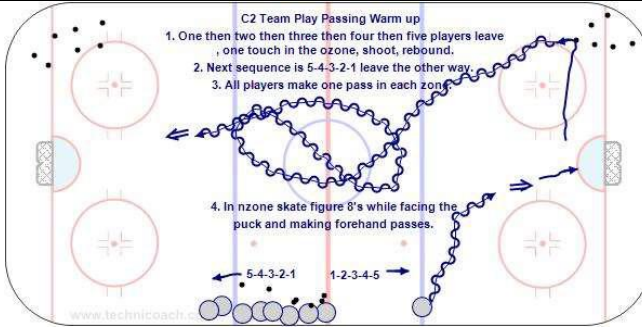


8 min.

### One side F-B-Transition

Other side

-Only forehand  
-only backhand  
-heel to heel



8 min.

### C2 1-2-3-4-5-5-4-3-2-1 Pass and Shoot Warm-up

#### Key Points:

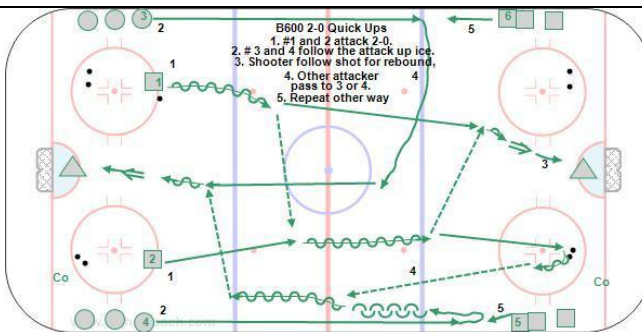
Face the puck and pass on the forehand. Stay in each zone until all players have made a pass.

#### Description:

1. One then two then three then four then five players leave, one touch in the ozone, shoot, rebound.
2. Next sequence is 5-4-3-2-1 leave the other way.
3. All players make one pass in each zone.
4. In neutral zone skate figure 8's while facing the puck and making forehand passes.

\*When there is only one player do a figure eight or touch both knees.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20111103221612750>



10 min.

### B600 2-0 Quick Ups

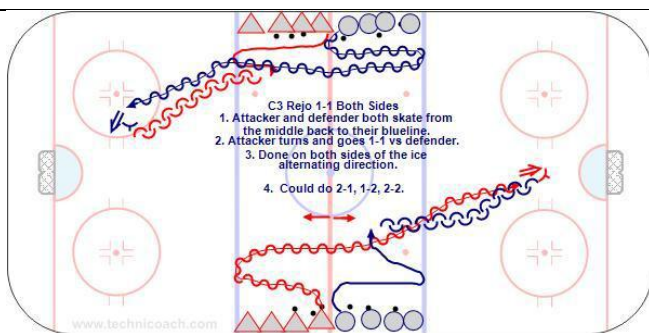
#### Key Points:

Have good habits with the shooter looking for a rebound. New attacker on the puck side should face the passer and player on the weak side cut across the ice and give a target.

Move the puck up ice quickly and call for passes.

#### Description:

1. #1 and 2 attack 2-0.
2. # 3 and 4 follow the attack up ice.
3. Shooter follow shot for rebound,
4. Other attacker get a new puck and pass to 3 or 4.
5. Repeat other way with shooter following the shot and the other attacker passing to 5 or 6.
6. Continue this flow.



9 min.

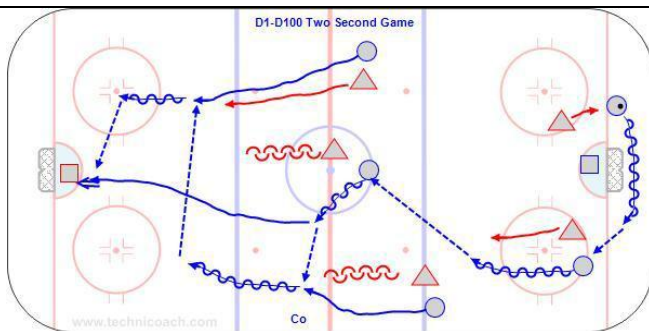
### C3 Rejo 1-1 Both Sides - Gap Control

#### Key Points:

The defender needs to get within a sticklength of the attacker before the blue line. Attacker should try moves, dekes, fakes, change of pace, shooting beside the D's foot. **Description:**

1. Attacker and defender both skate from the middle back to their blue line.
2. Attacker turns and goes 1-1 vs defender.
3. Done on both sides of the ice alternating direction.
4. Could do 2-1, 1-2, 2-2.

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15 min.

### D1-D100 Two Second Game

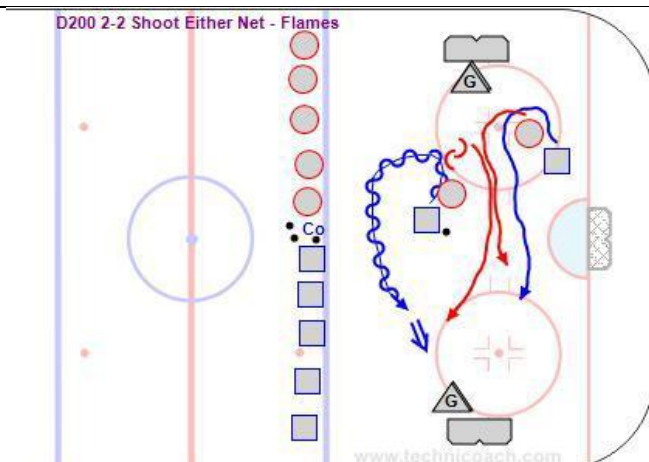
#### Key Points:

Supporting players must give close support plus depth and width. Puck carrier must skate hard to open ice and use escape moves, drive skating and cut backs to create passing lanes.

#### Description:

1. Play full ice with either all the players on the ice at once or in shifts.
2. Players can be in possession of the puck for a maximum of 2 seconds.
3. Stress that when you get the puck the order of priorities should be: 3. When over 2 seconds the other team gets the puck (coach monitor).

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20110324143851598>



8 min.

### D200 2-2 Shoot Either Net – Flames

#### Key Points:

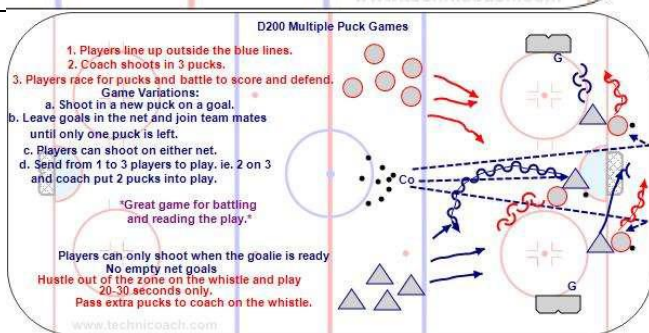
Quick reading the rush and change the point of attack. Need quick feet and quick thinking. Get defenders to commit then change direction. No reaching penalties.

#### Description:

1. Two teams on blue line with one at each half.
2. Play with only one puck in the playing area.
3. Players can score at either end.
4. Keep score.

\*Alternative is to play from 1-1 to 5-5 with the same rule that you can score on either net.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120717094107392>



10 min.

### D200 3 on 3 With 3-2-1 Pucks

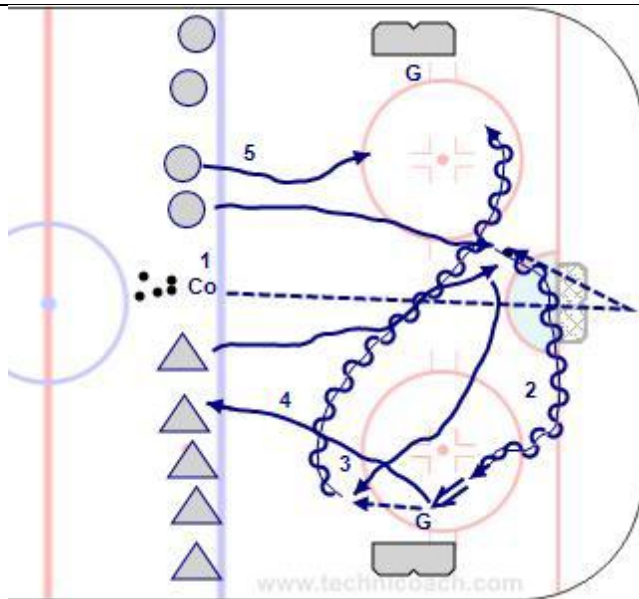
#### Key Points:

- Players can only shoot when the goalie is ready.
- No empty net goals.

#### Description:

1. Players line up outside the blue lines.
2. Coach shoots in 3 pucks.
3. Players race for pucks and battle to score and defend.
4. Hustle out of the zone on the whistle and play 20-30 seconds only.
5. Leave the puck in the net after a goal is scored..

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=201110060922424>



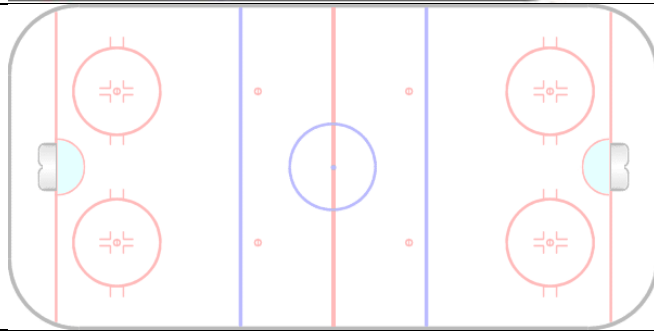
## E1 D200 Shootout Game 1-1, 2-2

### 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.



### Explanation/Notes: