



Flyers

Practice Plan

Date: 04-12 -12

Time: 16:00-17:30

Venue: Max Bell

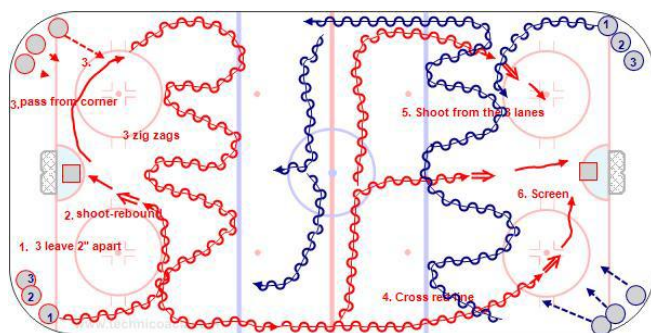
Lines:

Review team play, breakouts, regroup,
Support, battle, back check, 6-5, 5-5, 5-4

Notes:

One timers, D skills, quick thinking and close

8 min.



B6 – 3 Shots, 3 Zig zags, 3 Shots

Key Points:

3 Leave from diagonal corners about 2" apart, skate around circle then shoot, get a pass from the other corner, skate 3 zig zags between the blue line and the top of the circles the fill the 3 lanes and shoot.

Description:

1. Make sure to leave about 2 seconds between shooters so the goalie has time to get set.
2. Follow the shot for a rebound before getting the pass.
3. Do skills while zig zagging 3 times such as;
 - a. carry the puck with the hands and feet moving all the time.
 - b. carry the puck only using the forehand side of the stick.
 - c. only use the backhand side of the stick.
 - d. transition skate facing the far end forward to backward to forward.
 - e. skate backward.
 - f. 360 degree turns.

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12 min.

B600 Double Regroup Options

Key Points:

Regroup with each D and support from about a half zone away. Give a target and face the puck. Pass hard and always give strong side wall support and middle support.

Description:

3 F regroup with 2 D and dump puck in and breakout and attack 3-2.

Next group regroup in other direction.

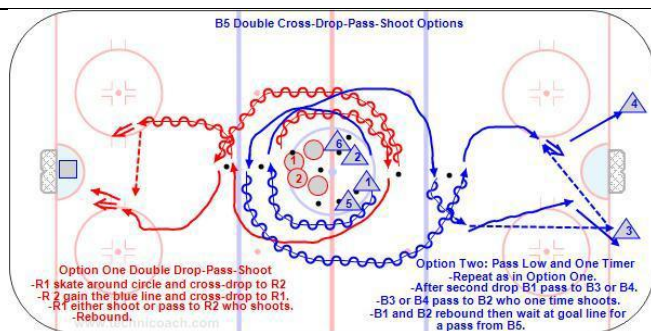
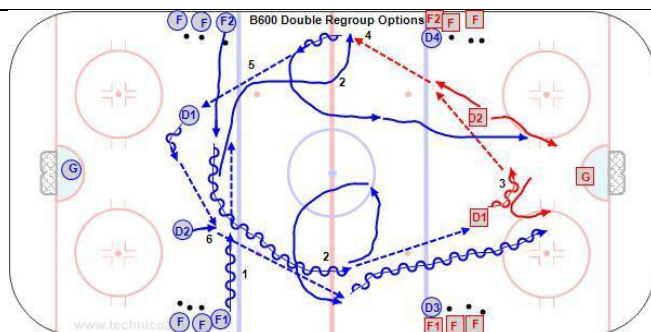
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15 min.

Sean Kevin with D

Tom – Tom with F – Attack triangle and one timers.

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10 min.

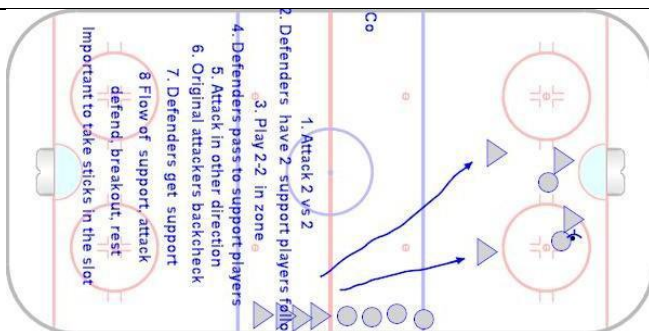
D100 Two Second Game

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 , 4-4
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.



10 min.

DT100 Backchecking Game

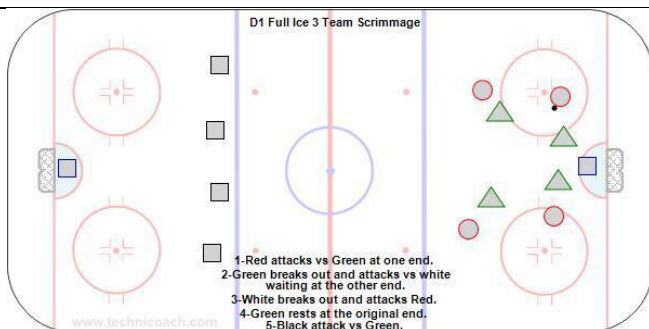
Key Points:

Attack quickly and the defender tie up the stick on the rebound then look for the puck.

Description:

Full ice game with the defenders getting support. New attackers have to get the breakout pass inside their zone. This works on quick passes and attack or the backchecker catches up. The backchecker must tie up sticks on the rebound and don't allow a second shot. The attacker must be quick and follow the shot. Defender make a breakout pass to the supporting player in the high slot.

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18 min. One min. explanation before each.

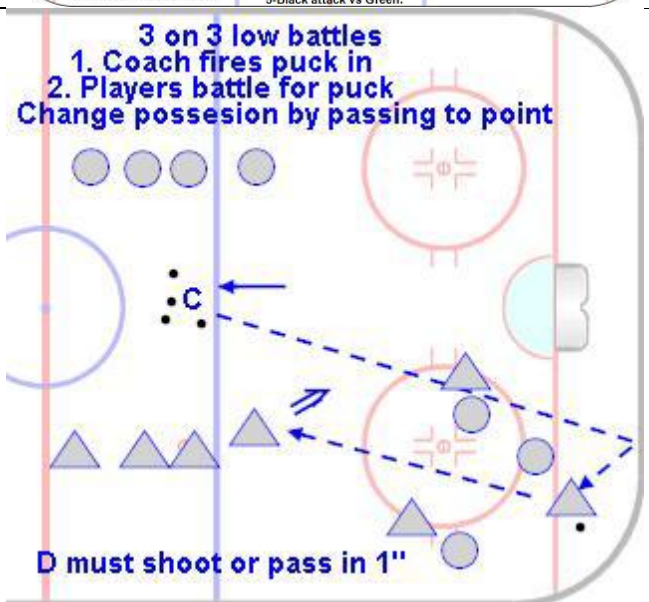
D1 Full Ice 3 Team Scrimmage

6 min. 1-3-1 forecheck

6 min. 5-4

6 min. Faceoff 6-5. Description then play.

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10 min.

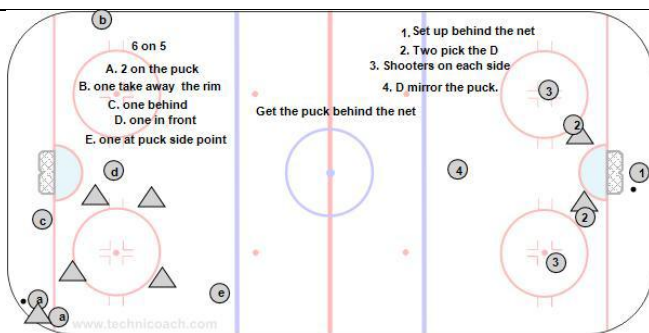
DT400 Transition Game of Low Battles with Point Support

Key Points:

Great game to practice cycling, going to the net, screening, tipping, point shots, shot pass, one timers on offense. On defense you have the low zone coverage and communication skills. As well as individual techniques like sealing the stick to the outside, tying up sticks, boxing out, switching, all from the defensive side.

Description:

1. One team is lined up behind each faceoff dot. From one to tree players leave at a time.
2. The next player in line plays the joker at the point and must pass or shoot within a second. Defenders do not check the joker as he can't go in and score.
3. The coach dumps the puck in or shoots on net and the teams race for the puck. Whoever gets the puck can shoot right away.
4. When the defending team gets the puck they must pass to their joker at the point to transition to offense.
5. If the puck is shot out of the zone the coach passes to the non offending joker.
6. Play 20-30" and on the whistle the players pass to the coach and skate hard out of the zone before the coach shoots a new puck in.



T2 6 on 5 with the Goalie Pulled

Key Points:

It is important to prepare your team for late in the game.

Always two on the loose puck. Seal off the boards.

Description:

6 on 5

First get the puck deep into the offensive end.

a. Make sure there are 2 on the puck

b. one player take away the wide rim.

c. one player behind net and one in front. - d

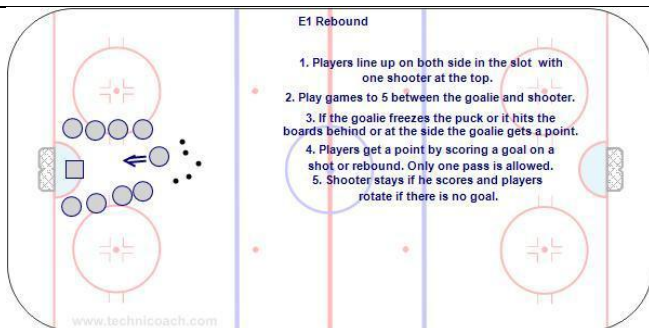
e. point player on the puck side. Keep it deep

1. Try to walk out and score after picks set.

2. Two players pick the defense.

3. Two players get into scoring areas.

4. defense mirror play and keep it deep unless there is a clear shot to the net.



7 min.

E1 Rebound Game

This is a scoring contest that seems to be loved by players of all ages everywhere in the hockey world.

Key Points: Make quick shots and one timers and goalie read the play.

Description: 1. Players line up on both side in the slot with one shooter at the top. 2. Play games to 5 between the goalie and shooter. 3. If the goalie freezes the puck or it hits the boards behind or at the side the goalie gets a point. 4. Players get a point by scoring a goal on a shot or rebound. Only one pass is allowed. 5. Shooter stays if he scores and players rotate if there is no goal.

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