



Flyers

Practice Plan

Date: 13-12 -12

Time: 17:15 – 18:45

Venue: ECTAS

Lines:

Notes:

Power play, slap shot, hinge, point shots

Passing,

15 min.

B Skills Warm up Finnish U17

Key Points:

This is a great way to warm everyone up at the start of a practice. Defense do the various breakout options and read where the pressure is coming from. Pass the puck back to the coach and move thru everyone. Forwards pass with good technique and eye contact. Goalie coach work on technique and rebound control.

Description

A. Defense work with two doing breakout options vs one forechecker.

B. Forwards lines of 3 work in the neutral zone.

1 - Stationary pass with eye contact.

2 - Pass while moving always face puck.

3 - #8 around partners give and go.

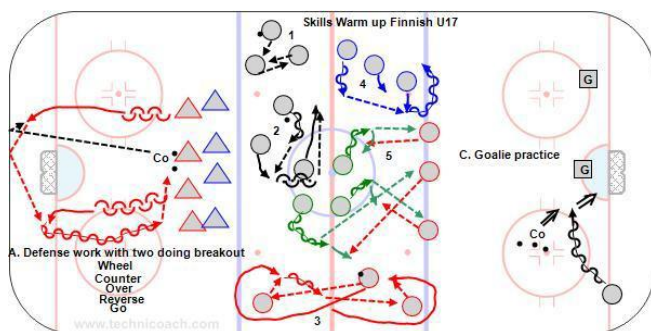
4 - Keepaway 2-1 in four areas.

5 - Two lines move and pass to other two lines on the blue line.

6 - Two lines of 3 pass while skating on one side of the neutral zone.

C. Goalies work with coach at one end.

<http://www.hockeycoachingabcs.com/filemgmt/index.php?id=88>



10 min.

B5 Regroup Options and Shots Finnish U17

Key Points:

Face the puck at all times and give a target. Shoot while skating and follow for a rebound. Pass firmly. Done from both sides at once.

Description:

Two D and two F leave from the middle at each end.

1. D1 get a pass from the circle.

2. D1 hinge and up to D2.

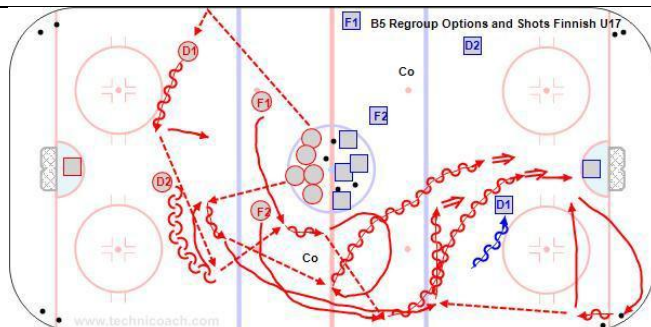
3. D2 pass to F1 or F2 not covered by coach.

4. F1 pass to F2 who attacks and shoots.

5. D2 gets a new puck from the circle and passes to F1 who now attacks and shoots.

6. D2 follow attack and get a pass from F2 and shoots from the point while F1-F2 screen.

<http://www.hockeycoachingabcs.com/filemgmt/index.php?id=89>



10 min.

D4 Two Pass – 4-4 Each End – Face Play Rule

Key Points:

The quicker they make the passes after regaining the puck the more scoring chances they produce.

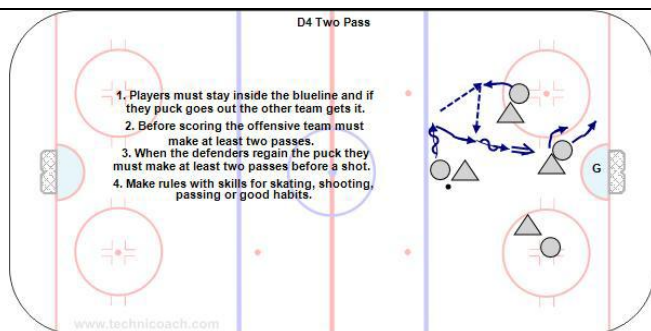
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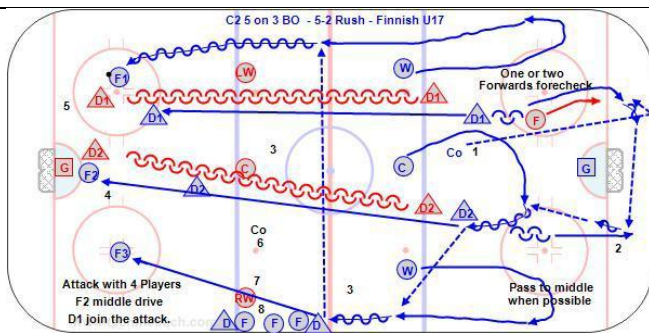
1. Players must stay inside the blueline and if they puck goes out the other team gets it.

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. Make rules with skills for skating, shooting, passing or good habits.





10 min.

C2, 5 on 3 BO - 5-2 Rush - Finnish U17

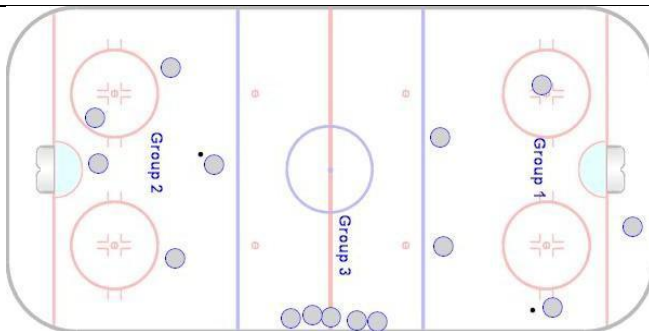
Key Points:

D move away from pressure and pass to the middle as much as possible. C swing laterally through the top half of the circle about a stick length behind the D. W's stay on the boards. F2 middle drive.

Description:

1. Coach dump in a puck and call how many forecheckers.
2. Blue offensive team break out 5-3 or 5-4.
3. In NZ rush is 5 on 2.
4. Attack with middle drive and D1 joining the rush.
5. Play 5-2 until the rush is finished.
6. Coach dump in a new puck and call out whether one or two forecheckers stay in.
7. Red forwards breakout with original Red D1 and D2.
8. Next blue forward line follow the attack and wait at the blue line for the coach dump in.

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12 min.

T2 Kingston Power Play and Team Play Rotation

Key Points:

Practice options where every player gets a shot. Begin with a rotation attacking the seam between the D and the F and read what they give. If the D forces then the low play is available, if the F forces then the point is open. If the pk box is passive then there is a 2-1 at each corner, a 3-2 on each side and seams between players to attack. Force the pace by taking a shot by a different player every 3 seconds. Coach in each zone

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.

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13 min.

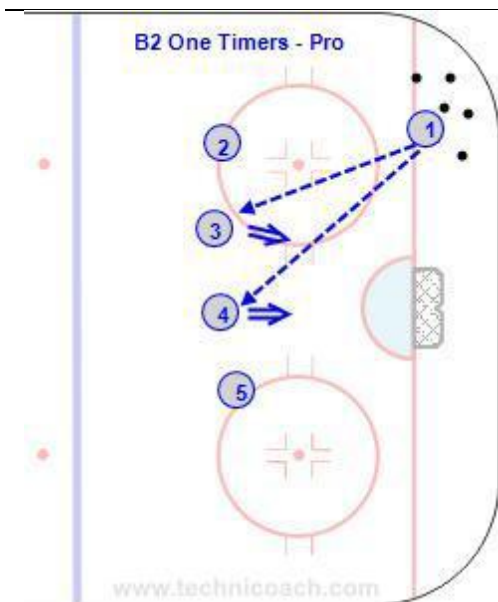
D100 Two Second Game

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. Play 45" shifts and pass back to your goalie when the coach whistles for a change.
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.

- 5 min.
- D partner with F to teach them the slapshot and the last 5 min. D shoot on nets and F against the boards.

B2 One Timers-Pro

Key Points:

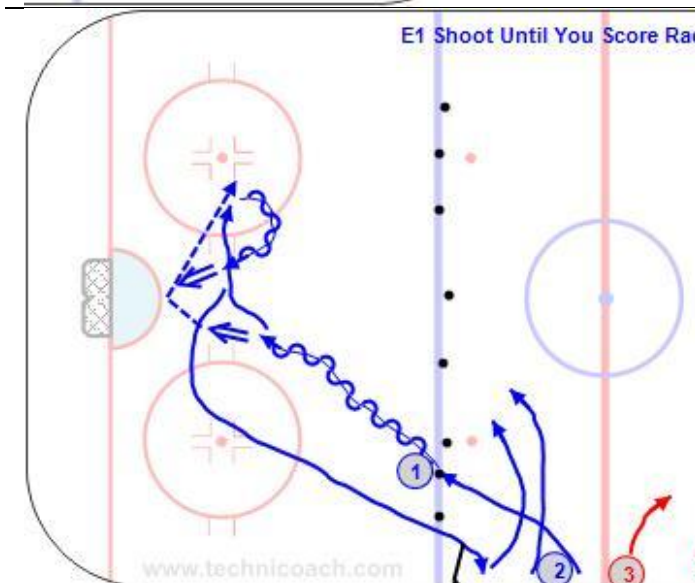
Have the stick back early ready to shoot. Keep the stick in contact with the ice and in line with the target for as long as possible.

Description:

1. Player 1 pass to any of players 2-5.
2. Shooters try to one time the shot.
3. Shooter must adjust their position to get square to the puck.
4. Pass with different speeds and also make imperfect passes to force the shooter to adjust.

HIT THE NET

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20121109161357768>



10 min.

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

Rule Only ONE PASS

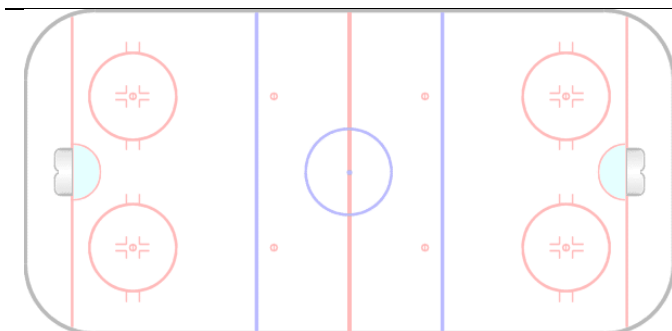
Key Points:

Players should attack quickly, pass early, shoot to score. Goalies must battle and never give up.

Description:

1. Place one puck on the bluelines for each player on the bench according to the largest team.
2. One player leaves from the bench and must keep shooting until a goal is scored.
3. Scoring player skate hard to the bench and touch the boards with the stick and a player joins him/her and they attack 2-0.
4. Repeat after a goal and attack 3-0.
5. All three players rush back and touch the boards and then repeat.
6. The team that scores all the pucks first wins.

<http://www.hockeycoachingabcs.com/mediagallery/video.php?n=20121026142749173>



Explanation/Notes: