



Flyers

Practice Plan

Date: 14-12-12

Time: 18:30- 19:45

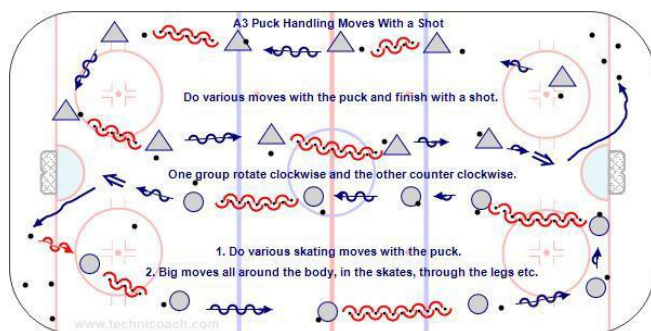
Venue: SAIT

Lines:

Focus on Defensive Team Play

Passing, skating, shooting, dzone coverage

Pk, pp, forecheck.



8 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.
4. Exercises are done while zig-zagging in and out.
 - a. Forward skate and alternate on the front inside edges.
 - b. Backward skate and alternate on the inside edges.
 - c. Skate forward and cross-over alternating on the outside edges.
 - d. Skate backward and cross-over alternating on the outside edges.
 - e. Open hip turn each way.
 - f. 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>



6 min.

B202 Pass to All Players

Key Points:

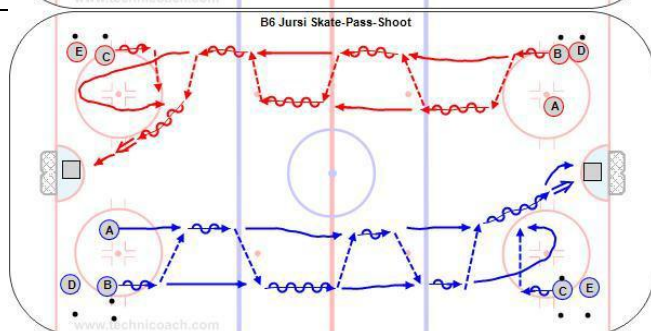
Give and go pass. Give a target and make eye contact before passing.

Description:

1. Blues start with half on each blue line.
2. Reds weave around in the middle.
3. Red pass to each blue player.
4. Alternate sides each pass.
5. Switch every 30".

*Compete to see who makes the most passes.

<http://www.hockeycoachingabcs.com/filemgmt/index.php?id=99>



6 min.

B6 Jursi Skate-Pass-Shoot

Key Points:

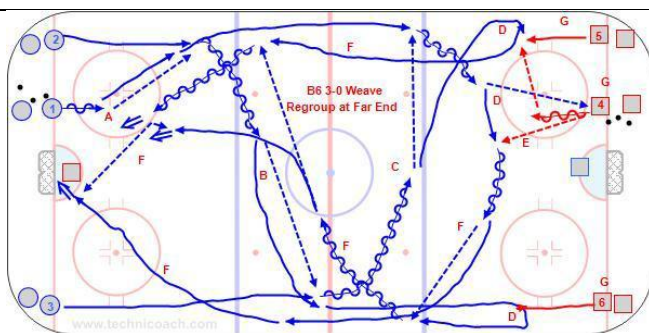
This is a drill that Russian Olympic coach Vladimir Jursinov used when I was coaching with him in Austria. The goal is to get players to practice passing and shooting while they skate. Puck handling-passing-shooting should be seamless.

Description:

1. A and B skate down the ice in passing while skating.
2. A is on the inside and continues on with a shot while skating.
3. B pivots facing the puck and continues the other direction passing to C.
4. B shoots and C partners with D the other way.

This can be done in tandem on both sides of the ice.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120227085711281>



6 min.

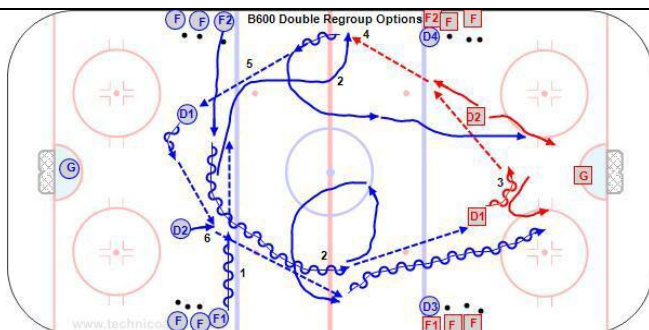
B6 3-0 Weave Regroup at Far End

Key Points:

Principles: Pass while skating and then follow the pass and take the ice behind the puck carrier.. Fill the 3 lanes. Skate to the "big ice" between the dots when you get the puck. Pass to the outside lane, skate to the inside lane.

Description:

- A. 1 pass to 2 and follow the pass.
- B. 2 skate to the big ice, pass to 3, follow the pass taking the ice behind.
- C. 3 pass back to one, follow the pass.
- D. 1 regroup with 4 and 1-2-3 fill each lane.
- E. 4 pass to 1 or 3 on the strong side.
- F. 1-2-3 weave the same way and attack with a triangle and shoot at the original end.
- G. 4-5-6 follow and repeat the other way.



9 min.

B600 Double Regroup Options

Key Points:

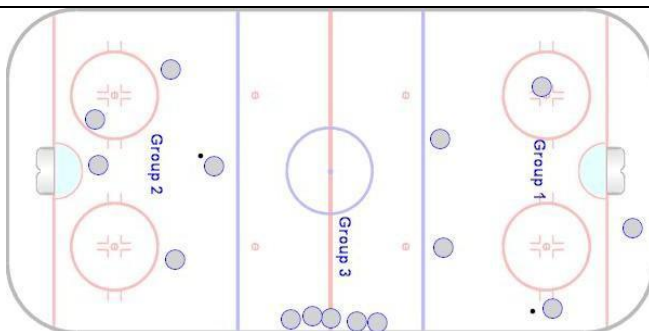
Regroup with each D and support from about a half zone away. Give a target and face the puck. Pass hard and always give strong side wall support and middle support.

Description:

1. Blue F1 leave and pass to F2.
2. Cross and regroup with Red D1 and D2
3. Red D1 hinge and Pass to D2.
4. Red D2 pass to Blue F1 or F2.
5. Blue F's regroup with Blue D1 or D2.
6. Blue D's hinge and pass to Blue F.
7. Blue F's attack the far net vs either zero, one or two D.

*Options: vary the amount of F up to 3 or D up to 2. Add a dump in instead of a second regroup to work on breakouts or even a forecheck.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120301090901108>



15 min. 5 min. per line

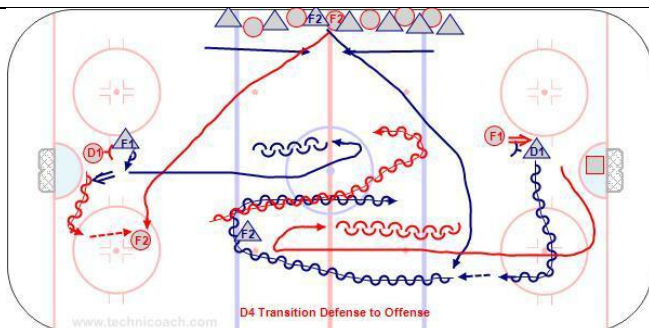
Sean and Kevin review pk vs. a pp – pp at far end with Tom M.

T2 Kingston Power Play and Team Play Rotation

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.

DT400 1-1, 2-2, Support-Attack-Defend

Key Points:

Defending player stay on the defensive side. Supporting player give a target for the pass and get into an open lane.

Description:

1. F1 attack D1 at each end.
 2. Players line up on the boards with the first player in line D1 supporting the defense.
 3. The coach can determine whether the supporting defender is passive or active.
 4. On a turnover or a goal the breakout pass is made to the supporting defender from D1 to F2.
 5. Carry the puck to the red line or if the team has a full ice practice, carry the puck to the far blue line.
 6. F2 Attack vs. the original attacker F1. Practice various situations.
- The big left handed player with the sweat suit is Dany Heatley. It is just after he won the Calder trophy. He came to say hi to the players but because we were playing transition games participated in the whole practice and then stayed and posed for pictures with each of the players.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=200907>



8 min.

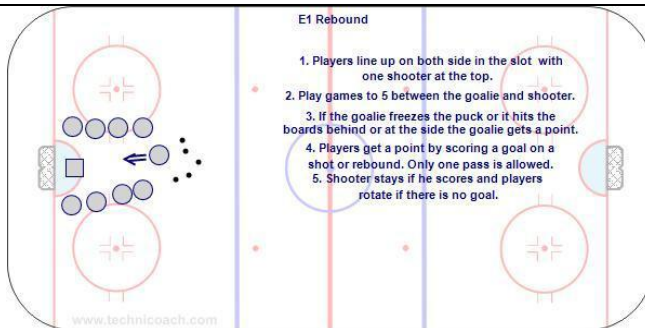
D400 Transition Game of Low Battles with Point Support**Key Points:**

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 three 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.

<http://www.hockeycoachingabcs.com/mediagallery/video.php?n=20111004075900564>



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.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080723202833407>