



Flyers

Practice Plan

Date: 20-12-12

Time: 17:15-18:45

Venue: ECTAS

Themes

Pass while skating, overspeed, scoring

D join the rush

3 on 2 on offense and defense

Slapshot, one timers, back check

8 min.

D4 Transition Defense to Offense

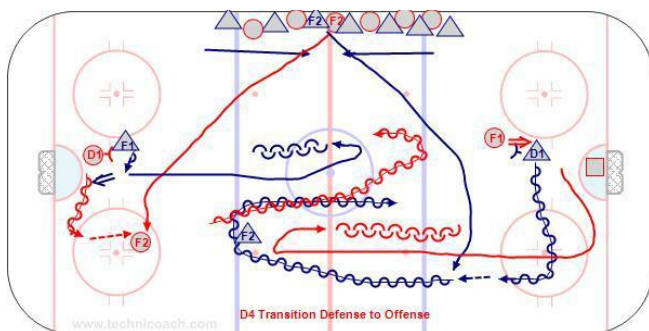
Key Points

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.

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8 min.

B6 Jursi Skate-Pass-Shoot

Key Points:

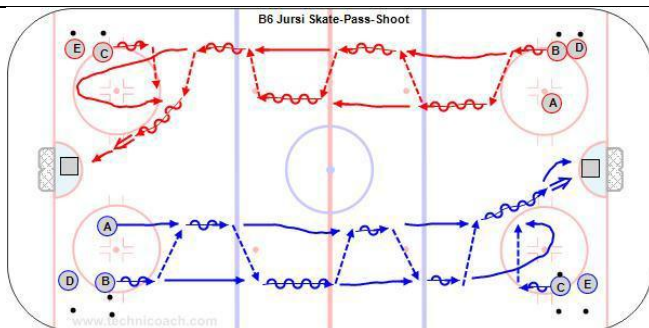
This is a drill that Russian Olympic coach Vladimir Jursinov used when I was coaching with him in Austria. The goal is to get players to practice passing and shooting while they skate. Puck handling-passing-shooting should be seamless.

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.

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8 min.

B6 Chaos NZ Overspeed with Regroup-Pro

Key Points:

Players skate as fast as possible weaving through each other in the middle. Try various moves and dekes with the head up.

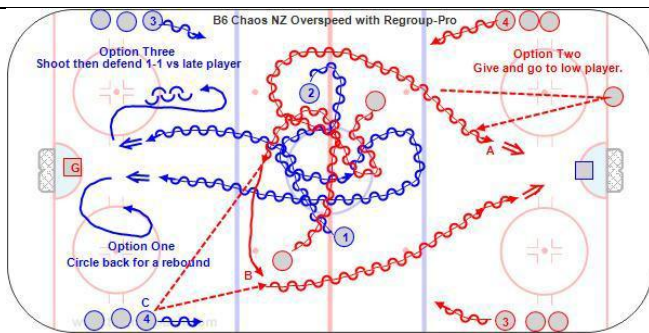
Description:

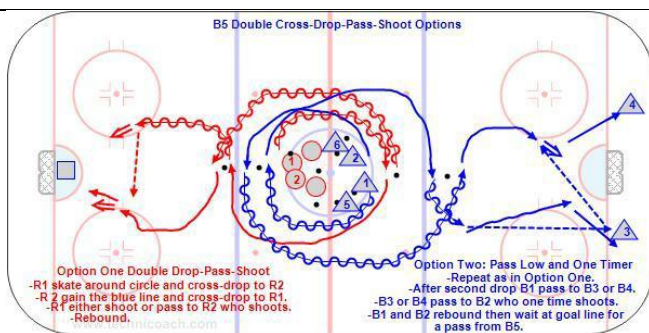
1. Players line up against the boards at the top of the circle.
2. On the whistle skate into the nzzone and make moves at top speed.

Options:

A. Skate in and shoot then rebound.

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12 min. First 6 Slap Shot Practice with Partner

B5 Double Cross-Drop-Pass-Shoot Options

Key Points:

Cross over skate, leave the drop pass as still as possible.
 Pass quickly.

Going to the net for a bang in or practicing a one timer from the high slot is also easy to do.

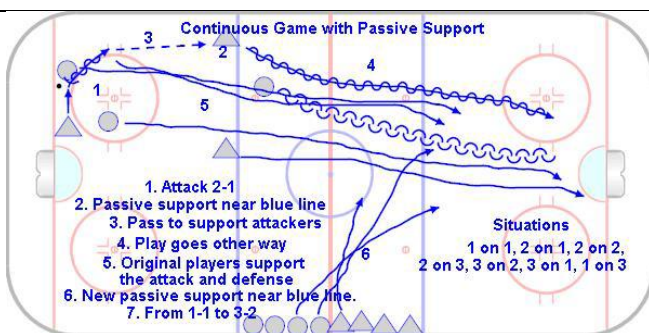
Description:

Option One: Double Drop-Pass-Shoot

- R1 skate around circle and cross-drop to R2
- R2 gain the blue line and cross-drop to R1.
- R1 either shoot or pass to R2 who shoots.
- Rebound.

Option Two: Pass Low and One Timer

- Repeat as in Option One.
- After second drop B1 pass to B3 or B4.
- B3 or B4 pass to B2 who one time shoots.
- B1 and B2 rebound then wait at goal line for a pass from B5.



12 min.

D100 Transition Game with D Joining the Attack and F Backchecking 1-1 and then 2-1

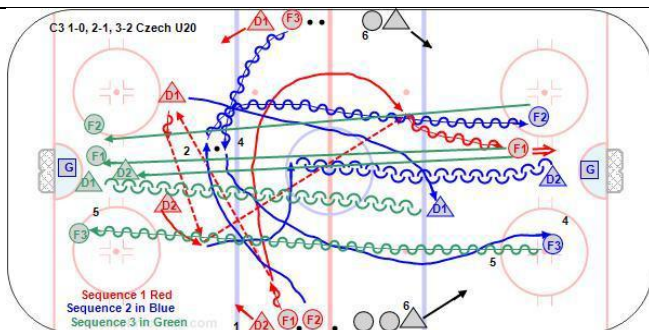
Key Points:

Many coaches have a 2 on 1 at one end and then another starts the other way with a new puck and the original players skate up the ice and join the play on offense and defense. This can be done in a transition game.

* It is like the continuous 1-1 to 3-2 but the players get to be on both offense and defense.*

Description:

- Use one puck and have the new players on offense at the blue line and the new D a little farther back then they can attack when passed to.
- The players who just were on O now backcheck and the players on D join the rush.
- When they enter the zone the new players skate to the blue and are passive until they get the puck.
- The players who have only gone



12 min.

C3 1-0, 2-1, 3-2 Czech U20

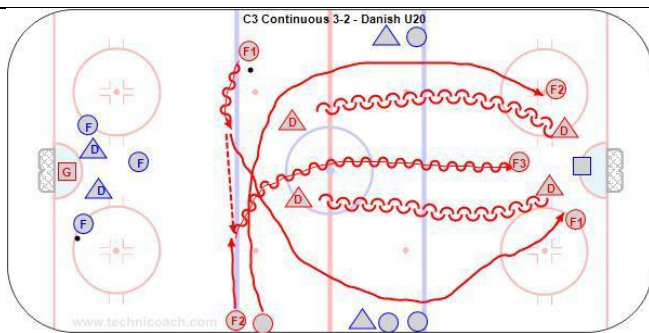
Key Points:

Forward see the puck at all times. Make hard passes. One forward without the puck drive hard to the net. Look for rebounds. Attack with speed and hit the net.

Description:

- Do this in five player units or 3 F and 2 D.
- F1 leave and pass to D1 who hinges with D2.
- F1 get a stretch pass from D2.
- F2 and F3 cross and drop and attack vs. D2 in the same direction.
- F1-F2-F3 attack the other way vs. D1 while D2 backchecks.
- Next group of 3 F and 2 D repeat in the other direction.

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10 min.

C3 Continuous 3-2 - Danish U20

Key Points:

Attack with one in each lane with speed. Two players go hard to the net and one trail making a triangle. Fight for rebounds. Defenders delay the play and protect the middle. One D take attacker to the net and other D play a 2-1 on the puck side.

Description:

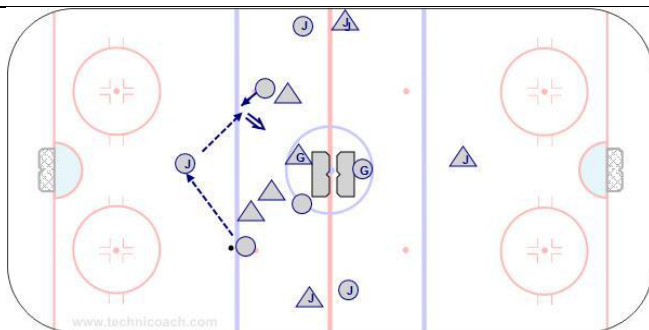
1. F1 leave and pass to F2 who skates up the middle while F1 and F3 cross to wide lanes.
2. F1-F2-F3 attack 3-2 vs. D1-D2.
3. The next group of 5 wait in the neutral zone to repeat in the other direction.

PROGRESSIONS:

A. After the 3-2 is practiced start the next rush with the defenders making a pass to the forwards waiting above the circles.

B. Then progress to a Transition Game with the Red D defending vs. blue F and the D who makes the breakout pass join the rush making it a 3-3.

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10 min.

D5 Nets back to back with jokers

Key Points:

Jokers can only have the puck 1 second and then must pass or shoot. You can add that they must move sideways or back when they get the puck.

Description:

Place the nets back to back at the red line.

-Half the team play and half are jokers. Shifts 30".

-When the team gets the puck on defense they must pass to a joker before they can score. Jokers can move around on the perimeter.

If you have only one goalie then it is a great conditioning - skating drill for the goalie to play for both teams and skate around to the other goal.

10 min.

E1 Two Goal Relay Race

Key Points:

Work on shooting one timers and scoring on rebounds. Good habits like face the puck, give a target with the stick on the ice. Limit of 2 passes before each shot.

Description:

A. 1 and 2 attack 2-0 on opposite net.

B. Pass and shoot to score.

C. Get a new puck from 3 or 4 after scoring.

D. Score a second goal.

E. After the second goal race back to the blueline and touch 3 or 4 with stick on shin pad.

F. Team to score most goals in certain time wins.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120914084920694>

