



## Flyers

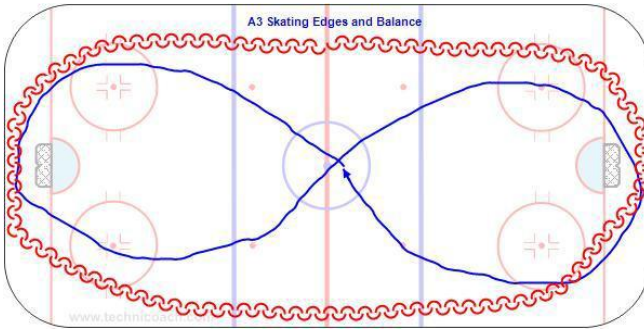
## Practice Plan

Date: 22-12-12

Time: 14:30-16:00

Venue: Ectas

Lines:	Notes:
Puck Handling, skating, Power Play, Situations, regrouping, awareness	Penalty kill, War zone play, goalie pass,



### 6 min. Without Puck

#### A3 Skating Edges and Balance Warm-up - Kazakhstan W

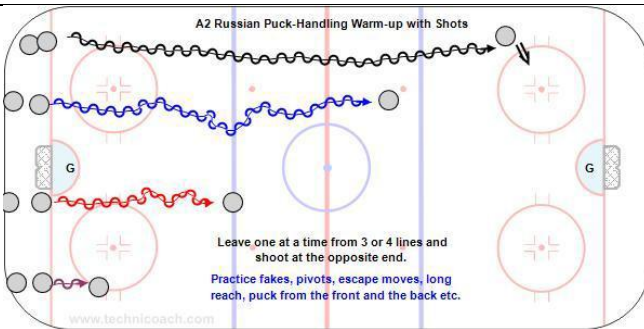
##### Key Points:

Skate forward, backward, pivot, Good to just go around when backward. Full speed 8's can be dangerous. A guy I play with collided with his best friend doing the big 8 and his friend died as a result of hitting his head on the ice.

##### Description:

1. Player lead or the coach call out the technique.
2. Skate forward and backward.
3. Striding, crossovers, transition forward to backward, backward to forward.
4. Side to side smooth transition.

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### 8min.

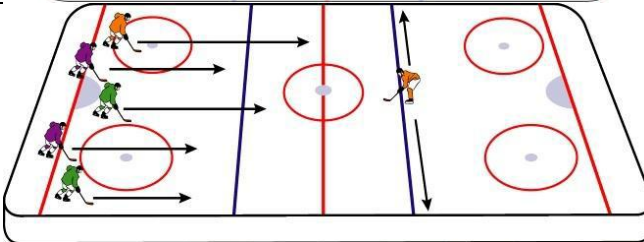
#### A2 Russian Puck-Handling Warm-up with Shots

##### Key Points:

This can be done every time players go on the ice to expand their muscle memory. The point of these exercises is to increase the size of the reach with the stickhandling moves, and to separate the upper and lower body

##### Description:

- From the A2 formation, players skate down the ice in 3 or 4 groups; practice big moves with the puck.



### 8 min. one game of each

#### A2 Puck Dog and Pass Dog

##### Key Points:

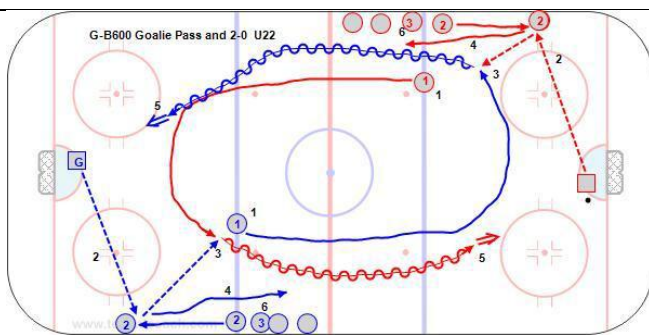
Encourage the players to use moves and fakes, change of pace and to protect the puck.

##### Description:

This game has the players line up at the end of the rink in the A2 formation. Each player has a puck. One player (who is 'it') is at the blue line and calls out 'British Puck-dog.' The players stickhandle the puck, trying to get to the end without being checked. If a player loses the puck, she becomes 'it' and is in the middle checking. The last player with a puck wins.

Another option is Pass Dog where partners must make at least one pass in each zone and get to the other end without losing the puck.

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**8 min.**

### **G-B600 Goalie Pass and 1-0 U22**

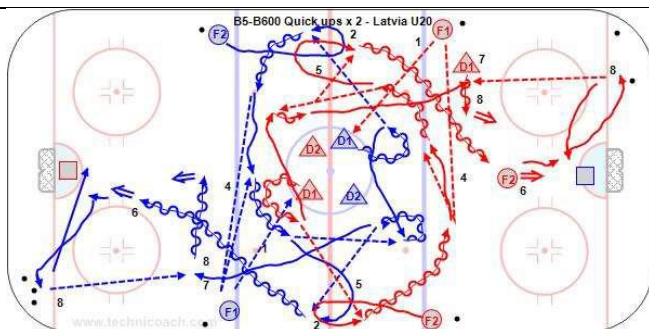
#### **Key Points:**

Hit the net so the goalie can make the save and then make a breakout pass. Give good targets on the wall and time with the other side so goalies have time to pass between shots.

#### **Description:**

1. Red 1 and Blue 1 leave toward far end.
2. Goalie at each end pass to 2 on boards.
3. Blue 2 pass to Red 1 and Red 2 pass to Blue 1.
4. Blue and Red 2's skate to the other end for a breakout pass.
5. Blue and Red 1's shoot on net from top of circles.
6. Red 3 pass to Blue 2 and Blue 3 pass to Red 2.
7. Continue rotation and then switch side after a few minutes.

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**10 min.**

### **B5-B600 Quick ups x 2 - Latvia U20**

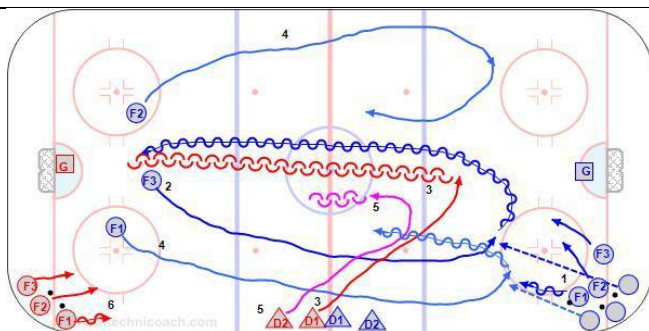
#### **Key Points:**

Forward face the puck and defense get between the dots before passing. Do everything with the feet moving.

#### **Description:**

- 1 - F1 pass to D1.
- 2 - F2 get open on boards and get pass from D1.
- 3 - F2 give and go with F1.
- 4 - F2 pass to D1 on the other side.
- 5 - F2 get open for return pass from D1.
- 6 - F2 attack and shoot.
- 7 - D1 follow for a pass to the point.
- 8 - F2 get a puck from corner and pass to D1.
- 9 - D1 shoot while F2 screen.

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**10 min.**

### **C2, 3-0, 3-1, 3-2 Pro**

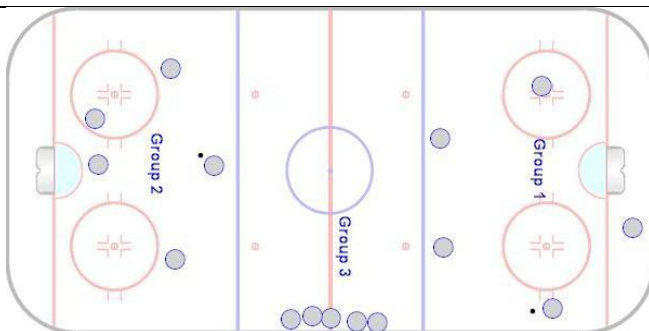
#### **Key Points:**

Forwards should attack with speed and defense play a tight gap.

#### **Description:**

1. Start with a 3-0 attack from one corner. All attacks are on the same net.
2. F3 skate back and get a puck from the original end.
3. D1 leave line and defend vs. F3.
4. F1 and F2 come back for another puck.
5. D2 defend a 2-1 vs. F1 and F2.
6. Repeat from the other end.

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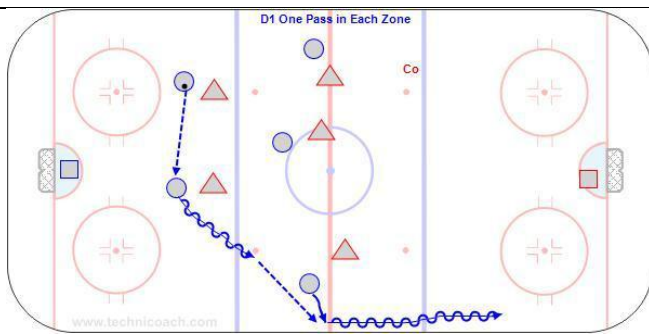


### **12 min. Kingston PP Rotation vs Red at one end.**

#### **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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**10 min.**

### **D1 One Pass in Each Zone**

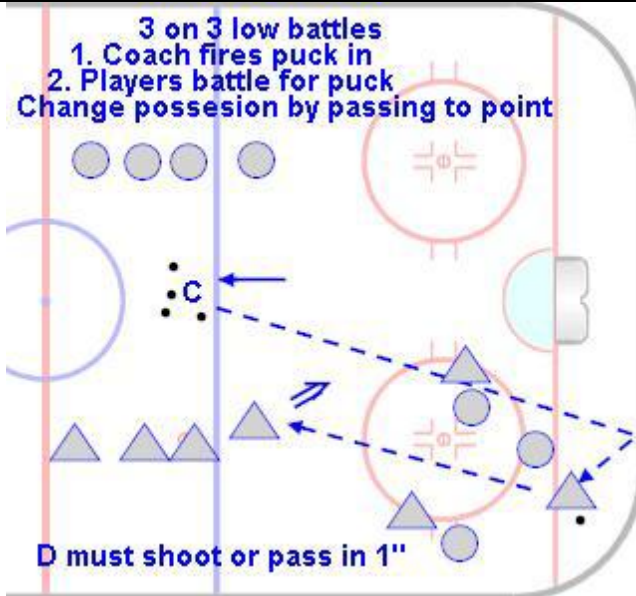
#### **Key Points:**

Close support, skate to open ice with the puck, give a target.

#### **Description:**

1. Play full ice either in shifts or all on the ice at once.
2. There must be at least one pass made in each zone. If not the other team gets the puck.
3. Controlled scrimmage so everyone stop on the whistle for coach input.
4. With shifts in a D100 game pass back to the goalie on the whistle.

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**10 min.**

### **D400 Transition Game of Low Battles with Point Support**

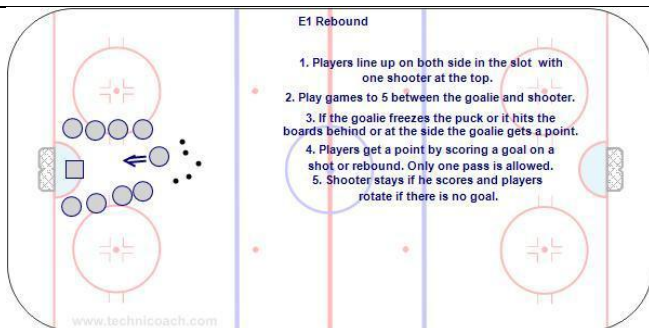
#### **Key Points:**

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.

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**8 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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