



Flyers

Practice Plan

Date: 06-01-13

Time: 15:45-17:00

Crowchild

Lines:

Notes:

Work ethic

8 min.

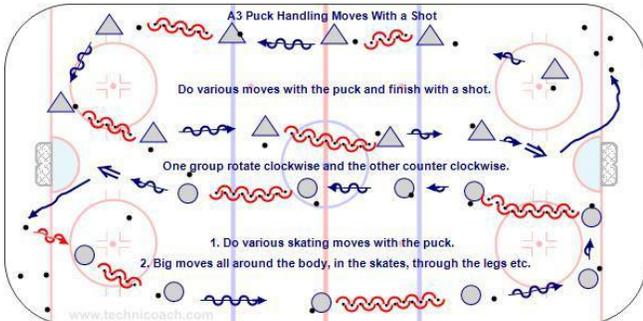
A300 Edges and Puck Handling with a Shot

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.

f. Slalom and reach as far as possible with the puck the opposite way.

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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.

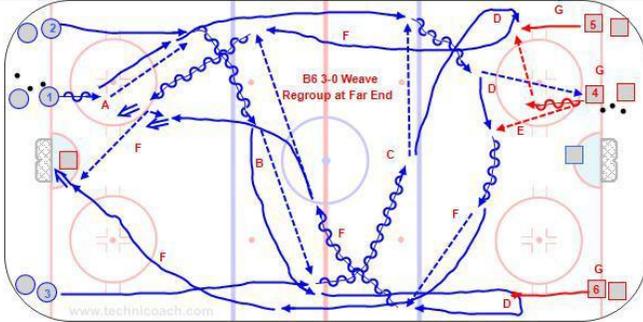
C. 3 pass back to one, follow the pass.

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.



6 min.

B6 Breakout and Regroup with Defense

Key Points:

Have the Defense practice tight turns or the hinge by skating wide then passing back to the middle. Forwards must face the puck and fill the 3 lanes.

Description:

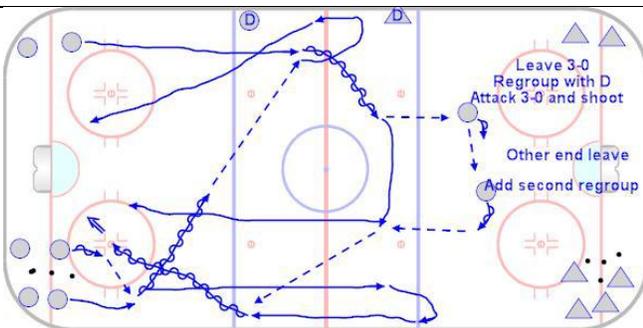
1. Players are in 3 lines at opposite ends of the ice.

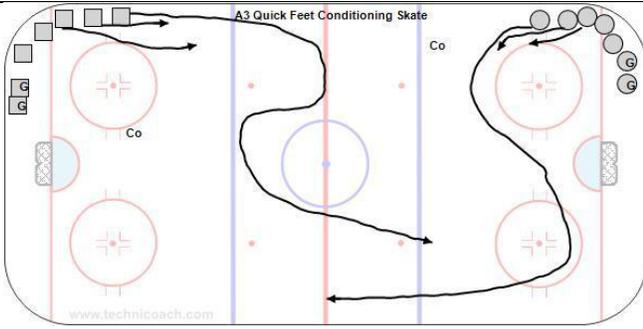
2. Three players weave down the ice and regroup with the defense.

3. Defense can pass right up or go D to D. The forwards face the puck and fill 3 lanes for a regroup pass.

4. One player must give an outlet on the strong side boards and doesn't leave unless he is replaced. One player in the middle and one wide. Wide player

decide a. stay wide, b. cut across middle lane, c. stretch behind the D.





8 min.

A3 Quick Feet Conditioning Skate

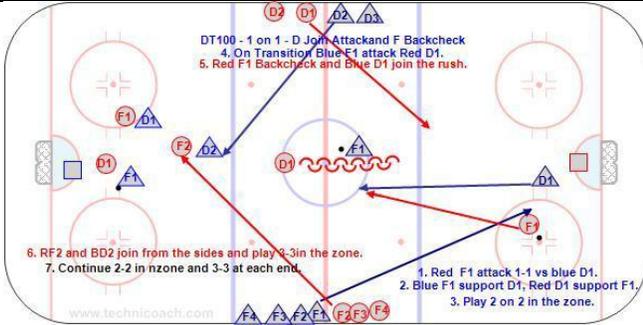
Key Points:

Player should keep their feet moving all the time. Coach move the pattern around the rink so you don't break the ice and ruin it for the next group.

Description:

1. Players leave in small groups with at least a 1:4 work rest ratio.
2. Skate a lateral S pattern do they turn both right and left.
3. Sprints should be less than 10 seconds.
4. Can also be done with pucks.

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10 min.

DT100 Continuous 1 on 1 D - Join Attack F Backcheck with Dump in at Red Line

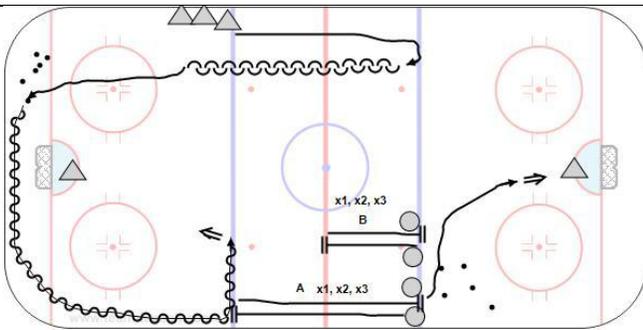
Key Points:

Forwards cover D and D cover F's. One D should join the attack to create triangles and one forward backcheck. Play tight gaps and attackers create 2 on 1's on the rush. Play 5-5 at each end.

Description:

1. Forwards line up on one side and defense on the other.
2. Start with a 1 on 1 attack Blue F1 vs. Red D1.
3. When the puck enters the zone defensive Red F1 support Red D1 and Blue D1 support Blue F1.
4. On transition Red D1 join new attack and Blue F1 backcheck.
5. If the puck is dumped out with no possession the offensive team regroup and attack again.
6. Red F1-D1 now go 2 on 2 in the other direction vs. Blue D1-F1.
7. Blue F2 support Blue D1- F1 and Red D3 support attacking Red F1-D1.
8. This rotation continues with a 3-3 in each zone.

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10 min.

A3 Conditioning skate

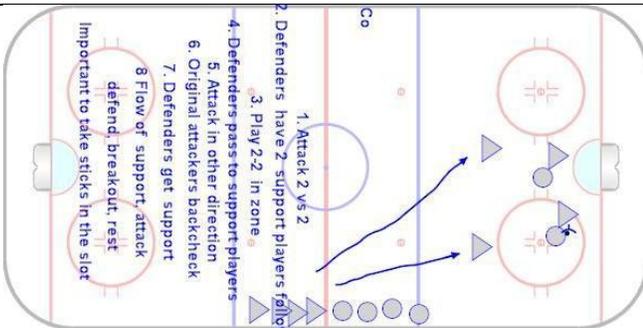
Key Points:

D pivot and F start and stop

Description:

The D skate hard to the far blue then power turn backward to the blue and mohawk to get a puck from the corner, take it to the blue line, walk the line and shoot from the point.

A. Forwards skate blue line to blue line stop and start x1 and x2, then blue to red in order x1, x2, x3. do 2 sets facing one way when they stop. You can add a shot after.



10 min.

DT100 Backchecking Transition Game

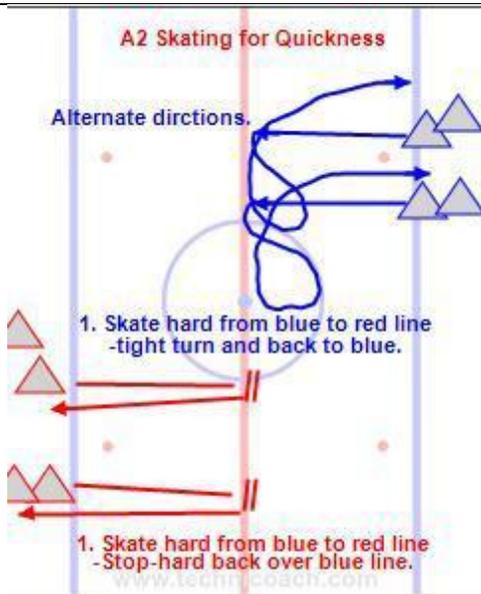
Key Points:

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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8 min.

A2 Skating for Quickness

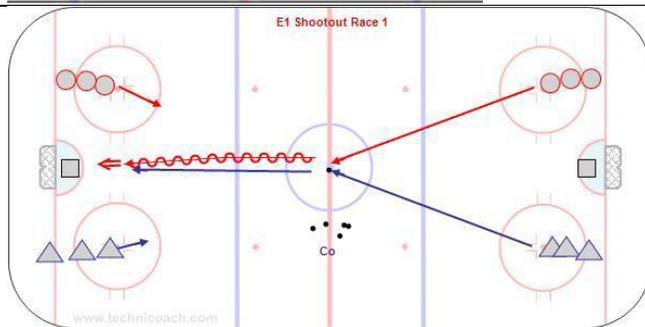
Key Points:

Hockey requires quick feet and agility to change directions. Keep the knees bent and use the outside edges.

Description:

1. Skate hard from blue to red line-Stop-hard back over blue line.
 2. Skate hard to red line-turn inside-tight turn and back to blue.
- Alternate directions.

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9 min.

E1 Shootout Race 1 Key Points Players must have one skate on the dot at the start. No hooking or tripping. Skate to get D side and get the puck. *This is a great contest for puck protection, battling, scoring and a good anaerobic conditioning exercise. Keep score with one colour vs the other.

- Description**
1. Players are lined up behind the face of dots at each end.
 2. A player from each team race for the puck which the coach puts on the middle dot.
 3. Protect the puck and try to score vs backchecking opponent.
 4. Another puck on the dot and repeat the other way.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080723063235226>