



## Flyers

## Practice Plan

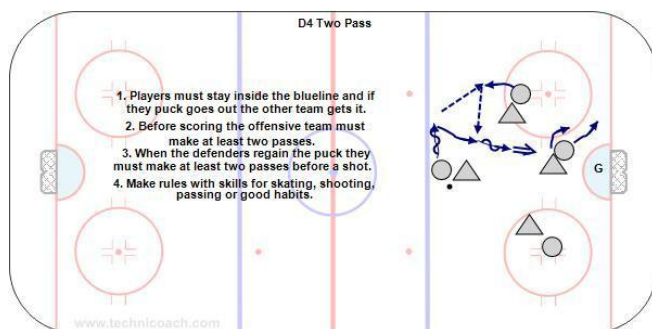
Date: 10-1-13

Time: 17:15-20:45

Venue: ECTAS

### Individual and Team Defensive Skills

|  |  |
|--|--|
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |



10 min.

#### D4 Two Pass Game with only Forehand Passes

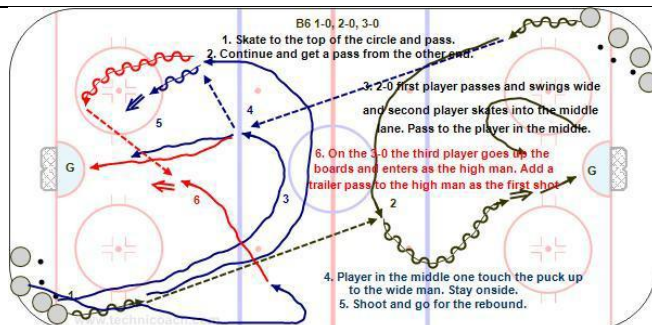
##### Key Points:

This game causes a few things to happen. Transition from puck carrier to pass support, checking the puck carrier to covering away from the puck happen very quickly. The puck carrier must use pivoting, escape moves and puck protection skills to pass on the forehand and everyone must face the puck and give a target.

##### Description:

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. In this game the rule is that you can only pass on the forehand. If a player does a back hand pass the other team gets the puck.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20111005184904487>



8 min.

#### B6 1-0, 2-0, 3-0 Small Horseshoe

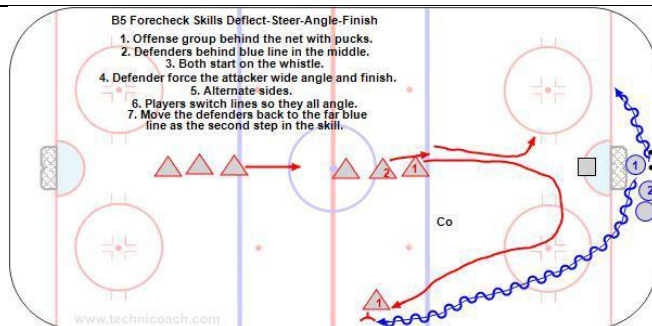
##### Key Points:

This is a great timing drill with good flow for early in the practice. Pass hard and get your top hand away from your body. Call for the pass. Give your stick and skates as a target.

##### Description:

1. Skate to the top of the circle and pass.
2. Continue and get a pass from the other end.
3. 2-0 first player passes and swings wide and second player skates into the middle lane. Pass to the player in the middle.
4. Player in the middle one touch the puck up to the wide man. Stay outside.
5. Shoot and go for the rebound.
6. On the 3-0 the third player goes up the boards and enters as the high man. Add a trailer pass to the high man as the first shot.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20120301081936833>



10 min.

#### B5 Forecheck Skills Deflect-Steer-Angle-Finish

##### Key Points:

Cut the ice in half with the stick in the passing lane and steer the player outside the dots. Angle toward the back of the inside shoulder so they can't turn back, then finish shoulder to shoulder and stick on the puck.

##### Description:

1. Offense group behind the net with pucks.
2. Defenders behind blue line in the middle.
3. Both start on the whistle.
4. Defender force the attacker wide angle and finish.
5. Alternate sides.
6. Players switch lines so they all angle.
7. Move the defenders back to the far blue line as the second step in the skill.

Demonstration with second league European pro's.

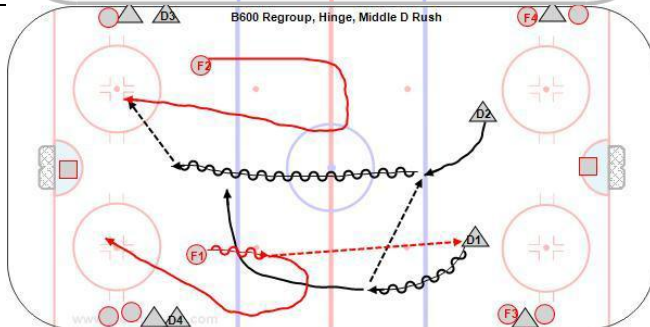
<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090813080843840>

Demonstration with U18 Girl's.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20111005152254430>

**8 min.**

**1-1, 2-1, 2-2 from red line**



**10 min.**

**B600 Regroup, Hinge, Middle D Rush**

**Key Points:**

Middle D comes late as a second wave and lead the rush.

**Description:**

1. F1 and F2 leave and regroup with D1.
2. D1 pass to D2 who hinges to the wide lane then pass back to D1.
3. F1 and F2 delay to stay onside while D1 crosses the blue line with the puck.
4. D2 support the attack from the mid-point.
5. D1 pass or take a shot.

Repeat the other direction with F3 and F4 regrouping with D3 and D4.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=201011280928188>

**15 min.**

**T2-4 D400 Specialty Team Practice**

**Key Points:**

Closest player must pressure the puck in straight lines from the net out. Skate back when the puck is passed. Stick on the ice in the passing lane. Communicate.

**Description:**

1. A power play and a penalty killing unit at each end of the ice.
2. The coach passes in a puck from the line or from a face off dot.
3. Controlled scrimmage where everyone stops on a whistle.
4. If the puck is frozen, a goal or it is cleared put in a new puck.
5. After about 45 seconds do the same thing from the other end while the pp and pk units switch at the original end.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090806144404128>

**12 min.**

**6 min.**

**B500**

**Partner shooting practice.**

6 min.

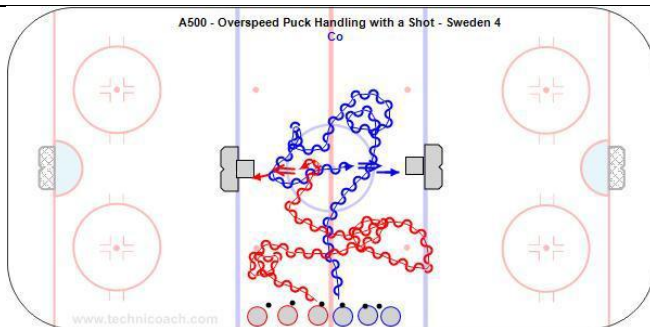
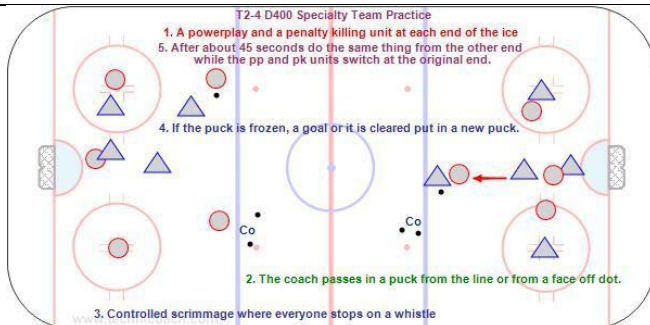
**A500 - Overspeed Puck Handling with a Shot - Sweden 4**

**Key Points:**

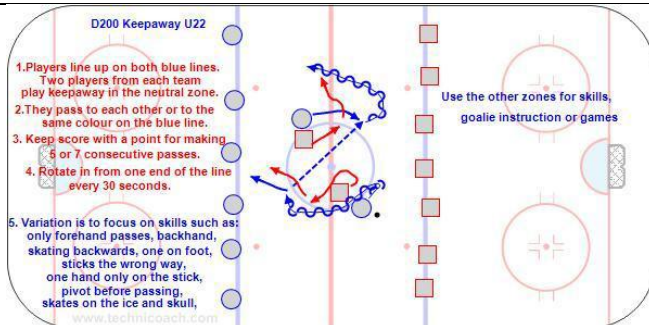
Players should skate and make moves at full speed. If they fall sometimes that shows they are pushing themselves beyond their comfort zone, which is great. Always follow the shot for a rebound.

**Description:**

1. Players are lined up along the boards with one colour on each side of the red line with a net at each blue line.
2. On whistle the players skate with the puck in the neutral zone.
3. Overspeed tempo with moves and turns at a faster pace than the players usually go.
4. Shoot on one net each on the next whistle.
5. Whistle about every 7".



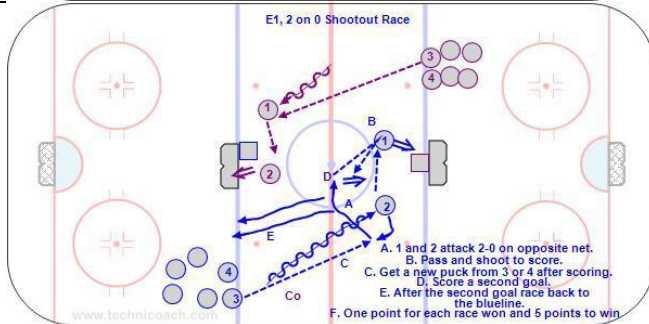
<http://www.swehockey.se/Hockeyakademin/Utbildning/Video/Ovningsbaken/> Puck Handling 4  
<https://skydrive.live.com/?cid=bd6fa116988317e9#cid=BD6FA116988317E9&id=BD6FA116988317E9%213114>



10 min.

### D5 In Nzone Line Hockey 1-1, 2-2, 3-3,

Pass to jokers on the blue line.



10 min.

### E1, 2 on 0 Shootout 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.

#### 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.
- F. One point for each race won and 5 points to win the game.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20101223080124158>