



## Flyers

## Practice Plan

**Date:** 15-01-13

**Time:** 16:00-17:30

**Venue:** Max Bell 2

### Lines:

Only 13 Skaters and 2 Goalies

Slap shot, one timers, passing, individual

### Notes:

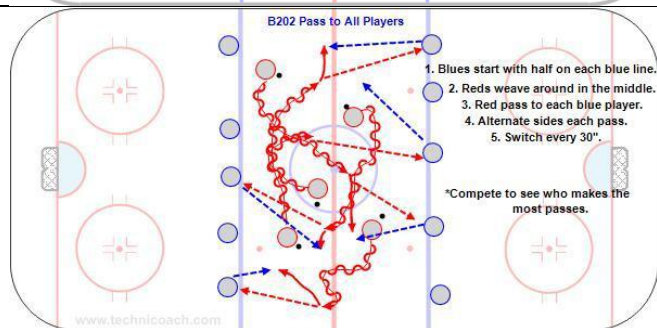
Offensive skills. Skating, Competition



**10 min.**

### Partner Slap Shots and One Timers

Work with a partner on shooting.



**12 min.**

### B202 Pass to All Players and 1-1, 2-2, 3-3 Keepaway

#### Key Points:

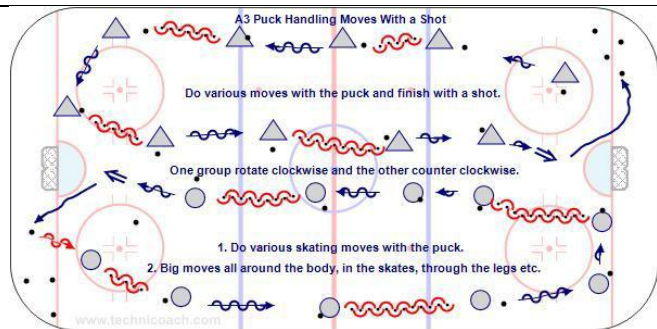
Give and go pass. Give a target and make eye contact before passing.

#### 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.

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**10 min.**

### A300 Edges and Puck Handling with a Shot

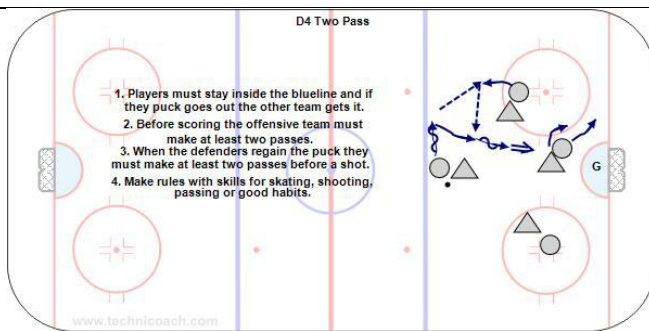
#### Key Points:

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 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.

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**10 min.**  
**D4 Two Pass**

**Rule all goals must be on:**

**5 min. slap shots**

**5 min. one timers.**



**8 min.**  
**B600 Regroup, Hinge, Quick Up-Detroit**

**Key Points:**

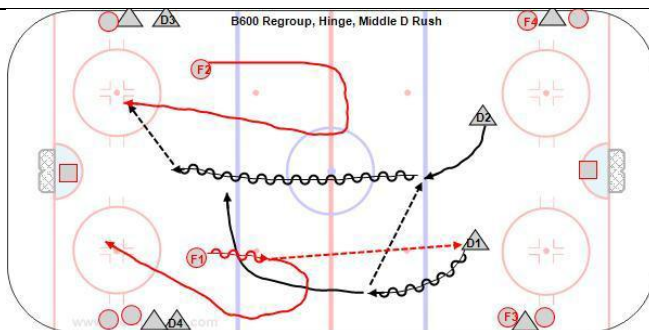
Hinge and push the puck up the ice quickly. Strong side F stretch and weak side give middle support.

**Description:**

1. F1 skate and regroup with D1.
2. D1 skate to the middle and pass to D2 in the wide lane.
3. D2 quick up to F2 who stretches on the strong side boards.
4. F1 and F2 attack.

Repeat the other way with F3 regrouping with D3.

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**8 min.**  
**B600 Regroup, Hinge, Middle D Rush**

**Key Points:**

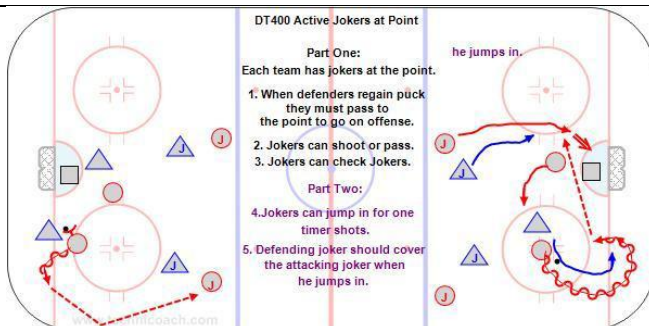
Middle D comes late as a second wave and lead the rush.

**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.

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**8 min.**  
**DT400 Active Jokers at Point**

**Key Points**

Each team has two jokers at the point. Introduce the game allowing jokers to check jokers and then add that jokers can come in for one timer shots.

This transition game creates three situations. In the first part the players at the point must get open and take a shot or make a pass. The defender practices covering the point. In the second part add that the jokers at the point can come in for a one timer shot

**Description:**

*Part One: Each team has jokers at the point.*

1. When defenders regain puck they must pass to the point to go on offense.
2. Jokers can shoot or pass.
3. Jokers can check the opponents Joker.

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**8 Min.**

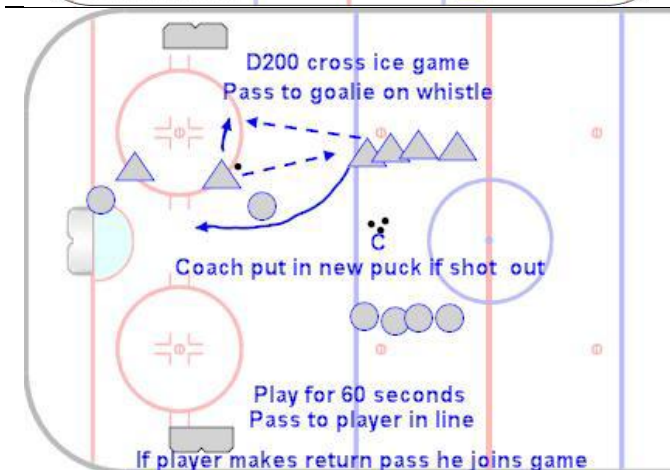
### **D200 Game with Jokers below the goal line**

#### **Key Points:**

Work on give and go and getting open. Defenders intercept passes and tie up sticks on the rebounds. Goalies control rebounds.

**Description:** Play for twenty to thirty seconds and the offense must pass to a joker and get a return pass before scoring. Great game to work on puck support (role 2) and defensive support (role 4)

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**8 min.**

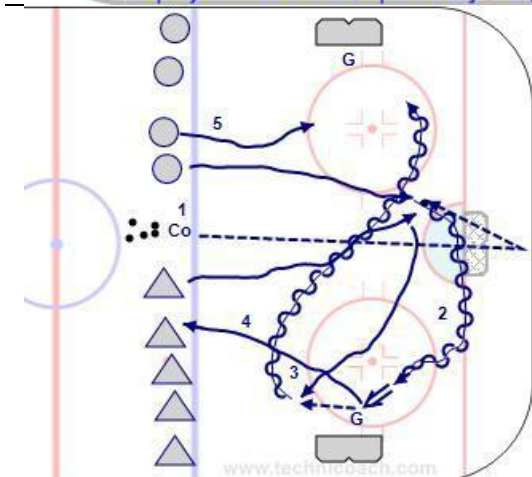
### **D200 With Players Joining After a Give and Go**

#### **Key Points:**

Pass hard and get open for a return pass.

#### **Description:**

1. Players are lined up either in two lines or along the blueline.
2. Coach dumps the puck in to start the game of 1 on 1.
3. When player with the puck give and go passes to a team mate he can join the game.
4. Play for 30-45 seconds before starting a new game.
5. Coach shoot in a new puck if the original puck is dumped out or a goal is scored.



**8 min.**

### **E1 D200 Shootout Game**

#### **Key Points:**

As soon as there is a rebound or goal the defender pick up the puck and attack the other way.

#### **Description:**

1. Coach dumps the puck in and players race for it.
2. Puck carrier try to score defender defend.
3. On rebound or goal defender attack other way.
4. Shooter must get outside of the blue line.
5. When teammate onside then first player in the line backchecks.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2030109085731126>