



Flyers

Practice Plan

Date: 17-01-13

Time: 17:00-18:30

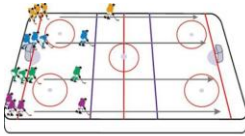
Venue: Ed Whalen

Theme:

Skating Technique, pass while moving,
1-1, 3-0, 3-1, 3-2, screen, tip

Notes:

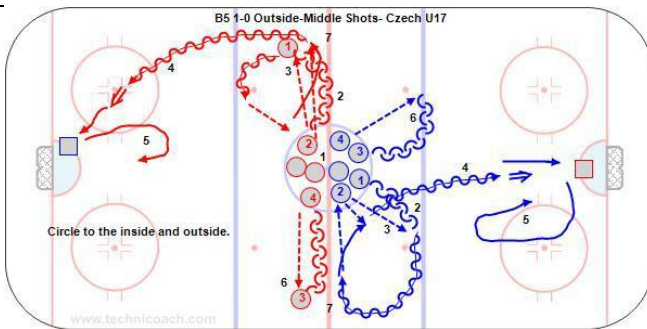
Shoot while moving, rebound,



45 min.

Dr. Gaston Schaeffer – skating mechanics.

Goalies at one end inside ringuette line if Natalie there.



8 min.

B5 1-0 Outside-Middle Shots- Czech U17

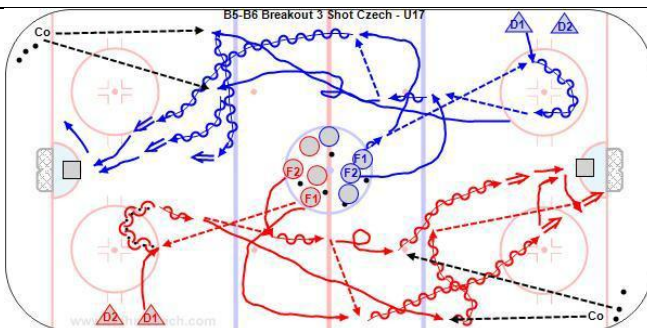
Key Points:

Keep skating, give a target and pass hard and pass while moving. Hit the net and follow the shot. Rebound for the next shooter.

Description:

1. All players and pucks are in the middle.
2. One player leave from each side.
3. Player 2 pass to player 1 who circles between the red and blue line.
4. Player 1 skate in and shoot after the third pass.
5. After shooting player 1 circle back and rebound for the next shooter.
6. Alternate sides and player 3 leaves after the first pass.
7. Circle left and right so shots come from both in the middle and the outside lanes.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20130115154629528>



8 min.

B5-B6 Breakout 3 Shot Czech - U17

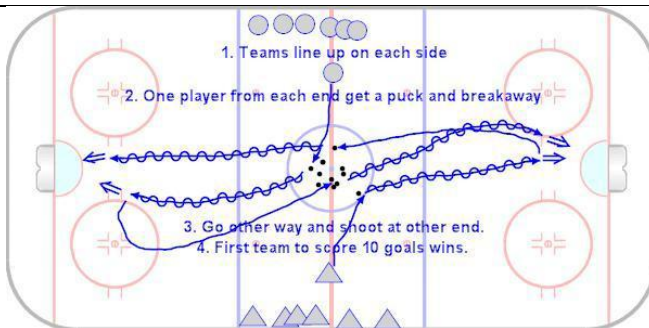
Key Points:

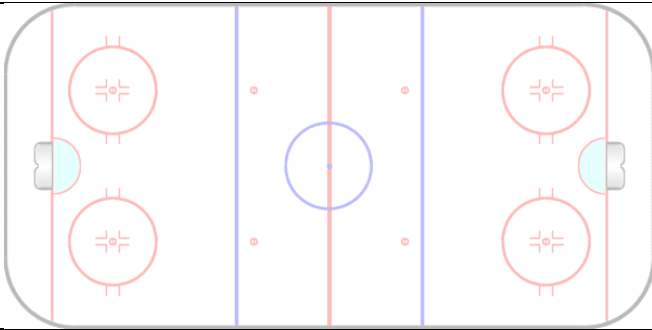
Shoot while moving and hit the net. Follow shot for a rebound and then screen. Give a target and then hustle back to the lineup on the whistle.

Description:

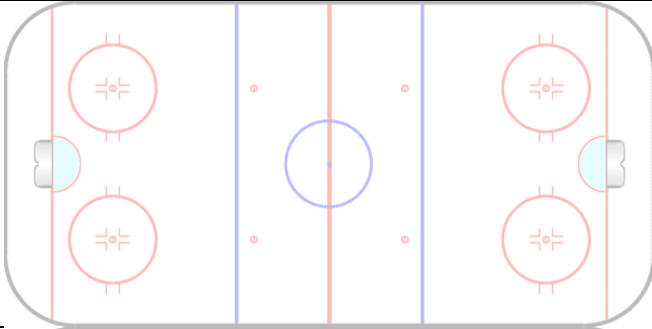
1. Forwards in the middle and Defense at each end.
2. F1 pass to D1 who drive skates.
3. F1 and F2 get open for a breakout pass.
4. D1 pass to F1.
5. F1 pass to F2 who attacks-shoots-screens.
6. F1 spin then get a pass from the coach and shoot.
7. D1 get a pass from the coach and take a point shot or shot pass while F1 screens and F2 is ready for a shot pass.
8. Do this from both sides.

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Explanation/Notes:



Explanation/Notes:



Explanation/Notes:
