

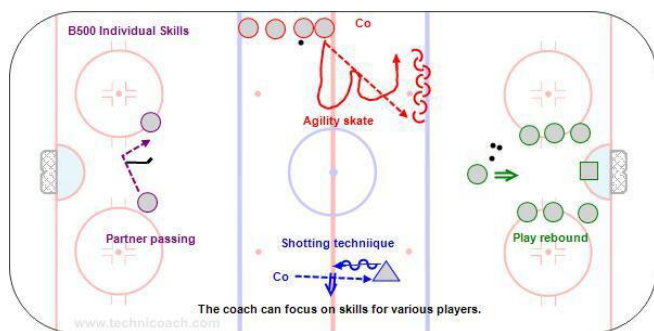


Flyers

Practice Plan

Date: 22-01-13 | **Time:** 16:00-17:30 | **Venue:** Max Bell 2

	Notes:
Reviewing 3-0 triangle and inverted triangle.	3-1, 3-2 on offense and defense.
Shooting technique, scoring,	Facing the play with the puck.



10 min.

B5 Individual Shooting Technique with coach assistance.

B500 Individual Skills

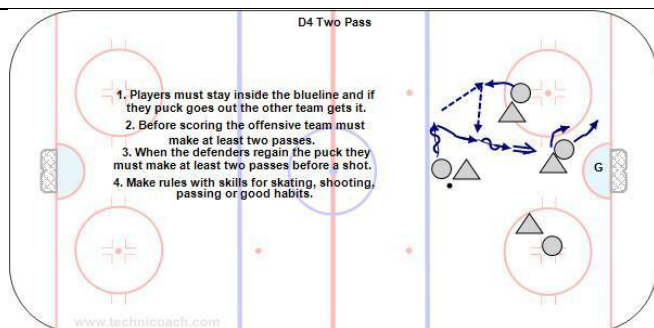
Key Points:

Divide the ice into stations and practice individual technique. The coach can focus on skills for various players.

Description:

1. Coach pass to defenseman who moves and shoots at the red stripe on the boards.
2. Player agility skate with turns and pivots then get a pass.
3. Saucer pass with a partner.
4. Play rebound with the goalie.

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10 min.

D4 Two Pass Game with only Forehand Passes

Key Points:

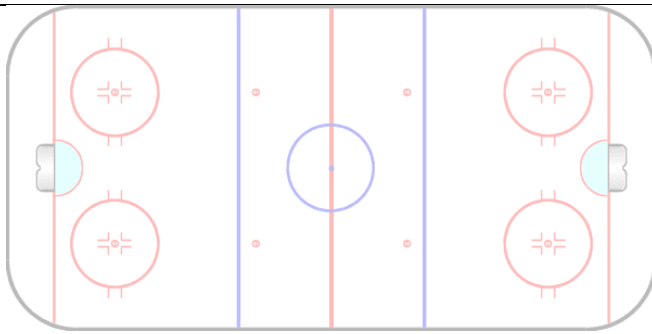
This game causes a few things to happen. Transition from puck carrier to pass support, checking the puck carrier to covering away from the puck happen very quickly. The puck carrier must use pivoting, escape moves and puck protection skills to pass on the forehand and everyone must face the puck and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

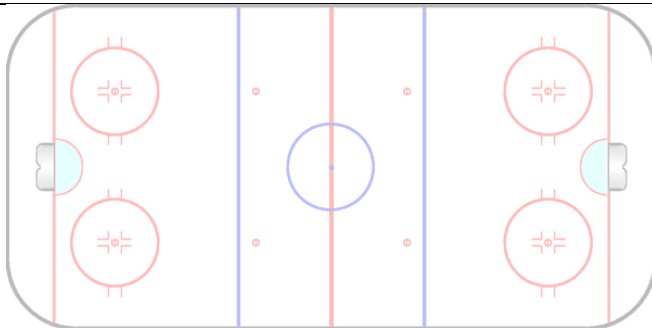
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10 min full team drill.

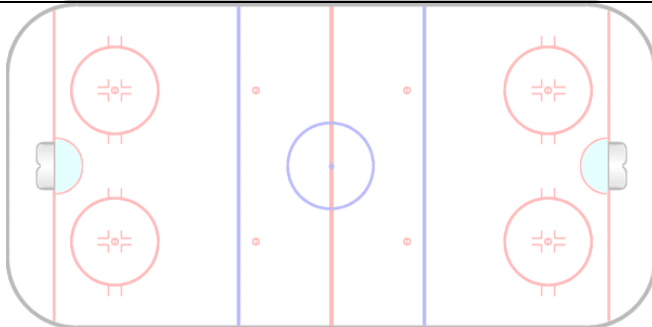
Set up will be our normal 2 on 2 continuous
 Start with a 2 on 2 green on d white on o
 2 green f follow for support 2 white d also follow
 Green d pass to green f
 Green f regroup with white d in neutral zone
 White d pass back to green d regroup again and send
 green f on 2 on 2 with white d.

So basically our 2 on 2 continuous with a double regroup. I would like to see the f on the second regroup stretch. Could also do this 3 on 2.



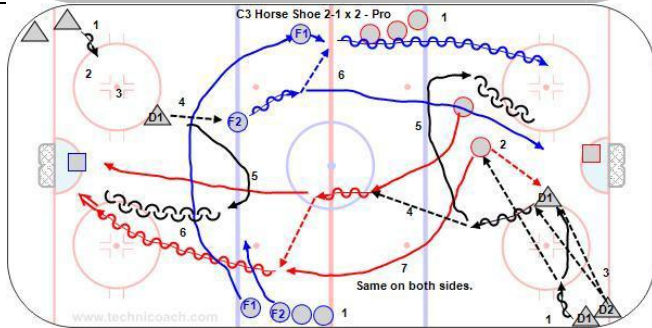
10 min sections

First do a skate pass shoot drill I have done with the d
 where we run through 4 options at the point.
 Shoot to score
 Shoot for rebound
 Shot pass
 Shot off boards



10 min.

SAG in circle a game of keep away where you need to
 stay d side on whistle attack net d play a one on one
 back to the net then have a shot from the point with a
 net battle



10 min.

C3 Horse Shoe 2-1 x 2 – Pro

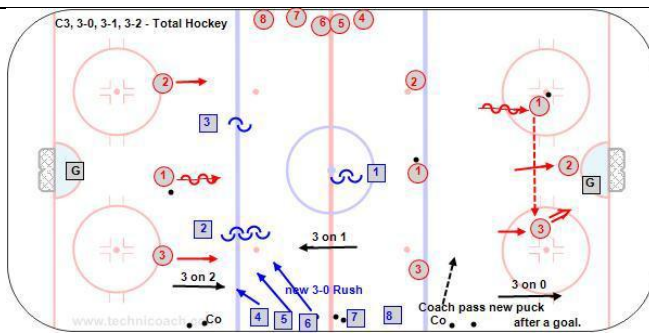
Key Points:

Make good passes. Give a target and play with quick feet. Defense create a good gap as early as possible and forwards attack with speed. 2-1 Attack Rule: One high-one low-one fast-one slow.

Description:

1. D in diagonal corners and F diagonal blue lines. F1 and F2 skate across toward D1. The drill happens at each end.
2. D1 pass to F1 who one touches to D1.
3. D1 pass to D2 in line who returns the puck.
4. D1 pass to either F1 or F2
5. D1 skate across to defend vs. F1 and F2 who left from the other end.
6. F1-F2 attack 2-1 vs. D1 from the other end.
7. The drill goes at the same time from each end.

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15 min. Focus on Teaching Each situation for about a minute, then do it and teach next in 5 min. segments.
C3, 3-0, 3-1, 3-2 - Total Hockey

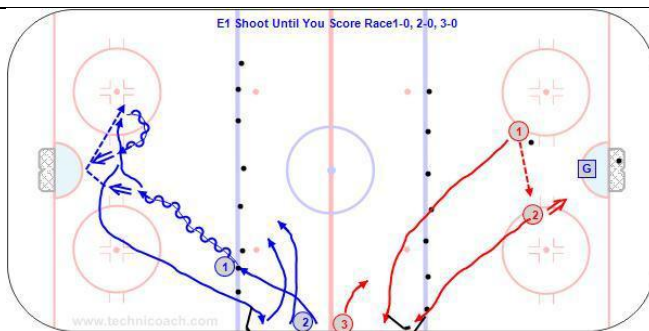
Key Points:

Attack with a middle drive and speed. Hit the net and drive for rebounds. Only allow one pass on the 3-0. Attack with speed and make plays early while defenders delay the attack.

Description:

1. One group on each side in the neutral zone.
2. Everyone attacks and defends.
3. Play rebounds until a goal or the puck is behind the net or outside the dots.
4. Coach pass new puck if a goal is scored.
5. One defender follow the rush on 3-0 and two follow the 3-1 rush.
6. Keep score.

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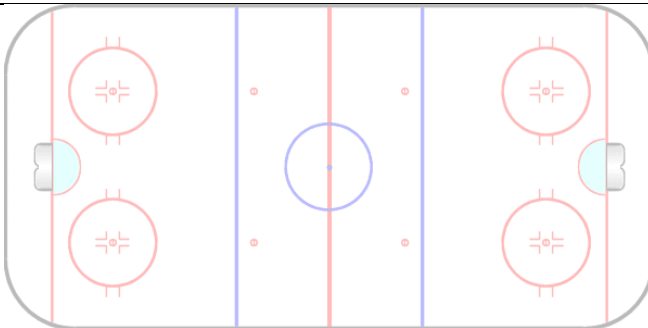
E1 Shoot Until You Score Race 1-0, 2-0, 3-0

Key Points:

Players should attack quickly, pass early, shoot to up.

Description:

1. Place one puck on the bluelines for each player team.
2. One player leaves from the bench and must keep the puck.
3. Scoring player skate hard to the bench and touch joins him/her and they attack 2-0.
4. Repeat after a goal and attack 3-0.
5. All three players rush back and touch the board.
6. The team that scores all the pucks first wins.



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