



Flyers

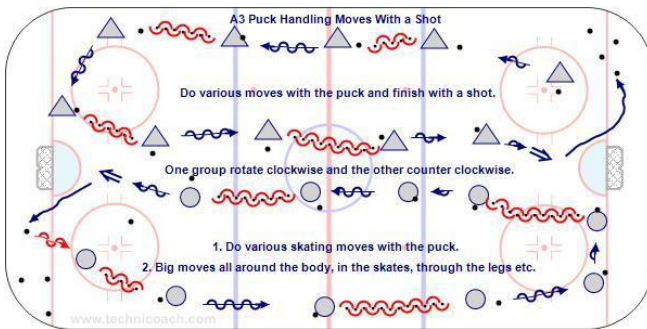
Practice Plan

Date: 29-01-13

Time: 16:00-17:30

Max Bell 2

Breakouts, conditioning, shootouts	Backchecking, overspeed, passing, shooting



Start with 5 minutes of Partner Shooting.
10 min.

A300 Edges and Puck Handling with a Shot

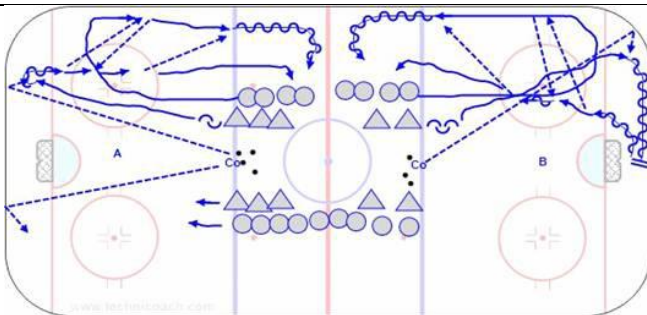
Key Points:

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 the 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.

B5 Murdoch Breakout Routine A and B

Key Points:

This is a good routine to use at the start of practice instead of just skating around the ice aimlessly.

- Work for 5-10 min. and get in a lot of reps.
- D shoulder check on the way to the puck.
- Forwards funnel through middle lane and watch puck before swinging up the boards.

Description:

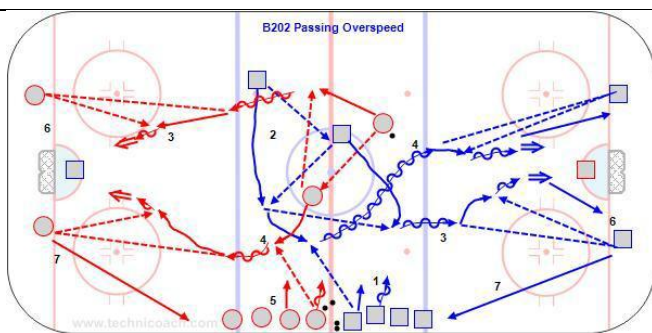
Wings and Defense

A. Coach shoots puck in and D gets the puck and passes to the wing who times his skating from inside to outside. D to W back to D and up to wing. Then repeat on the other side. All forwards take turns getting the pass on the wing.

B. Coach shoots the puck in and D skates back to get in while the wing times his skating from the middle to the outside lane.

The D drives the back of the net and stops and goes out the same direction making a counter pass to the wing, who returns the pass and gets another pass. Repeat on the other side.

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8 min.

B202 Passing Overspeed

Key Points:

Always face the puck and make as many passes as possible. On the whistle pass early to the player below the goal line. Hit the net and look for the rebound from the second shooter. Give a target.

Description:

1. Two red and two blue leave from the line.
2. Make as many passes as possible in 7".
3. On the whistle player with the puck give and go with a player below the goal line and shoot.
4. Second player get a pass from the side then give and go low and shoot.
5. On the same whistle two new players from each colour leave from the line.
6. After the shot become a passer near the net.
7. Low passers return to the line up.

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10 min.

D100 Two 1 on 1 Games at Once

Key Points:

One coach should watch that the players won't collide. It is important to look behind and for the player with the puck to skate away from oncoming players. This is a great game for 1-1 and conditioning.

Description:

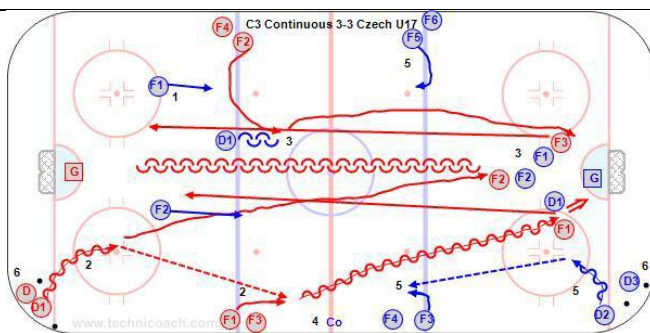
1. Players line up along the boards one group on each side of the red stripe.
2. One player of each team leave every 15".
3. Coach blow whistle each 15" and players play for 2 whistles (30")
4. Pass to a teammate when the second whistle blows.
5. Only two pucks on the ice and get the puck out of the net after a goal.
6. After scoring touch the red line before defending.
7. Keep score.

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15 Team Breakout Practice

Sean



10 min.

C3 Continuous 3-3 Czech U17

Key Points:

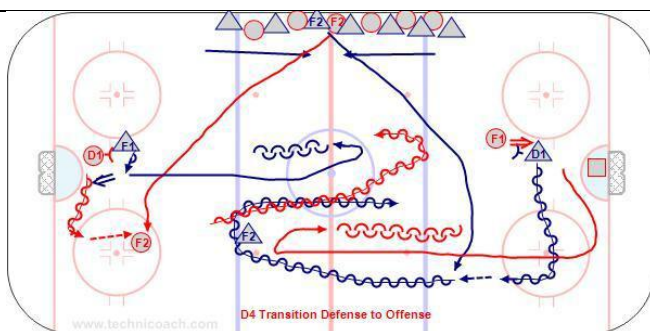
Attack with speed. Defenseman communicate who the forwards should cover. Quickly change from offense to defense. Tie up sticks in the slot. D join the rush.

Description:

1. Start with BF1, BF2, BD1 in defensive position.
2. RD1 skate between dots to the big us and pass to RF1 or RF2 and follow the attack.
3. Blue players F1-F2-D1 defend the 3-3 rush.
4. Coach whistle when rush finished.
5. D2 start a new attack the other way while original attacker Red F1-F2-D1 defend.
6. Continue this 3-3 flow end to end.

** This flow can be continued in a one puck transition game with no whistles starting with passive then active support.

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12 min. Rotate Teams. Active Support

D4 Transition Defense to Offense

Key Points

Defending player stay on the defensive side. Supporting player give a target for the pass and get into an open lane.

Description

1. F1 attack D1 at each end.
2. Players line up on the boards with the first player in line D1 supporting the defense.
3. The coach can determine whether the supporting defender is passive or active.
4. On a turnover or a goal the breakout pass is made to the supporting defender from D1 to F2..
5. Carry the puck to the red line or if the team has a full ice practice, carry the puck to the far blue line.
6. F2 Attack vs. the original attacker F1.

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E1 Elimination Shootout – Russia U20

1. Everyone gets one shot.
2. Those who score get another shot.
3. Miss and you are out.
4. Winner is the last one left after all others have missed once.

10 min.

We will start each shot from the dot on the whistle and the goalie on the line. This is to get ready for regular shootouts in the playoffs.

E1 Elimination Shootout – Russia U20

Key Points:

Make a hard fake to cause the goalie to move and then shoot where he isn't. Also shoot where the goalie is coming from and not where he is going. General principle is if goalie is out far deke and backs in shoot.

Description:

1. Everyone gets one shot.
2. Those who score get another shot.
3. Miss and you are out.
4. Winner is the last one left after all others have missed once.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120413083712806>



Explanation/Notes:
