



Flyers

Practice Plan

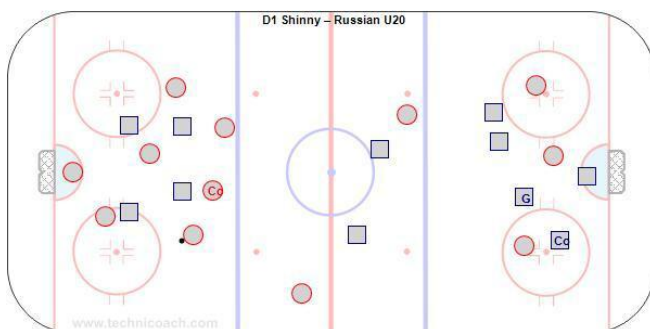
Date: 05-02-13

Time: 16:00-17:30

Venue: Max Bell 2

Individual offensive skills using drills and Puck handling.

Games. Passing, shooting, skating,



8 min.

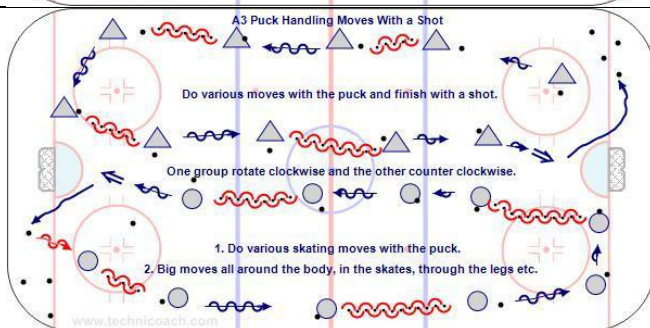
D1 Shinny - Russian U20

Key Points:

Everyone plays at once. No offsides and no rules except good sportsmanship. Great for developing puck handling skills and recovery after a hard practice.

Description:

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10 min. 5 no puck and 5 puck and a shot.

A300 Edges and Puck Handling with a Shot

Key Points:

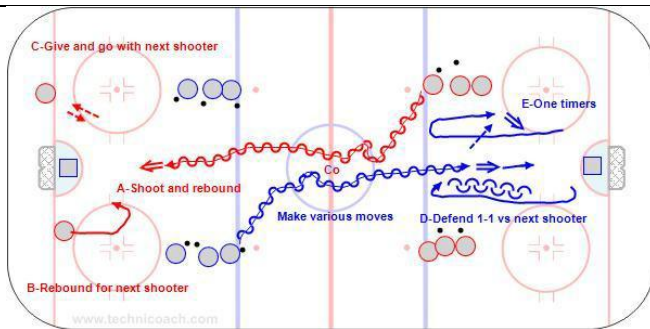
Move the puck all around the body in two circles going opposite directions. Finish with a shot. Use all of the edges and big moves reaching as far as possible.

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 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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5 min.

B202 Puck Handling and Shooting

Key Points:

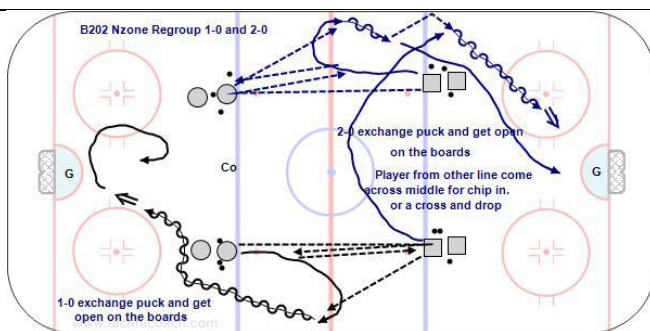
Make hard fakes both ways, fake shots, tight turns. Have quick feet. Cross the blue line and either shoot or pass and shoot. Add variations after shooting.

Description:

1. Players line up behind the blueline; coach in the middle.
2. On the whistle leave from diagonal lines and make hard fakes around the coach.

*Add other variations such as a shot pass.

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6 min.

B202 Nzone Regroup 1-0 and 2-0

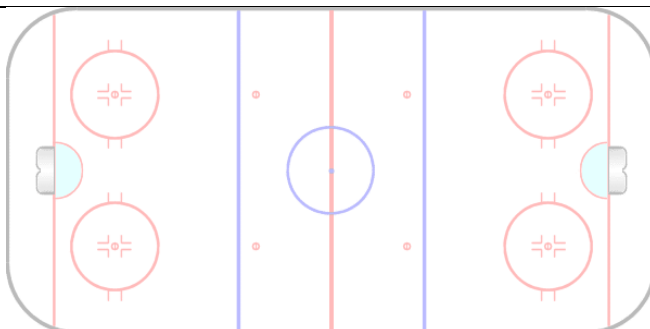
Key Points:

Start by exchanging the puck and always face the puck when pivoting for the return.

Description:

1. Players face each other and regroup in the neutral zone 1-0 then 2-0 and then attack. Start with exchanging the puck and then the breakout pass.
2. On the 2-0 practice chipping by the D to enter the zone or simply enter 2-0 with crosses.
3. You can add defense by having the shooter go out and defend the next attack.
4. When just shooting follow the rebound then circle back for the rebound from the next shooter.

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10 min. Sean individual offensive skill



10 min.

Sean ind. Offensive skill game.



7 min.

D4 Baggio - Czech U20 (each end)

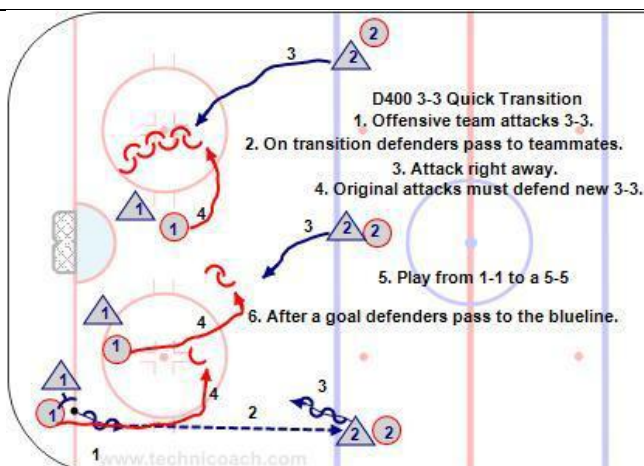
Key Points:

Face the puck. Get open for a pass and give a target. Goals on one timer shots.

Description:

1. Offensive team must pass within one second.
2. Goals must be on one timers.
3. If the puck goes outside of the zone the other team gets it.
4. On transition to offense there must be at least one pass before you can shoot.

<http://www.hockeycoachingabcs.com/filemgmt/index.php?id=83>



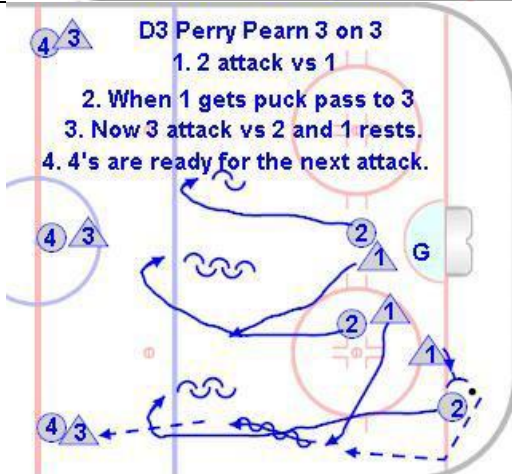
8 min. – Greens switch ends.

DT400 Game of Quick Transition

Key Points: The resting players attack right away when they get a pass and the original attackers must communicate and cover one attacker each.

Description: 1. Offensive team attacks 3 on 3. It can be 1-1, 1-2, 2-1, 2-2 or 2-3 also if the coach wants to practice these situations. Upt to 5-5 is possible. 2. On transition to offense the defenders pass to their teammates waiting behind the blue line. 3. Attack right away (don't have to wait for teammates to get onside in this game.) 4. Original attackers now defend and communicate with each other on how to stop the attack. 5. After a goal the defenders is allowed to pass to the new attackers.

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12 min. 2 x 6 min. games

DT400 Perry Pearn Game Rotation

Key Points:

This game allows the coach to focus on the attack or defending deep in the zone. You can play this game in situations from 1-1 to 5-5. It is a great rotation to practice specialty teams if you have 3 lines because it gives the players some rest and they alternate between pp and pk (one F would leave the zone) The defenders have to clear the zone with control of the puck. With situations over a 3 on 3 I would move the resting players back to the far blue line.

Description:

1. Players line up within a stick length of the red line if you have 2 groups or only ½ ice; otherwise behind the red or far blue line.

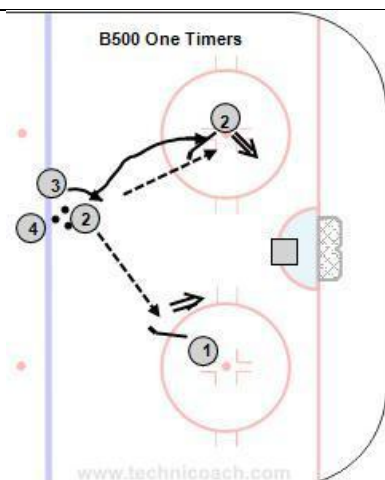
2. Three players attack three defenders.

3. Defenders must carry the puck out of the zone before passing to team waiting team mates.

4. Three new players attack vs the original offensive players.

5. Keep score, implement skill (only forehand passes) or team play rules (goals originate from below the goal line).

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090726102318992>



6 min.

B500 One Timers

Key Points:

Square up for the shot and have the stick back as the pass is being made. Follow through with the whole body to the net and the lead knee pointing to the target.

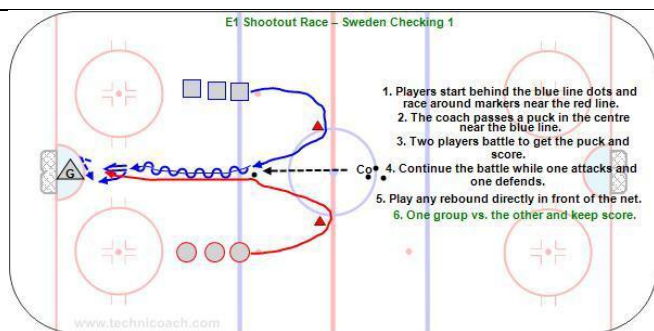
Description:

1. One leave the line and get a pass from 2 on the off wing and shoot.

2. Two leave after passing and get a pass from three.

3. Continue this rotation and progressively increase the speed of the passes.

<http://www.hockeycoachingabcs.com/mediagallery/video.php?n=20090812164222165>



8 min.

E1 Shootout Race – Each End

Key Points:

Players must skate hard and battle for net side body position. Player who wins the puck must protect it and the checker fight for defensive side without taking a penalty. They should play any rebound in the slot.

Description:

1. Players start behind the blue line dots and race around markers near the red line.
2. The coach passes a puck in the centre near the blue line.
3. Two players battle to get the puck and score.
4. Continue the battle while one attacks and one defends.
5. Play any rebound directly in front of the net.
6. One group vs. the other and keep score.

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