



Flyers

Practice Plan

Date: 13-02-13

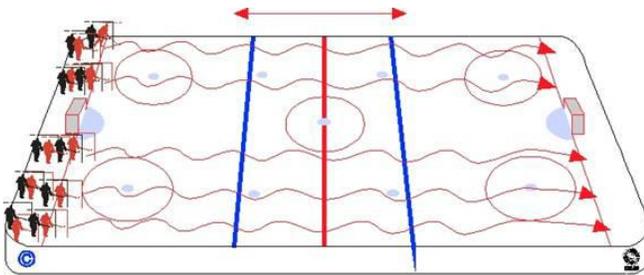
Time: 17:15-18:45

Venue: Max Bell

Lines:

Notes:

Regroup, agility skating, puck handling
Fitness, team play, breakouts, goalie pass



10 min.

A2-A200 Puck Handling and Skating Practice from Finland

Description:

This is a video on the ABC site uner Puck Handlingwith agility skating

1. A200 formation and Yashin leads the big moves warm demonstrating the skill and the kid's follow.

2. A2 skating drills for balance and edge control.

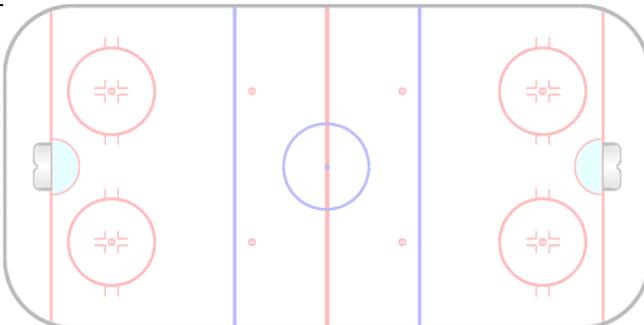
3. A200 Russian Big Moves exercises. Pro player demonstrate the big moves and the players follow.

Key Points:

This practice was done at Juhani's hockey school in Mikkeli, Finland. It is beautiful lake country where he has his summer place. The focus is on Big Moves with Good Hard Fakes when puck handling. Many pro's including Yashin helped with his camps. Juhani is in the IIHF Hockey Hall of Fame and is a legend in Finland. Another IIHF hall of famer Vladimir Yursinov is the one who developed this big moves warm up. He is a Russian hockey legend as a player and coach. Between them they have developed about 70 NHL players.

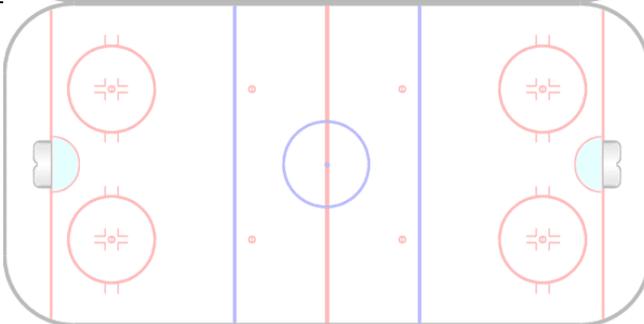
In my coaching experience these puck handling exercises are the most effective way for players to develop good hands. They can be done off ice as well. Big moves and handling the puck all around the body with big fakes and protecting the puck with the body are the essentials to being a good offensive player.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080722140651119>



10 min.

B6 Sean, agility skating, pass and shooting drill.

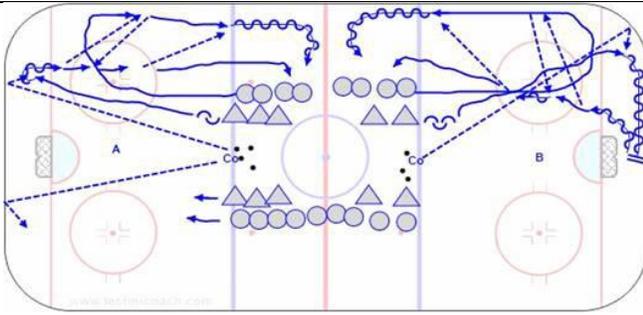


10 min.

DT100

1-1 then 2-2 with the attackers skating back before crossing the blue line.

- This causes the Defenders to transition skate back to forward to back.



15 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:

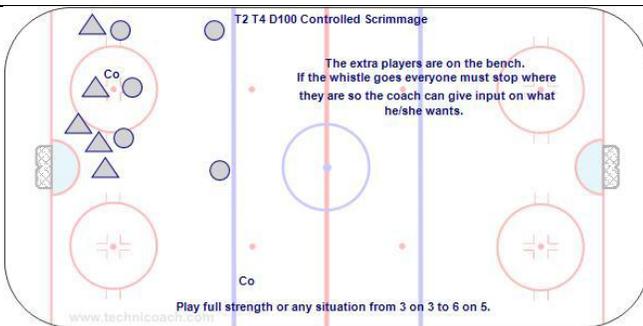
Wings and Defense

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.

-Do this with all breakout options and both D.

-Add shoot at the goalie and he sets up the puck or passes to the D.

<http://www.hockeycoachingabcs.com/mediagallery/video.php?n=20121101085219680>



30 min.

D100 Game of 3-3

-players change on their own.

-play games to 3.

-after a goal the team that scores gets the puck and goes the other way. Defending team can't check until they touch the red line.

-Second game is 4-4 with same rules.



10 min.

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

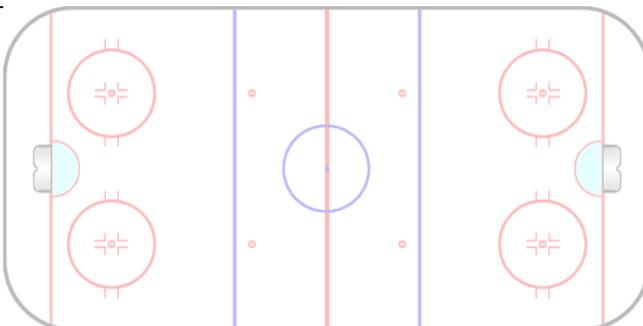
Key Points:

Players should attack quickly, pass early, shoot to score. Goalies must:

Description:

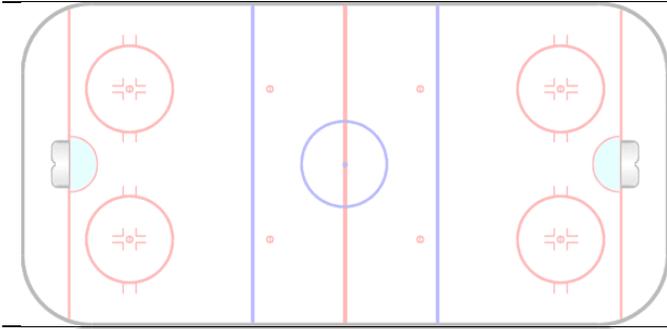
1. Place one puck on the bluelines for each player on the bench according to the race.
2. One player leaves from the bench and must keep shooting until a goal is scored.
3. Scoring player skate hard to the bench and touch the boards with the puck.
4. Repeat after a goal and attack 3-0.
5. All three players rush back and touch the boards and then repeat.
6. The team that scores all the pucks first wins.

<http://www.hockeycoachingabcs.com/mediagallery/video.php?n=2012101085219680>

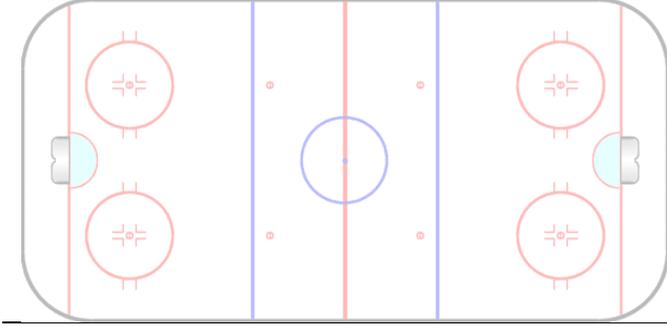


5 min.

Individual shooting practice.



Explanation/Notes:



Explanation/Notes:
