



Flyers

Practice Plan

Date: 14-02-13

Time: 17:15

Venue: ECTAS

Lines:

Battling, passing, shots, moves, regroup,

Notes:

3 on 3



8 min.

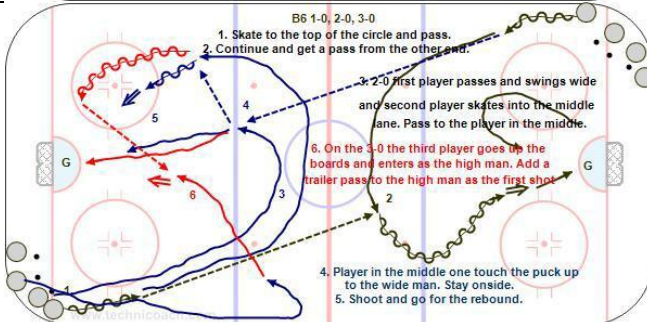
D1 Two puck game

All players on the ice. Start with 2 pucks and when a goal is scored put in the other puck. -another goal is scored it goes to one puck and they play a one puck game. -team that scores two goals wins.



10 min.

Big moves and add going around the 4 small nets with fakes and finish with a shot.



7 min.

B6 1-0, 2-0, 3-0 Small Horseshoe

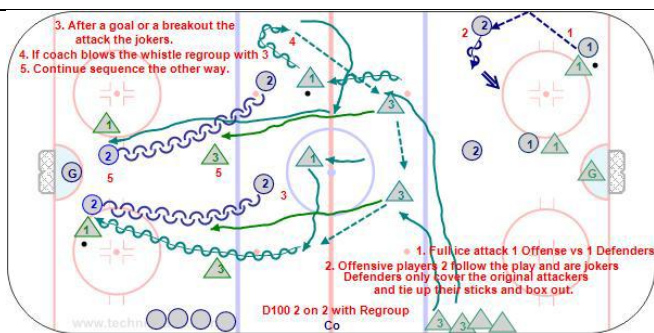
Key Points:

This is a great timing drill with good flow for early in the practice. Pass hard and get your top hand away from your body. Call for the pass. Give your stick and skates as a target.

Description:

1. Skate to the top of the circle and pass.
2. Continue and get a pass from the other end.
3. 2-0 first player passes and swings wide and second player skates into the middle lane. Pass to the player in the middle.
4. Player in the middle one touch the puck up to the wide man. Stay outside.
5. Shoot and go for the rebound.
6. On the 3-0 the third player goes up the boards and enters as the high man. Add a trailer pass to the high man as the first shot.

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10 min.

100 2 on 2 with Regroup

Coaching Comment

This is a great transition game to work on all four game playing roles in all three zones

Key Points:

Move through the neutral zone quickly and create a 2 on 1. Defenders talk to identify coverage. Line up in D100 Formation along the boards behind the bluelines at each end. Continuous flow game. Keep score. Vary the situations 1-1 to 3-3.

Description:

1. Full ice attack 1 Offense vs 1 Defenders.

2. Offensive players 2 follow the play and are jokers who can't skate in but must pass or shoot within 1 second. Defenders only cover the original attackers and tie up their sticks and box out.

3. After a goal or a breakout the defenders 1 attack the jokers.

4. Create an offensive 2-1 on a wide defender. If coach blows the whistle regroup with 3 who follow the play thru the nzone.

5. 1 finish the attack and try to score while 3 follow the play and support.

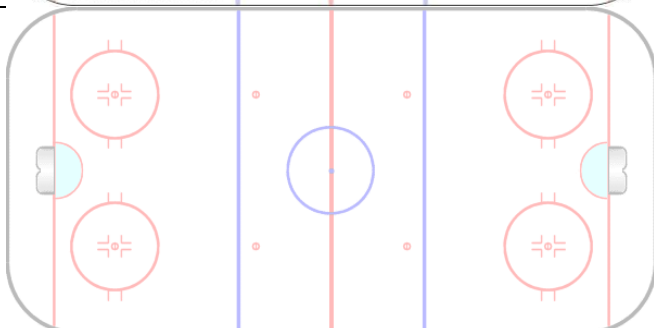
*Coach can change the situation from 1-1, 1-2, 2-1, 3-2, 3-3 or add a dump in to work on the forecheck or rules like goals must come from plays below the goal line to work on the cycle or low coverage.



20 min.

D100 – 3-3 Game

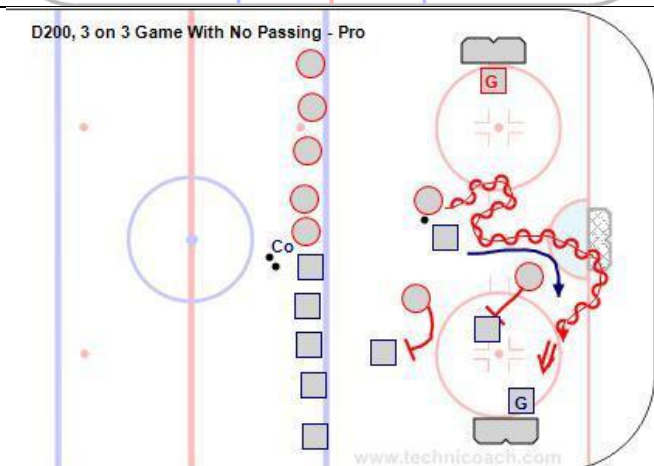
- Games to 3 goals.
- Scoring team get the puck and go the other way.
- New defenders must skate to blue line after a goal.



10 min.

Sean – Defenseman drill at one end.

Tom – Forwards – snapshot.



8 min.

D200, 3 on 3 Game With No Passing

Key Points:

This game demands that the puck carrier dangle and beat the opponents with dekes, fakes, change of pace, pivots while teammates screen, pick and go for rebounds.

Description:

1. Play a cross ice game of 2-2 to 5-5.

2. Extra players line up along the blue line.

3. Shifts 20-30" and pass to teammate coming on on the whistle.

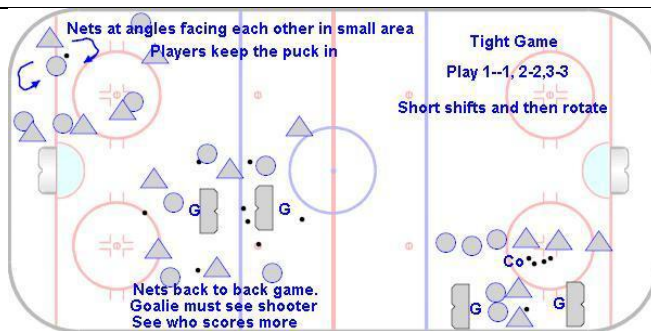
4. Coach put in a new puck on a goal.

5. Rule is NO PASSING.

6. Line mates support by setting screens and picks and going for rebounds.

7. Keep score.

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8 min.

D200 Small Area Battling Game

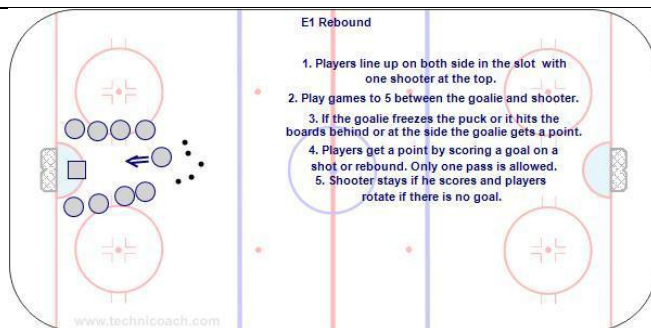
Key Points:

Transition between the four game playing roles. 1-player with the puck, 2-player supporting on offense, 3-player checking the puck carrier, 4-player covering other offensive players. They are also transitioning between the three game situations 0-loose puck, 1-offense, 2-defense. Players always have a role to play in the transition between game situations and must think quickly and use good technique.

Description:

1. Put the nets facing each other about 10 metres apart. Play from 1-1 to 3-3 including odd man situations. Extra players wait at one side.
2. Coach pass a puck in and the players battle and try to score.
3. Take 20 second shifts,
4. Keep score.
5. Coach shoot in a new puck on a goal or if the puck is shot out of the zone.
6. Focus on the players battling with good habits and quick decisions.
7. Race out when the time is up and leave the puck in play (option is to pass to a teammate who is first in line.)
8. Nets can be close to the boards or in open ice.

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9 min.

E1 Rebound Game

This is a scoring contest that seems to be loved by players of all ages everywhere in the hockey world.

Key Points: Make quick shots and one timers and goalie read the play.

Description: 1. Players line up on both side in the slot with one shooter at the top. 2. Play games to 5 between the goalie and shooter. 3. If the goalie freezes the puck or it hits the boards behind or at the side the goalie gets a point. 4. Players get a point by scoring a goal on a shot or rebound. Only one pass is allowed. 5. Shooter stays if he scores and players rotate if there is no goal.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080723202833407>