



## Flyers

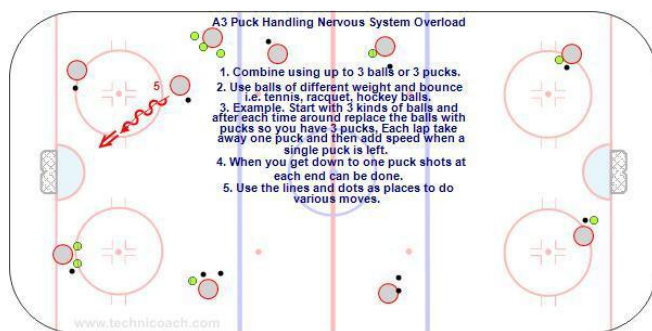
## Practice Plan

Date: 16-02-13

Time: 20:30-21:45

Venue: Henry Viney

Game situation, pass, shoot, skate	Puck handle, D join rush, F backcheck



5 min.

### A3 Puck Handling Nervous System Overload

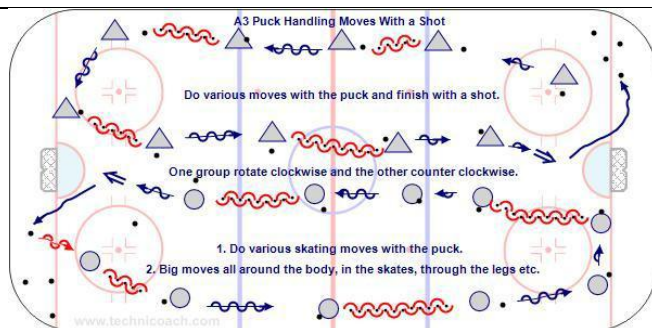
#### Key Points:

Keep the balls and pucks within a stick length and move them around the body. Stress rolling the wrists big moves.

#### Description:

1. Combine using up to 2 pucks.
2. Partner pass two pucks at once.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080722204547549>



6 min.

### A300 Edges and Puck Handling with a Shot

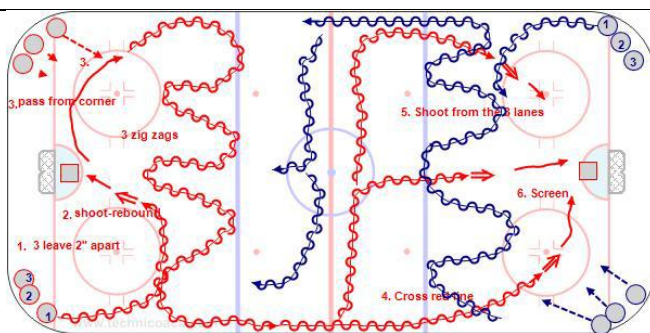
#### Key Points:

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.  
<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20121108114316285>



6 min.

### B6 - 3 Shots, 3 Zig zags, 3 Shots

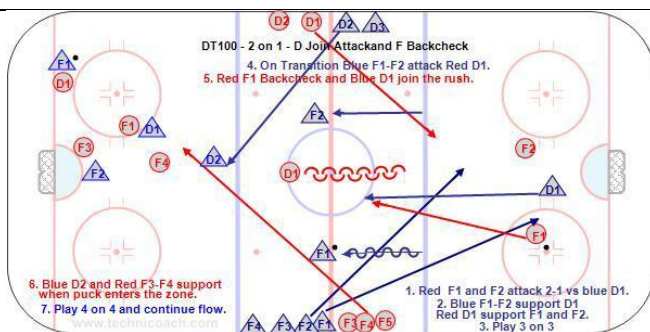
#### Key Points:

3 Leave from diagonal corners about 2" apart, skate around circle then shoot, get a pass from the other corner, skate 3 zig zags between the blue line and the top of the circles the fill the 3 lanes and shoot.

#### Description:

1. Make sure to leave about 2 seconds between shooters so the goalie has time to get set.
2. Follow the shot for a rebound before getting the pass.
3. Do skills while zig zagging 3 times such as;
  - a. carry the puck with the hands and feet moving all the time.
  - b. carry the puck only using the forehand side of the stick.
  - c. only use the backhand side of the stick.
  - d. transition skate facing the far end forward to backward to forward.
  - e. skate backward.
  - f. 360 degree turns.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20091019154513105>



18 min.

### DT100 - 2 on 1 - D Join Attack and F Backcheck

#### Key Points:

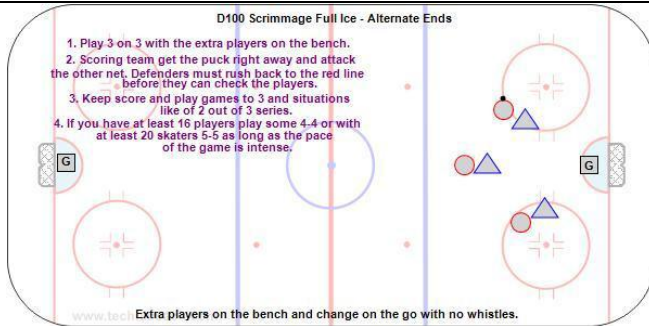
This is a continuous 2-1 with one D joining the rush and the high F backchecking.  
Forwards enter the zone to support the defense and then attack and one backcheck.  
Defense support from the point, defend and then join the attack.  
Coach can vary the number of F or D to create different situations in each zone.

#### Description:

1. Red F1 and F2 attack 2-1 vs blue D1.
2. Blue F1-F2 support D1, Red D1 support F1 and F2.
3. Play 3 on 3
4. On Transition Blue F1-F2 attack Red D1.

5. Red F1 Backcheck and Blue D1 join the rush.
6. Blue D2 and Red F3-F4 support when puck enters the zone.
7. Play 4 on 4 and continue flow.

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45 min.

### D100 Scrimmage Full Ice – Alternate Ends

#### Key Points:

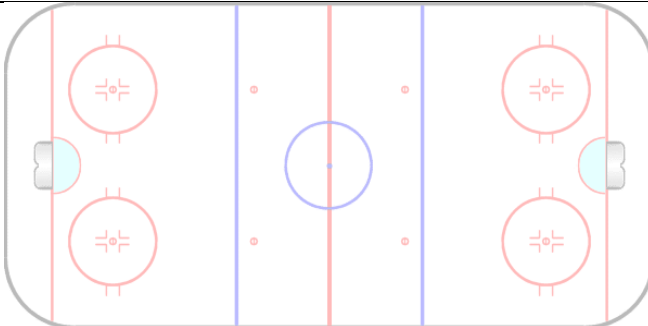
Take short shifts and play with good habits. Move the puck to players in better position than you. On defense play tight gaps and everyone cover an attacker.

#### Description:

1. Play 3 on 3 with the extra players on the bench.
2. Scoring team get the puck right away and attack the other net. Defenders must rush back to the red line before they can check the players.
3. Keep score and play games to 3 and situations like of 2 out of 3 series.
4. If you have at least 16 players play some 4-4 or with at least 20 skaters 5-5 as long as the pace of the game is intense.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20130216093006572>

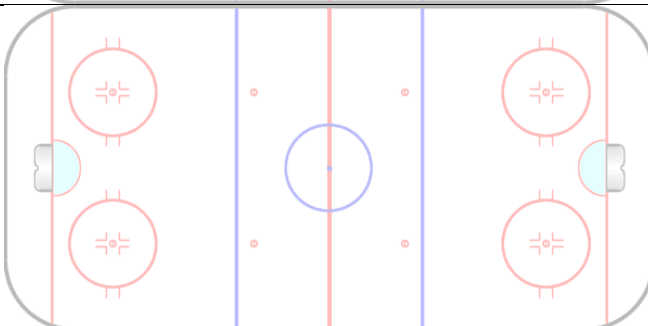
#### Explanation/Notes:



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#### Explanation/Notes:





**Explanation/Notes:**

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