



Flyers

Practice Plan

Date: 19-02-13

Time: 16:00-17:30

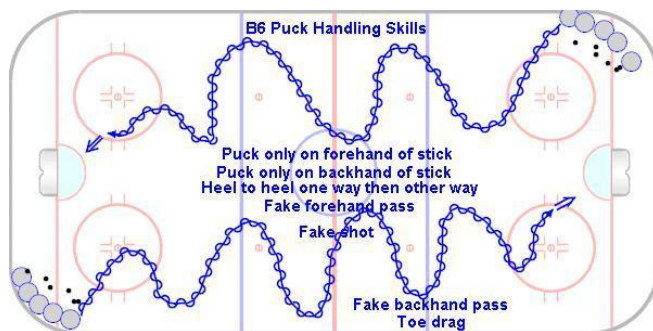
Venue: Max Bell 2

Lines:

Scoring, 2-1, passing, shooting, puck handle

Notes:

Regroup, 1-1, 2-1, middle drive, rebounds



7 min.

B6 Puck Handling Skills, Zig-Zag

Key Points:

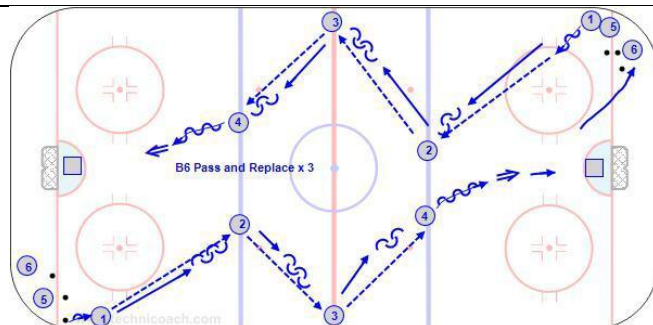
Separate the movement of the upper and lower body by doing these exercises to loosen the shoulders.

Description:

1. Players line up in diagonal corners in the B6 Formation.
2. Skate in big arcs down the ice and perform different tasks with the puck. These are some examples but players can practice every possible move both forehand and backhand.
 - a. Keep the hands and feet moving quickly.
 - b. Skate arcs with the puck only on the forehand side of the blade.
 - c. Skate arcs with the puck only on the backhand side of the blade.
 - d. Do heel to heel glides one way then the other.
 - e. Fake passes then protect the puck.
 - f. Fake shots.

Finish with a shot at each end of the ice.

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8 min.

B6 Pass and Replace x 3

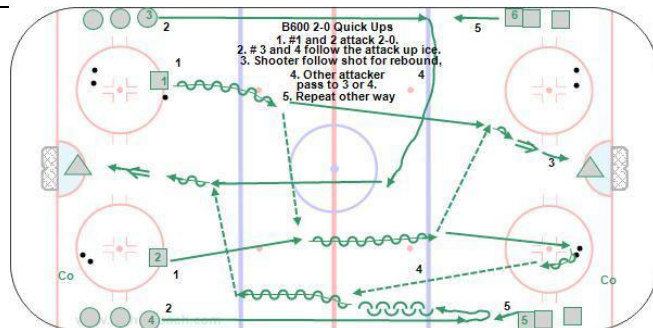
Key Points:

Pass while skating then turn and face the player who is passing to you. Shoot before the hash marks and follow the shot for a rebound.

Description:

- A. 1 pass to 2 and follow the pass and turn and face 5 for a pass.
 - B. 2 pass to 3 and follow the pass.
 - C. 3 pass to 4 and follow the pass.
 - D. 4 skate in and shoot-rebound- go to the corner.
- # Do 2 or 3 minutes from each side. Alternate task by requiring backhand or saucer passes or a move before passing , etc.

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8 min.

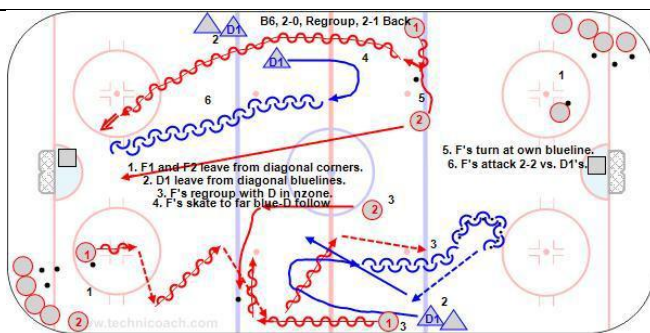
B600 2-0 Quick Ups

Key Points:

Have good habits with the shooter looking for a rebound. New attacker on the puck side should face the passer and player on the weak side cut across the ice and give a target. Move the puck up ice quickly and call for passes.

Description:

1. #1 and 2 attack 2-0.
2. # 3 and 4 follow the attack up ice.
3. Shooter follow shot for rebound,
4. Other attacker get a new puck and pass to 3 or 4.
5. Repeat other way with shooter following the shot and the other attacker passing to 5 or 6.
6. Continue this flow.



8 min.

B6, 2-0, Regroup, 2-1 Back

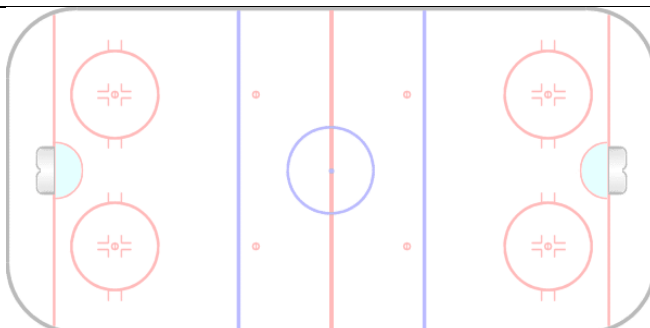
Key Points:

Forwards pass to the outside and skate to the middle with the puck. Face the puck all the time. D pivot with the puck. D work with the goalie and only give away poor shots. Forwards attack with speed and make the first play early. One high one low; one fast one slow.

Description:

1. F1 and F2 leave from diagonal corners.
2. D1 leave from diagonal bluelines.
3. F's regroup with D in nzone.
4. F's skate to far blue-D follow.
5. F's turn at own blueline.
6. F's attack 2-1 vs. D1's.

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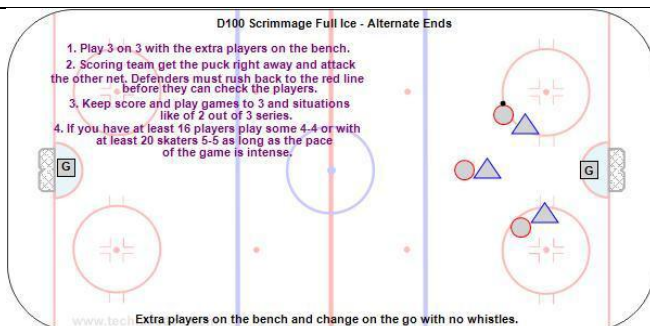


14 min. Sean-Key With Defense 6 and 5 Tom - Tom - F

- Middle drive 3-0
- 2-0 Shoot far pad for rebound.
- 2-0 passes from behind the net.

10 min.

Sean - everyone.



20 min.

D100 Scrimmage Full Ice - Alternate Ends

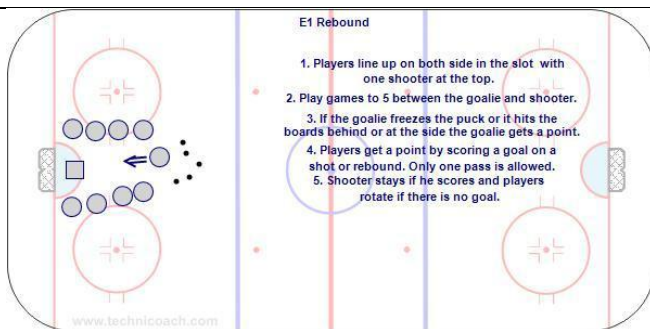
Key Points:

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.

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10 min.

E1 Rebound Game

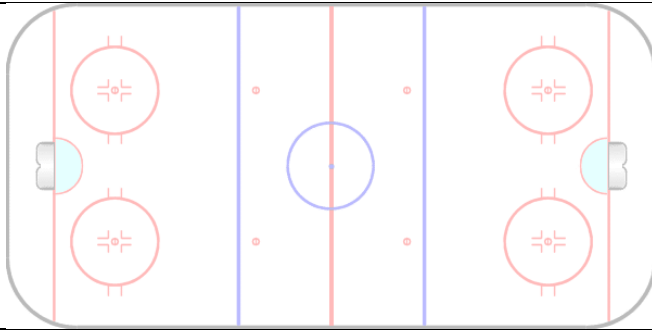
This is a scoring contest that seems to be loved by players of all ages everywhere in the hockey world.

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.

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Explanation/Notes:
