



Flyers

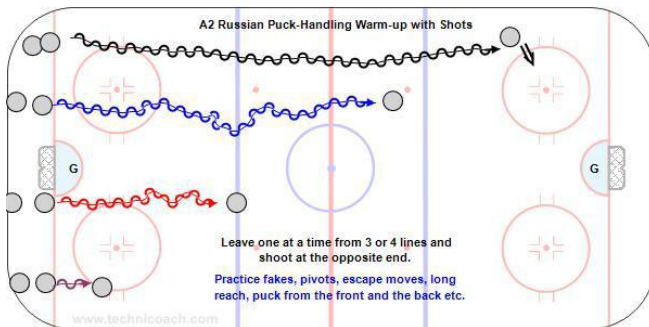
Practice Plan

Date: 28-02-13

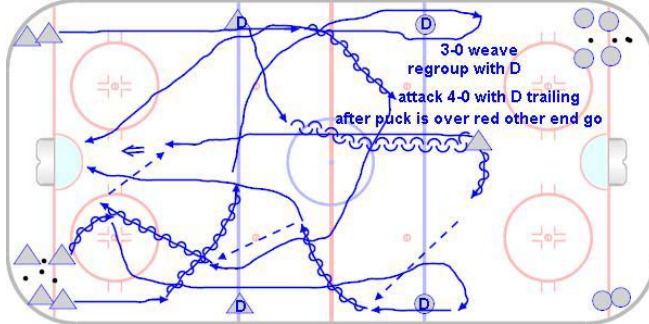
Time: 17:15 – 18:45

Venue: ECTAS

Lines:	Notes:
Team play review: Forecheck, pp, pk,	breakouts



6 min.
Russian big moves with a shot.



8 min.
B6 3-0 Weave With D Regroup

Key Points:

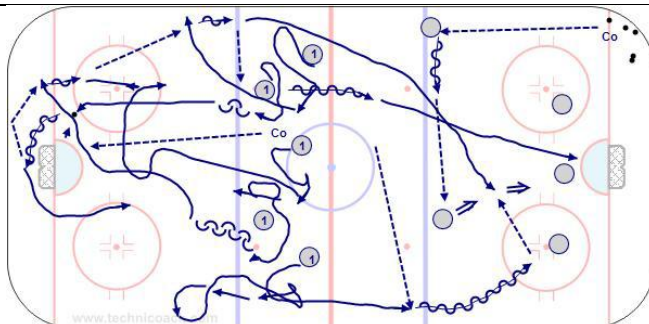
- Skate with the puck to the big ice between the dots and then pass.
- Pass and follow your pass.
- Stay wide until you get the pass.

Description:

1. Half the forwards at each end in three lines behind the goal line with the D waiting at the bluelines. Whites at one end and Blues at the other.
2. Middle player start by skating toward the strong side and pass to the wing and follow the pass skating behind the new puck carrier.
3. Wing skate to the big ice between the dots and pass to the far wing then follow the pass.
4. Wide wing skate to the big ice and pass to the original centre who is now in the opposite wide lane.
5. The D is skating backwards thru the middle zone and the puck is passed back to him for a regroup the other direction.
6. On regroup one player supports on the strong side boards, one mirrors the puck in the middle lane and one is in the wide lane.
7. D makes the pass and follow the attack into the zone.
8. The group at the other end leaves after the D passes up ice.

Options.

- a. Add another D.



10 min. in one direction each D breakout once and then attack 5-0. Pass back to coach after first breakout. Green, white and Red Line.

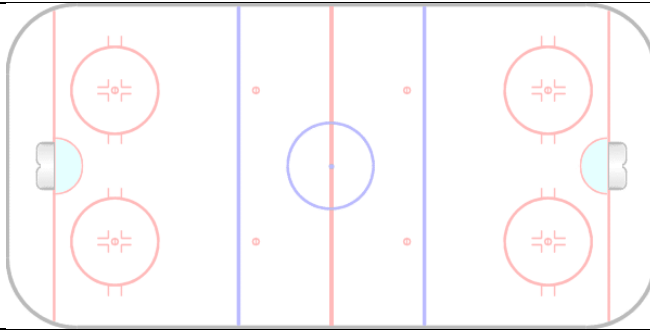
B5 Breakout 5-0 with Point Shot

Key Points:

Coach calls the various options, up, across, wheel, reverse. Each line go one direction then dump into the other end or alternate ends.

Description:

1. Players skate in nzone then coach dump in
2. D make a D to D or D to F pass and follow the play.
3. All forwards touch the puck on the rush and shoot. then screen, tip and one timer position.
4. Coach pass to D who skate across line and pass to partner who shoots or shot pass.



15 min.

T4, 5-2 Forecheck and Regroup - Czech U17

Tsunami Review – Goalies at other end.

Start with 2 D who skate forward to the blue line and then backward. The coach dumps the puck in and 5 players forecheck vs. the 2 D and two coaches who are outlets along the boards. When the D pass to a coach, or on a goal the puck is dumped down to the far blue line where the attackers regroup and attack 5-2 and play until the attack is finished. Rotate so all the lines and D pairs practice.

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**20 min. one end pp review-other pp. vs. pk 5-4, 5-3.
6 min. each line.**

T2-4 D400 Specialty Team Practice

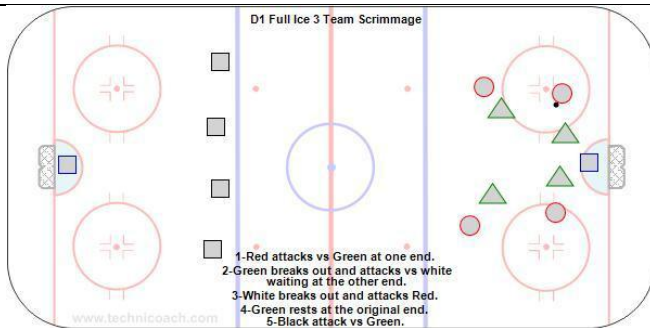
Key Points:

Closest player must pressure the puck in straight lines from the net out. Skate back when the puck is passed. Stick on the ice in the passing lane. Communicate.

Description:

1. A power play and a penalty killing unit at each end of the ice.
2. The coach passes in a puck from the line or from a face off dot.
3. Controlled scrimmage where everyone stops on a whistle.
4. If the puck is frozen, a goal or it is cleared put in a new puck.
5. After about 45 seconds do the same thing from the other end while the pp and pk units switch at the original end.

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12 min.

D1 Full Ice 3 Team Scrimmage – All Situations

Key Points:

Give close support to the ball or puck. Defending team create speed through the neutral zone after the breakout. New defending team identify coverage when the attackers enter the zone.

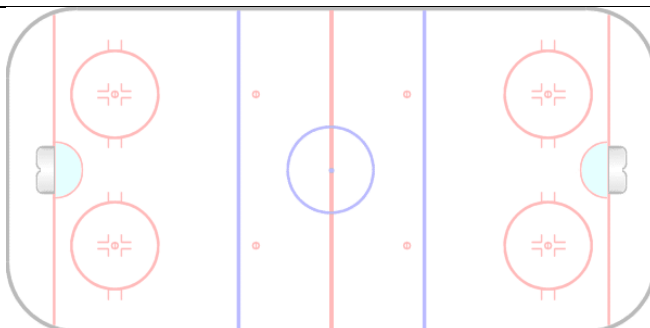
Description:

Three teams play full court or full ice.

- 1-Red attacks vs Green at one end.
- 2-Green breaks out and attacks vs. Black waiting at the other end.
- 3-Black breaks out and attacks Red.
- 4-Green rests at the original end.
- 5-Black attack vs. Green.

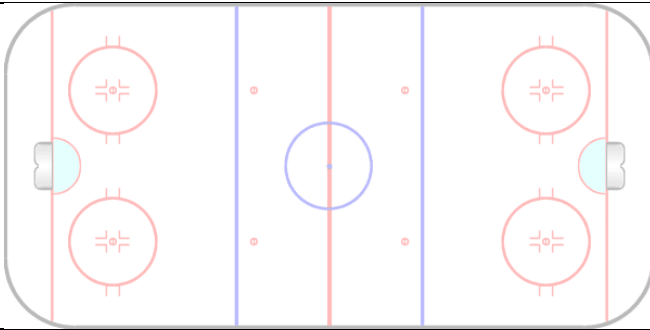
They keep this rotation and play a game up to 5. Start another game at 0-0 but switch who they attack first i.e. now Green attacks Red and Red attack vs. Black and Black vs. Green. This rotation can be used to practice team play at full strength and power play and penalty kill.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=2012013110134174>

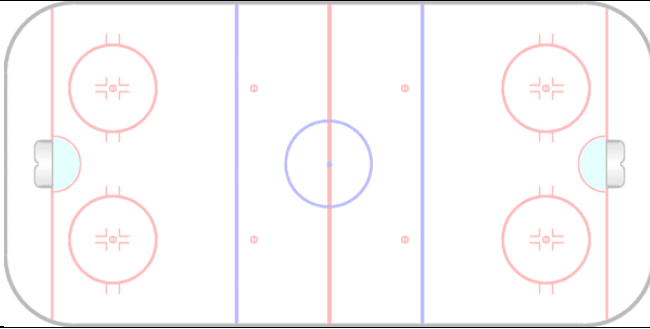


18 min.

Individual work – face-offs, rebound, shooting passing etc.



Explanation/Notes:



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