



Flyers

Practice Plan

Date: 26-08-13

Time: 16:00-17:30

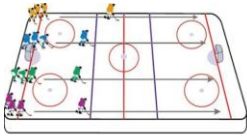
Venue:

Lines:

Warm –up and then instruction on the 2-1-2
To the other side.

Notes:

Forecheck with a pinch when the puck goes



10 min.

A2 Skating Warm-up for Edges and Balance

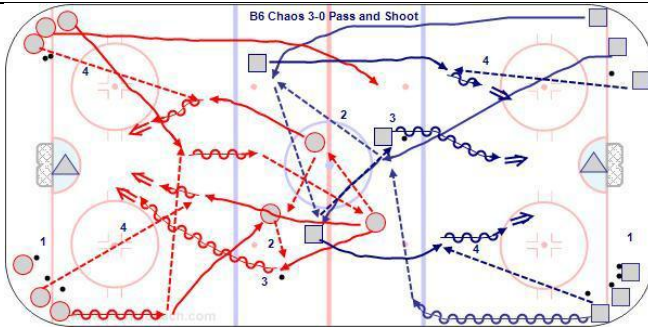
Key Points: Good players can move in all directions efficiently because they and use all edges and have great balance on the ice. Routines for skating, puck handling, shooting and passing are efficient ways for a coach to quickly review the foundation skills and allow the players to get a lot of reps and improve at their own rate.

Description: A2 Formation - Players start at one end and skate to the other end. - inside edges - out and in using a snowplow. - inside edges - sculling one leg at a time on the inside edges. - outside and inside edges - slalom with the skates together and a good knee bend. - balance and edges - one length of the ice on each leg.

Repeat the same sequence but skate Backward.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20110726073836113> The same warm up with 12-14 year olds.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20110423080435937>



10 min.

B6 Chaos 3-0 Pass and Shoot

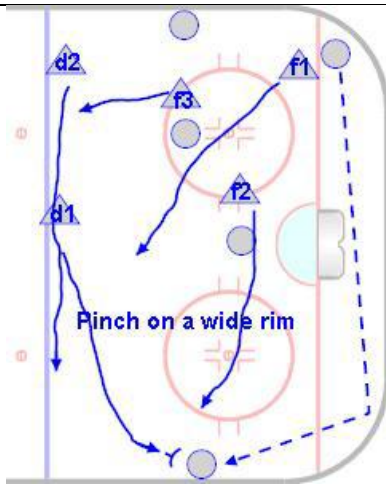
Key Points:

Give a target, pivot to face the puck all the time; use forehand passes and backhand only when passing forward.

Description:

1. Three players leave from each end.
2. Each group passes one puck in nzone.
3. On the whistle player with the puck shoot.
4. Other two players save ice and get a pass from the corner and shoot. a few seconds apart.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20101006084345432>



15 min. walk through

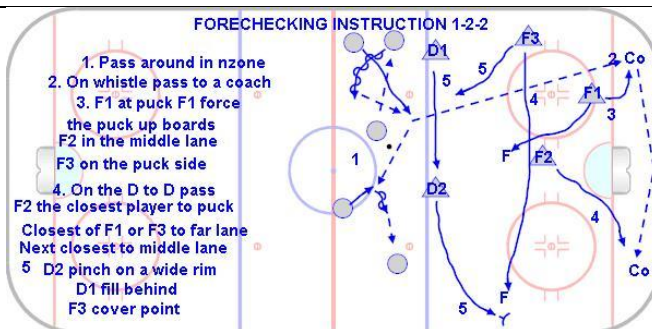
T4 2-1-2 Pinch on a Wide Rim

Key Points:

The middle D get to the puck as or before it is being received.

Description:

1. F1 make contact and skate thru the middle when the puck is rimmed.
2. F2 pressure the pass receiver.
3. F3 cover original strong side point.
4. D1 pinch down on pass receiver.
5. D2 slide across and fill in behind the pinching D1.
6. D1 stay in and join F1 and F2 on the cycle while F3 stays at the mid point.



15 min.

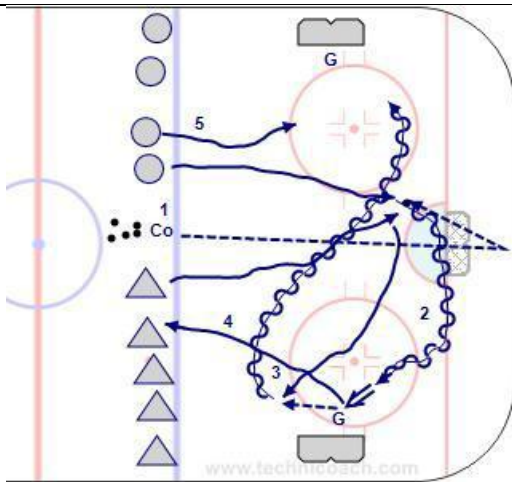
Walk through with a coach and 10 players at each end.



15 min.

T2-4 Controlled Scrimmage

5 on 5 with dump ins at each end and freeze on the whistle.



10 min.

E1 D200 Shootout Game

Key Points:

As soon as there is a rebound or goal the defender pick up the puck and attack the other way.

Description:

1. Coach dumps the puck in and players race for it.

2. Puck carrier try to score defender defend.

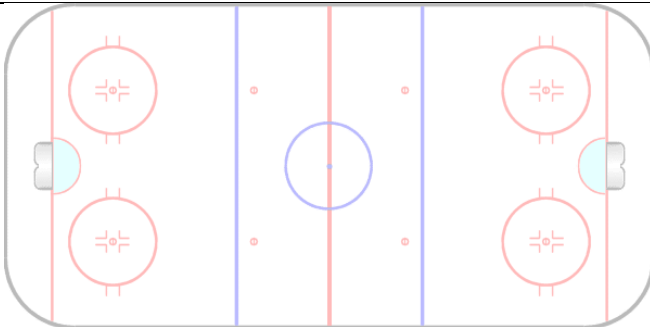
3. On rebound or goal defender attack other way.

4. Shooter must get outside of the blue line.

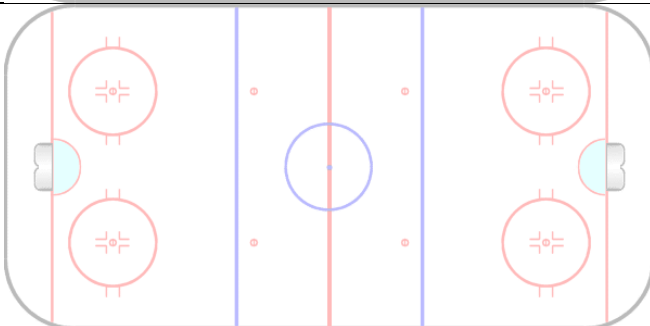
5. When teammate onside then first player in the line backchecks.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20130109085731126>

Explanation/Notes:



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