

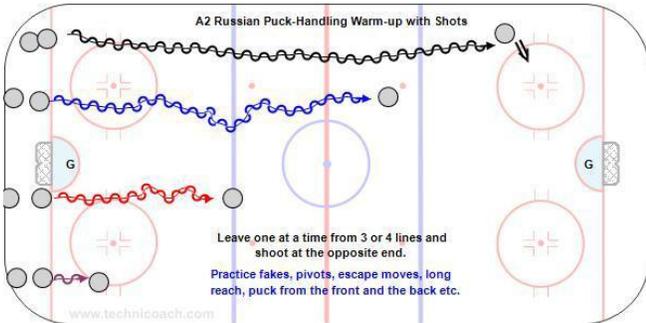


# Flyers

# Practice Plan

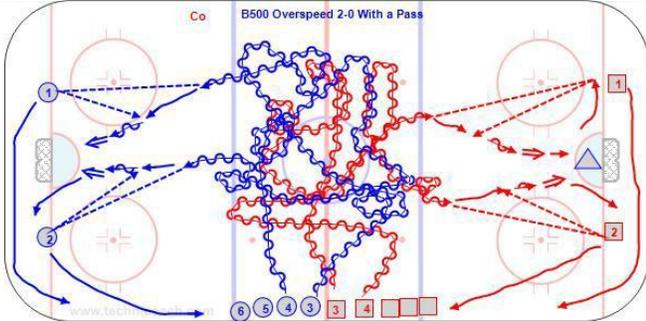
Date: \_\_\_\_\_ | Time: 20:30-22:00 | Venue: ECTAS

| Lines: | Notes: |
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**10 min.**

**Big moves warm up with shots.**



**8 min.**

**B500 Overspeed 2-0 with a Pass**

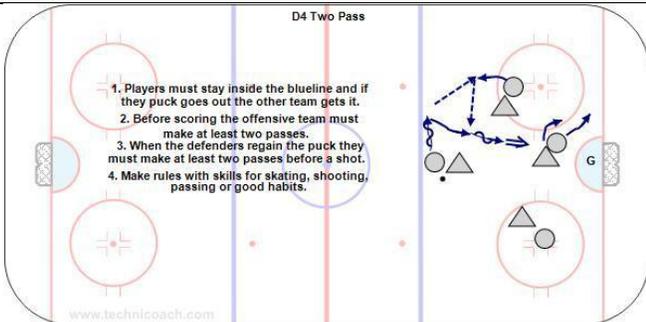
**Key Points:**

Players must challenge themselves out of their comfort zone. Make as many moves as possible and continue until they have shot and looked for a rebound. Take the pass and shoot right away without over handling.

**Description:**

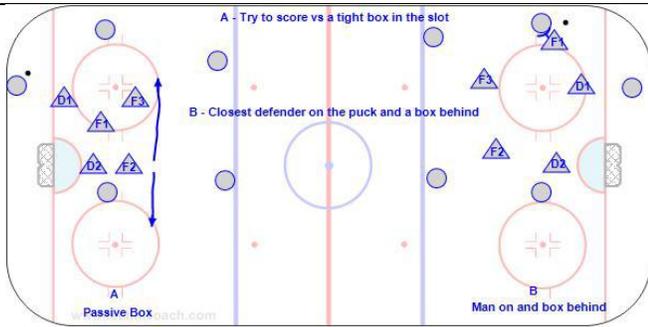
1. Line up along boards on one side.
2. Players 1 and 2 start on the goal line.
3. Players 3 and 4 leave and make moves at top speed.
4. Coach whistle every 7" and they players attack the net.
5. Closest attacker give and go with 1 or 2.
6. Second closest do a tight turn then give and go with 1 or 2.
7. With only one goalie go one way only.
8. After passing return to the back of the line.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20111004075623113>



**12 min.**

**Two pass tournament 2 games x 2.**



**20 minutes**

**Go over together and then half at each end with defenders stick upside down.**

**T4 Teaching Defensive Zone Coverage 2-1-2**

**Key Points:**

Tie up sticks in the slot, keep sticks in the passing lane and shin pads in front of the puck.

When doing man on and box behind closest player is aggressive from the inside to the outside body on body and stick on the puck.

**Description:**

Teach defensive zone coverage by giving the offense 45 seconds to score.

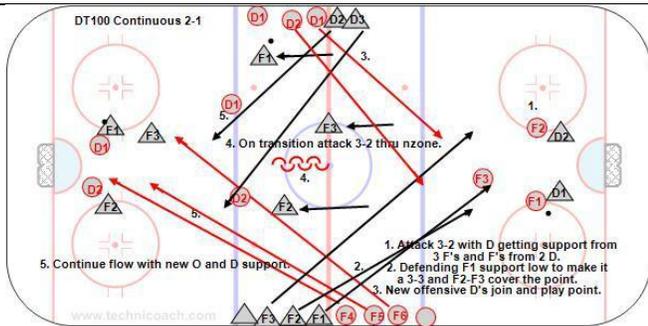
A. Play a tight box and one in the low slot area. Players can only move a few strides but stay in a tight 2-1-2 formation.

B. Closest defender pressure the puck right away while teammates form a box behind.

When the puck is passed away drop to a corner of the box or take the player to the net.

If the offense has three attackers cycling on one side D2 must move to that side and F2

drops to the hash marks to cover the front of the net.



**20 min.**

**DT100 Continuous 1-1 to 3-2**

**Key Points:**

New players don't leave the line-up until the puck enters the offensive zone.

On dump outs no one change but go back and regroup with the same players. Changes occur when the puck is over the offensive blue line or controlled over the defensive blue line.

**Description:**

1. Attack 3-2 with D getting support from 3 F's and F's from 2 D.

2. Defending F1 support low to make it a 3-3 and F2-F3 cover the point.

3. New offensive D's join and play point.

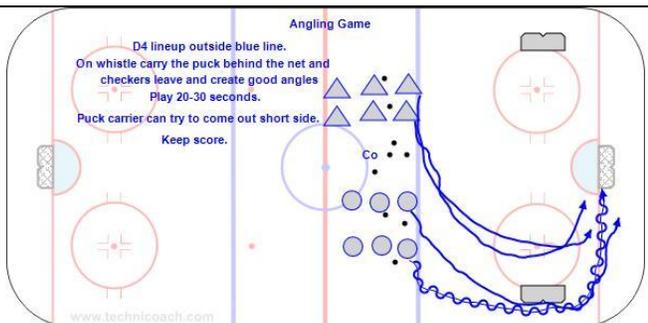
4. On transition attack 3-2 thru nzzone.

5. Continue flow with new O and D support.

-Continue the flow of 3-2 in nzzone and 5-5 at each end.

-Dump-ins and regroups can be added.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20100821122112111>



**7 min.**

**D200 Angling game**

**Key Points:**

Checkers create an angle on puck carrier and take away their time and space with body on body and stick on the puck.

**Description:**

1. D200 lineup outside blue line.

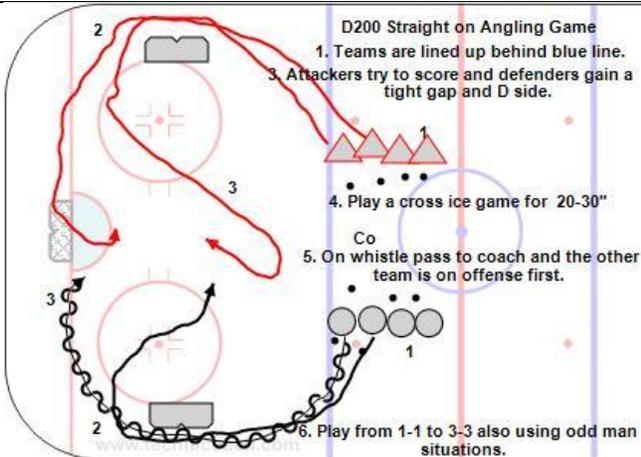
2. On whistle carry the puck behind the net and checkers leave and create good angles.

3. Play 20-30 seconds.

4. Puck carrier can try to come out short side.

5. Keep score. Play to a certain score and losing team do something like push ups. Play a short series.

<http://www.hockeycoachingabcs.com/mediagallery/video.php?n=20111005185904685>



6 min.

### D200 Straight on Angling Game

#### Key Points:

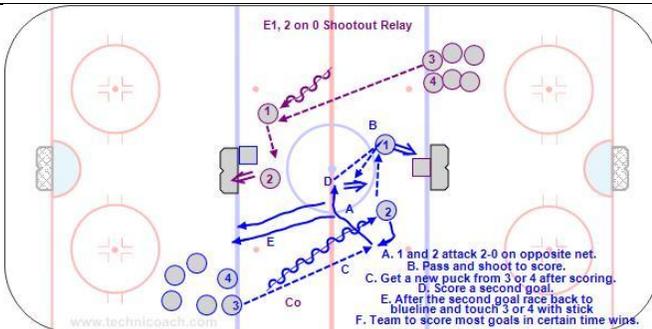
Both teams go behind their net on the whistle. Defenders close the gap and maintain the defensive side.

#### Description:

D200 Straight on Angling Game

1. Teams are lined up behind blue line.
2. On the whistle each team skates behind their net.
3. Attackers try to score and defenders gain a tight gap and D side.
4. Play a cross ice game for 20-30"
5. On whistle pass to coach and the other team is on offense first.
6. Play from 1-1 to 3-3 also using odd man situations.

<http://www.hockeycoachingabcs.com/mediagallery/video.php?n=20111005190114923>



7 min.

### E1 Two Goal Relay Race

#### Key Points:

Work on shooting one timers and scoring on rebounds. Good habits like face the puck, give a target with the stick on the ice. Limit of 2 passes before each shot.

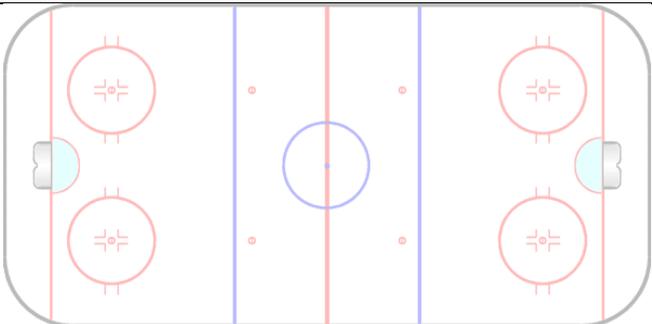
#### Description:

- A. 1 and 2 attack 2-0 on opposite net.
- B. Pass and shoot to score.
- C. Get a new puck from 3 or 4 after scoring.
- D. Score a second goal.
- E. After the second goal race back to the blueline and touch 3 or 4 with stick on shin pad.
- F. Team to score most goals in certain time wins.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120914084920694>

This is the same game but the nets are cross ice instead of at the blue line. Benefit is that the wide shots stay in play.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20130111093614490>



### Explanation/Notes: