



Flyers

Practice Plan

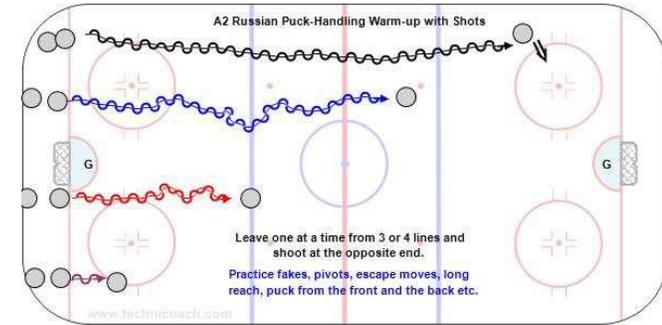
Date: Sept. 10

Time:

Venue:

Lines:

Notes:



8 min.

A200 Skating Warm-up for Edges and Balance with a Puck and Shot

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. Do these skating exercises with a puck.

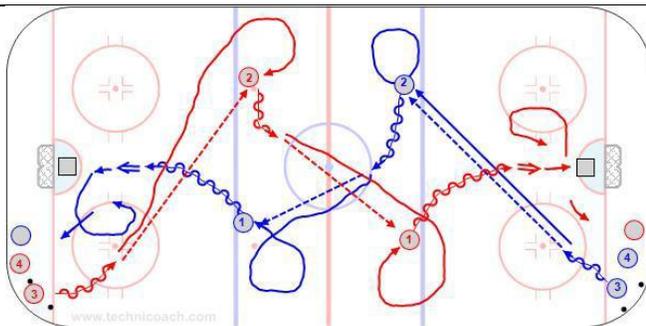
Description:

A200 Formation in Four Groups

- Players start at one end in 4 lines and skate to the other end with a puck and shoot from their lane.
- 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.

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8 min.

B6 Pass and Replace x 2 – Pro

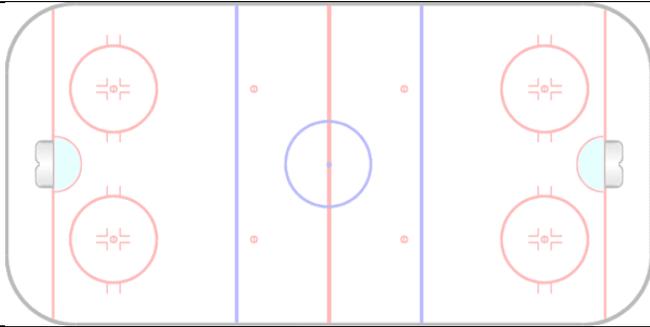
Key Points:

Turn facing the puck and time when to ask for the pass. Rebound and circle back to rebound for the next shooter.

Description:

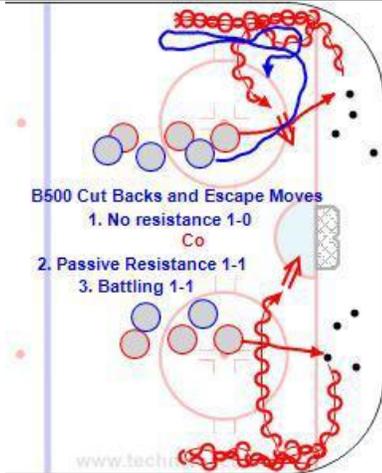
- A. 3 leave the corner and pass to 2 who turns to the outside and comes back for the pass.
- B. 3 follow the pass.
- C. 2 move into the middle and pass to 1 when he is ready for the pass.
- D. 2 follow the pass.
- E. 1 curl to the outside and back for a pass from 2 then skate in and shoot-rebound.
- F. 1 curl back to rebound for 2.
- G. 1 go to the corner to repeat the other way.

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15 min.

Natalie at one end with goalies. 15 min. each.



10 min.

B500 Cut Backs and Escape Moves

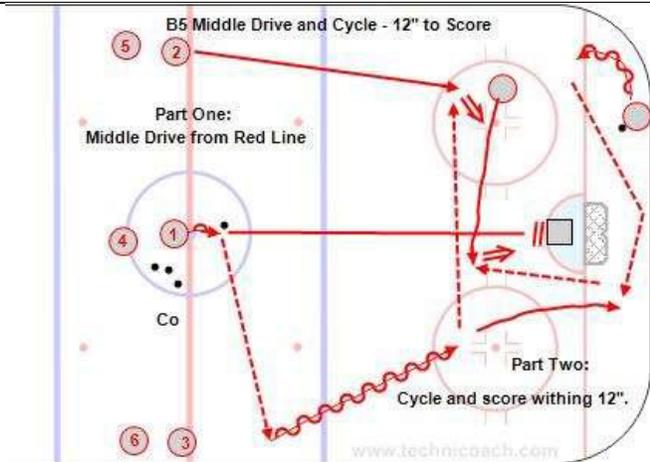
Key Points:

Protect the puck with the body on offense. Cut back turning toward the boards. Defender stay lined up with the back of the inside shoulder and stick on the puck.

Description:

1. Leave on the whistle and practice cut backs, tight turns. Go to the net on the second whistle while the next players leave.
 2. Two players leave and the second player stays on the D side with the stick on the puck and gives passive resistance.
 3. This is a battle and the defender tries to get the puck. On the second whistle whoever has the puck go to the net.
- *Without goalies both sides can go at once and with a goalie alternate sides. Players switch sides after doing both offense and defense.

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10 min.

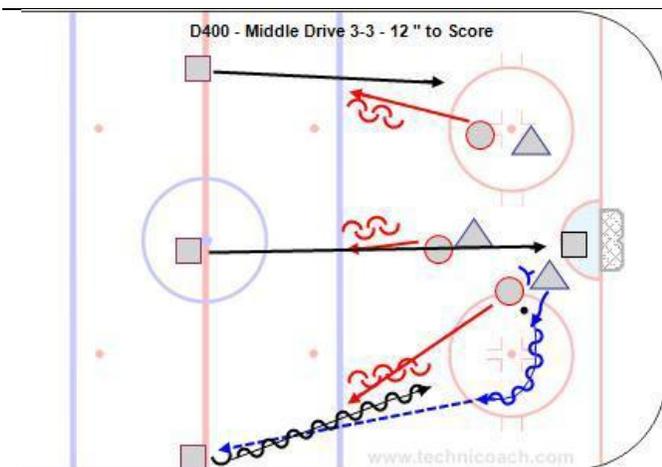
B5 Middle Drive and Cycle - 12 Seconds to Score

Key Points:

The player in the middle lane skate hard to the top of the goal crease. The two players in opposite wide lanes are about a quarter of a zone behind. Force the backchecker to make the proper decision.

Description:

1. Players leave from the red line.
2. R1 pass wide to R2 or R3.
3. R1 skate hard to the top of the goal crease and stop.
4. R2 and R3 follow in a second wave behind R1.
5. R3 pass across to R2 who one times the puck on net.
6. Play a rebound or a new puck shot by the coach and work together to score within 12 seconds from the start.
7. Next group repeat.
8. Create a contest to see how many goals they can score within the time limit.



10 min.

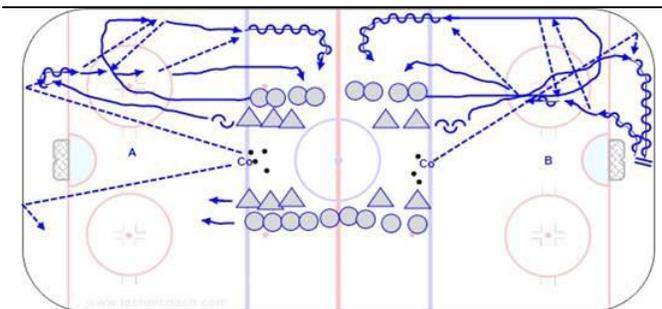
D400 - Middle Drive 3-3 - 10 Seconds to Score

Key Points:

Create intensity by only giving 12" for the offense to score. Attacking team uses the middle drive.

Description:

1. Start from the red line and attack 3 on 3.
2. Offensive team use the middle drive.
3. Attackers get 10 seconds to score.
4. Coach blow whistle if it takes too long.
5. On transition or whistle pass to the players at the blue line.
6. Team who was on offense now skate to the blue line and defend.



15 min.

B5 Murdoch Breakout Routine A and B

Key Points:

This is a good routine to use at the start of practice instead of just skating around the ice aimlessly.

- Work for 5-10 min. and get in a lot of reps.
- D shoulder check on the way to the puck.
- Forwards funnel through middle lane and watch puck before swinging up the boards.

Description:

Wings and Defense

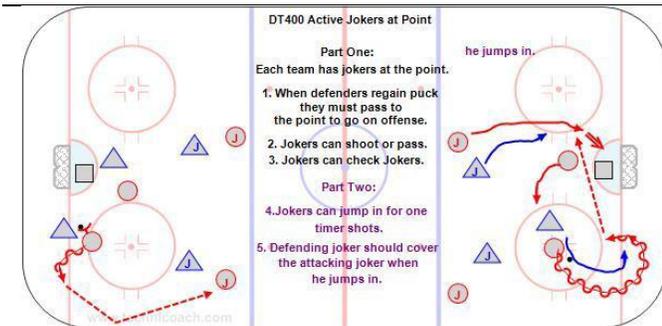
A. Coach shoots puck in and D gets the puck and passes to the wing who times his skating from inside to outside. D to W back to D and up to wing. Then repeat on the other side. All forwards take turns getting the pass on the wing.

B. Coach shoots the puck in and D skates back to get in while the wing times his skating from the middle to the outside lane.

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The D drives the back of the net and stops and goes out the same direction making a counter pass to the wing, who returns the pass and gets another pass. Repeat on the other side.

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8 min.

DT400 Active Jokers at Point

Key Points

Each team has two jokers at the point. Introduce the game allowing jokers to check jokers and then add that jokers can come in for one timer shots.

This transition game creates three situations. In the first part the players at the point must get open and take a shot or make a pass. The defender practices covering the point. In the second part add that the jokers at the point can come in for a one timer shot

Description:

Part One: Each team has jokers at the point.

1. When defenders regain puck they must pass to the

point to go on offense.

2. Jokers can shoot or pass.

3. Jokers can check the opponents Joker.

Part Two:

4. Jokers can jump in for one timer shots.

5. Defending joker should cover the attacking joker when he jumps in.

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8 min.

E1 Change on the Go with Pass Shootout Key

Points: Players should work on selling the fake, change of pace and making the goalie move first. The goalie must time his retreat into the net to keep good angles on shots and cover the goal line on dekes.

Description: 1. Players are in the box and one puck on each blue line for every player.

2. Player from each team leaves the box and tries to score.

3. If they score they race to the box and touch the boards and then the next player can leave.

4. If they don't score they pass to the next player who comes out of the box.

5. Losing team do something for every goal they lose by.

*To make it realistic the goalie should practice starting from the goal line and coming out.

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