



Flyers

Practice Plan

Date: 16-09-13

Time: 17:45-18:45

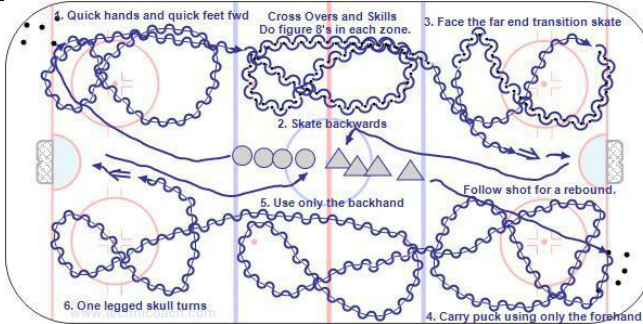
Venue: ECTA

Lines:

Triple threat position, quick thinking,
Puck handling with loose shoulders.

Notes:

Passing technique, defend, attack, skating



10 min.

B6 or B4 Crossover Skating and Puckhandling

Key Points:

This is a great skating and puck handling warm up drill. Many variations can be used with the puck or in skating tasks.

Do a different skill in each zone. Keep the feet moving it is crossover in large #8's and not tight turns. You can also do as a B6 and start out of opposite corners.

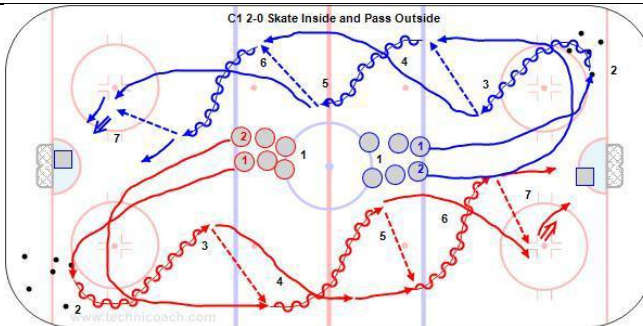
Description:

Cross Overs and Puck Handling Skills

Do figure 8's in each zone.

1. Quick hands and quick feet fwd
2. Skate backwards
3. Face the far end transition skate
4. Carry puck using only the forehand
5. Use only the backhand.

<http://www.hockeycoachingabcs.com/mediagallery/video.php?n=20120418155124444>



8 min.

B4, 2-0 Skate Inside and Pass Outside

Key Points

Skate to the big ice between the dots with the puck and pass to the outside. Pass and follow the pass taking the ice behind.

Description:

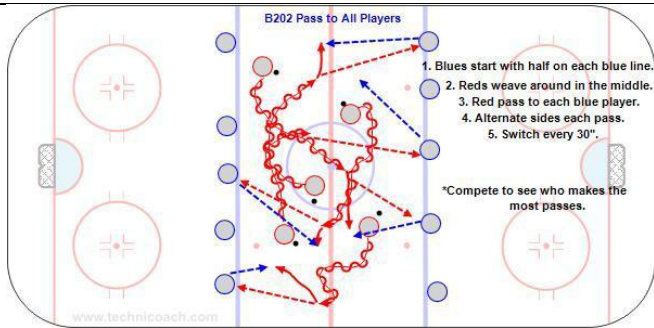
1. Line up in the C1 formation at the bluelines.
2. Two players leave from the front of each line and get a puck from the corner.
3. The first player skate inside the dot with the puck and pass to the second player on the outside.
4. First player follow the pass and cross 'taking the ice behind.'
5. The second player receive the pass and skate between the dots.
6. The second player now passes wide to the first player and follows the pass.
7. Shoot and rebound after one pass in the offensive zone.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20111103221221695>

5 min.

20 min.

Goalies with Natalie – last 5 min. send Natalie with team.



5 min.

B202 Pass to All Players

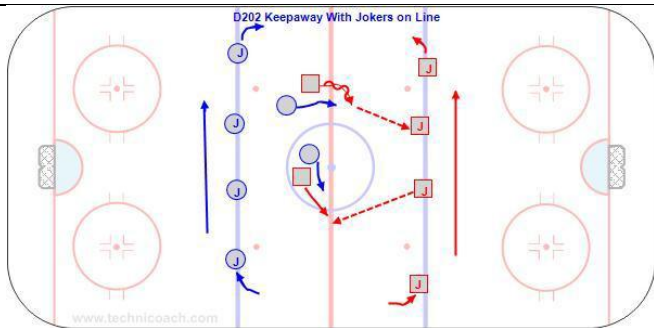
Key Points:

Give and go pass. Give a target and make eye contact before passing.

Description:

1. Blues start with half on each blue line.
 2. Reds weave around in the middle.
 3. Red pass to each blue player.
 4. Alternate sides each pass.
 5. Switch every 30".
- *Compete to see who makes the most passes.

<http://www.hockeycoachingabcs.com/filemgmt/index.php?id=99>



10 min. – Focus on triple threat position. Bax work with Rendle on taking a pass first 5 min.

D202 Keep-away With Jokers on Line

Key Points:

Protect the puck, use fakes and change the type of passes and the situation.

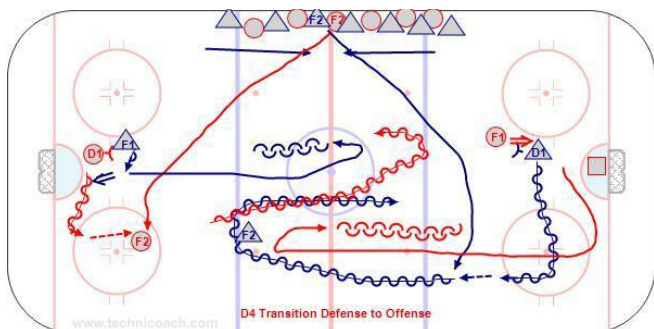
This is a great game to practice puck support, getting open, passing and puck protection.

Description:

1. Active players are in the middle.
2. Jokers are lined up along the blue lines.
3. Passes to Jokers are allowed.
4. Play even situations up to 3-3.
5. Vary the situations 2-1, 3-1, 3-2.
6. On whistle leave from one end and return to the line-up at the other end.

* Award one point for making 5 consecutive passes and keep score.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20121011224955196>



10 minutes – first 5 one game then each end.

DT400 1-1, 2-2, Support-Attack-Defend

Key Points:

Defending player stay on the defensive side.

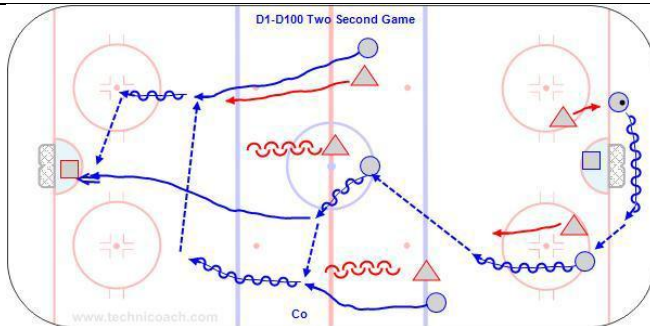
Supporting player give a target for the pass and get into an open lane.

Description:

1. F1 attack D1 at each end.
2. Players line up on the boards with the first player in line D1 supporting the defense.
3. The coach can determine whether the supporting defender is passive or active.
4. On a turnover or a goal the breakout pass is made to the supporting defender from D1 to F2..
5. Carry the puck to the red line or if the team has a full ice practice, carry the puck to the far blue line.
6. F2 Attack vs. the original attacker F1. Practice various situations. The big left handed player with the sweat suit is Dany Heatley. It is just after he won the Calder trophy. He

came to say hi to the players but because we were playing transition games participated in the whole practice and then stayed and posed for pictures with each of the players.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20090726104059741>



10 min.

D1-D100 Two Second Game

Key Points:

Supporting players must give close support plus depth and width. Puck carrier must skate hard to open ice and use escape moves, drive skating and cut backs to create passing lanes.

*This game can be played full, cross, half ice.

Great game for on ice awareness, passing skills and offensive support and defensive coverage.

Description:

1. Play full ice with either all the players on the ice at once or in shifts.
2. Players can be in possession of the puck for a maximum of 2 seconds.
3. Stress that when you get the puck the order of priorities should be:

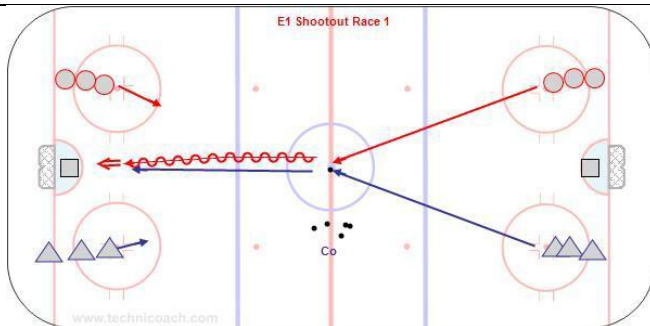
A-Make a play.

B-Regroup.

C-Gain a zone.

3. When over 2 seconds the other team gets the puck (coach monitor).

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20110324143851598>



7 min.

E1 Shootout Race 1

Key Points Players must have one skate on the dot at the start. No hooking or tripping. Skate to get D side and get the puck. *This is a great contest for puck protection, battling, scoring and a good anaerobic conditioning exercise. Keep score with one colour vs the other.

Description

1. Players are lined up behind the face of dots at each end.
2. A player from each team race for the puck which the coach puts on the middle dot.
3. Protect the puck and try to score vs backchecking opponent.
4. Another puck on the dot and repeat the other way.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080723063235226>

