



Flyers

Practice Plan

Date: 23-09-13

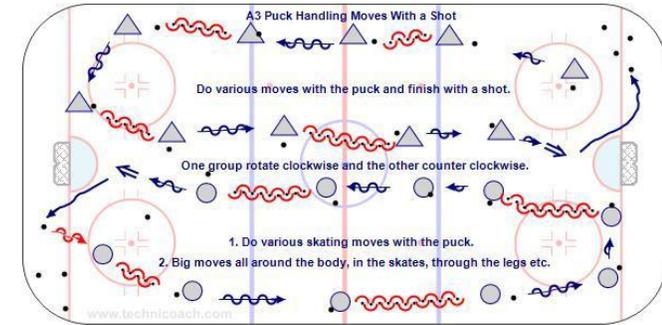
Time: 19:15-20:45

Venue: ECTAS

Lines:

Power play, point shots, passing, 3-0 options

Notes:



7 min.

A300 Edges and Puck Handling with a Shot

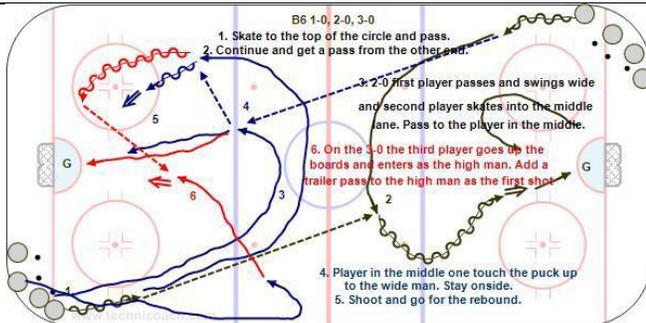
Key Points:

Move the puck all around the body in two circles going opposite directions. Finish with a shot. Use all of the edges and big moves reaching as far as possible.

Description:

1. Dark group skate down half the rink with a puck and shoot from the middle and white group skate the opposite way and shoot on the other net.
2. Skate on all of the edges and use big moves by reaching the opposite. i.e. Skate left and reach as far as you can to the right.
3. The players skating down the middle finish with a shot and then get a new puck.
4. Exercises are done while zig-zagging in and out.
 - a. Forward skate and alternate on the front inside edges.
 - b. Backward skate and alternate on the inside edges.
 - c. Skate forward and cross-over alternating on the outside edges.
 - d. Skate backward and cross-over alternating on the outside edges.
 - e. Open hip turn each way.
 - f. Slalom and reach as far as possible with the puck the opposite way.

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6 min.

B6 1-0, 2-0, 3-0 Small Horseshoe

Key Points:

This is a great timing drill with good flow for early in the practice. Pass hard and get your top hand away from your body. Call for the pass. Give your stick and skates as a target.

Description:

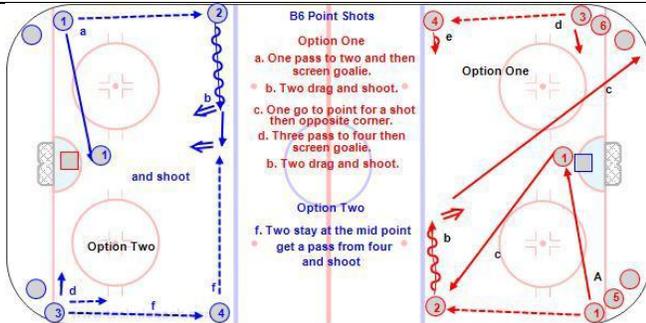
1. Skate to the top of the circle and pass.
2. Continue and get a pass from the other end.
3. 2-0 first player passes and swings wide and second player skates into the middle lane. Pass to the player in the middle.
4. Player in the middle one touch the puck up to the

wide man. Stay onside.

5. Shoot and go for the rebound.

6. On the 3-0 the third player goes up the boards and enters as the high man. Add a trailer pass to the high man as the first shot.

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7 min.

Key Points:

Skate forward inside the dot before pivoting to. Shoot low for a tip in or rebound. One time the second shot in option two. Hit the net. Everyone practice this skill.

Description:

Option One

a. One pass to two and then screen goalie.

b. Two drag and shoot.

c. One go to point for a shot then opposite corner.

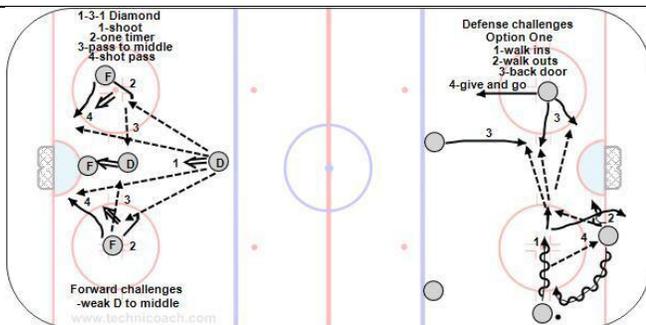
d. Three pass to four then screen goalie.

e. Four drag and shoot.

Option Two

f. Two stay at the mid point and get a pass from four and shoot before rotating.

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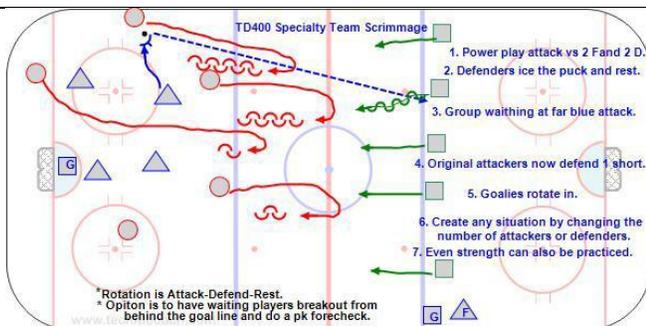


15 min. One goalie with Natalie.

Power Play Options: Overload to a Diamond

Option One: Set up at the hash and attack the seam between the D and F. -If no one plays you skate thru and shoot or pass back door to the F or the D coming down. -If the D plays you cycle low and keep going for a give and go and if that isn't there become the low option. -Original low player attack the seam again.

Option Two: -If the F plays you pass to the point and the low player moves in front to screen. -If the point player can get to the middle move into a 1-3-1 Diamond and the weak side D skate down to the middle slot between the hash marks. -In the Diamond we have 4 triangles for one timers, a middle one timer option. -If the puck is loose always outnumber the defenders and start the same sequence. **RULES and READS** -When you get the puck either you or the puck moves. No standing still. -If the weak side D comes down to back door the weak side F slide back. Look for defenders staring at the puck and move into the passing seams behind them. -Create 2 on 1's. -Short passes that only beat one defender. * Progress to a high cycle.



12 min. Other goalie with Natalie

TD400 Specialty Team Scrimmage

Key Points:

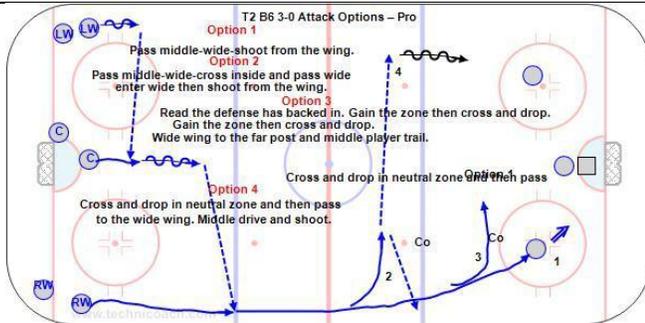
Rotation is Attack-Defend-Rest. Number the players so they know when to not defend. In even numbered situations you can require the defenders to breakout into the neutral zone before passing.

Description:

1. Power play attack vs 2 F and 2 D.

2. Defenders ice the puck and rest.

3. Group waiting at far blue attack.
 4. Original attackers now defend 1 short.
 5. Goalies rotate in.
 6. Create any situation by changing the number of attackers or defenders.
 7. Even strength can also be practiced.
- *Option is to have waiting players breakout from behind the goal line and do a pk forecheck.



15 min.

T2 B6 3-0 Attack Options – Pro

Key Points:

Go hard to the net without the puck with the stick ready for rebounds or deflections. Stop at the net. Shoot low to the far pad to create rebounds. Attack with speed. Read whether the defense gives you the ice behind or in front of you.

Description:

1. Line up in three rows at the goal like and start with a puck from one side.

2. Pass to the middle then the far wing.

Option 1

Pass middle-wide-shoot from the wing.

Option 2

Pass middle-wide-cross inside and pass wide and enter wide then shoot from the wing.

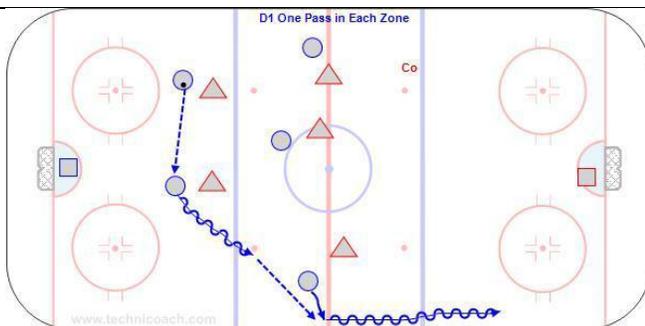
Option 3

Read the defense has backed in. Gain the zone then cross and drop. Wide wing to the far post and middle player trail.

Option 4

Cross and drop in neutral zone and then pass to the wide wing. Middle drive and shoot.

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10 min.

D1 One Pass in Each Zone

Key Points:

Close support, skate to open ice with the puck, give a target.

Description:

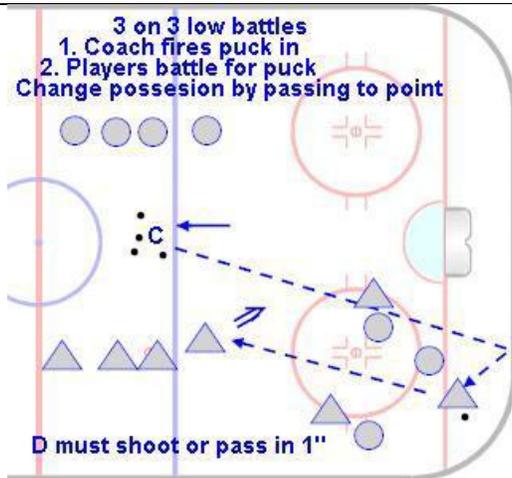
1. Play full ice either in shifts or all on the ice at once.

2. There must be at least one pass made in each zone. If not the other team gets the puck.

3. Controlled scrimmage so everyone stop on the whistle for coach input.

4. With shifts in a D100 game pass back to the goalie on the whistle.

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9 min.

D400 Transition Game of Low Battles with Point Support

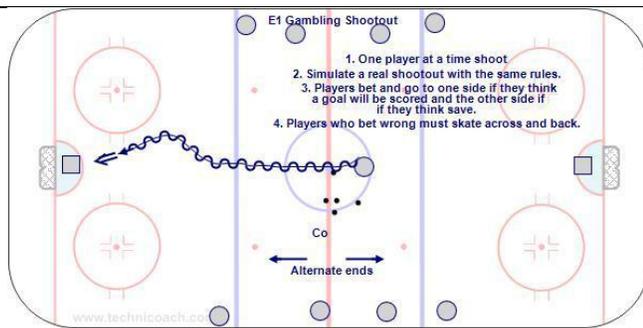
Key Points:

Great game to practice cycling, going to the net, screening, tipping, point shots, shot pass, one timers on offense. On defense you have the low zone coverage and communication skills. As well as individual techniques like sealing the stick to the outside, tying up pucks, boxing out, switching, all from the defensive side.

Description:

1. One team is lined up behind each faceoff dot. From one to three players leave at a time.
2. The next player in line plays the joker at the point and must pass or shoot within a second. Defenders do not check the joker as he can't go in and score.
3. The coach dumps the puck in or shoots on net and the teams race for the puck. Whoever gets the puck can shoot right away.
4. When the defending team gets the puck they must pass to their joker at the point to transition to offense.
5. If the puck is shot out of the zone the coach passes to the non offending joker.
6. Play 20-30" and on the whistle the players pass to the coach and skate hard out of the zone before the coach shoots a new puck in.

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8 min.

E1 Gambling Shootout

Key Points:

Simulate a real shootout by placing the puck on the dot and the player starting on the whistle and the goalie not moving until the player touches the puck. Get the goalie used to shootout skating.

Description:

1. One player at a time shoots.
2. Simulate a real shootout with the same rules.
3. Players bet and go to one side if they think a goal will be scored and the other side if they think save.
4. Players who bet wrong must skate across and back.
5. Alternate ends.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20111004080315971>