



Flyers

Practice Plan

Date: 25-09-13

Time: 18:30-19:45

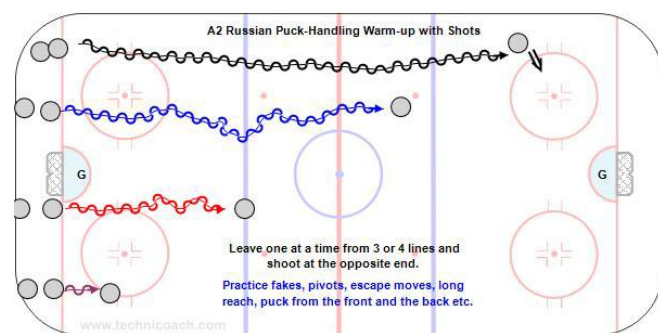
Venue: SAIT

Lines:

Angling, puck handling, skating, pp, pk,
Scoring, transition

Notes:

Breakouts, situations 1-1 to 2-2



8 min.

A2 Russian Puck-Handling Warm-up with Shots

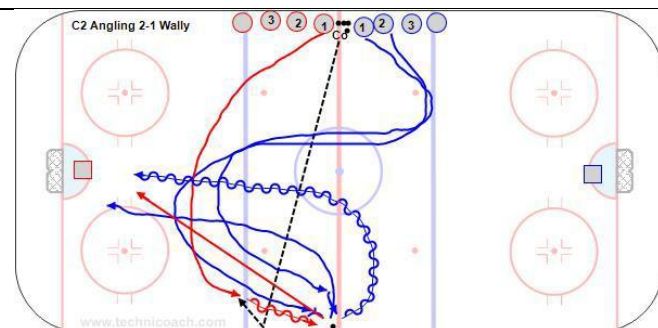
Key Points:

This can be done every time players go on the ice to expand their muscle memory. The point of these exercises is to increase the size of the reach with the stickhandling moves, and to separate the upper and lower body.

This is one of the most important exercises a player can do to develop puck handling skills. All the moves can also be practice off ice with various kinds of balls and pucks.

Description:

- From the A2 formation, players skate down the ice in 3 or 4 groups; practice big moves with the puck. One player leave and the next player go when he/she gets past the top of the circle. Finish with a shot from your lane no closer than the hash marks.
- . Go one way then the other and do a different skill each time.



10 min.

C2 Angling 2-1 Wally

Key Points:

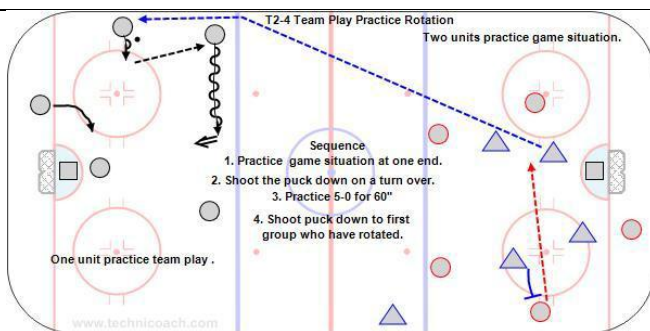
Defender create an angle from inside to cut the ice in half, deflect the play wide, angle at the back of the inside shoulder with the stick on the puck and finish. Second checker mirror from a little behind.

Description:

1. Coach shoot the puck across the ice on the attacking teams half or dump it softly.
2. Red 1 race for the puck and attack the Blue net.
3. Blue 1 and 2 tag up at the blue line then arc slightly behind the puck carrier to cut the ice in half.
4. Blue 1 close the gap approaching toward the back shoulder with body on body and stick on the puck.
5. Blue 1 rub out Red 1 and Blue 2 pick up the puck.
6. Blue 1 and 2 attack the other way while Red 1 back checks.
7. Repeat with Blue 3 on offense vs. Red 1-2.

* This can also be done as a 1-1 drill to teach the concepts of angling - deflect-steer-angle-finish with body on body and stick on the puck.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20130902174459633>



15 min.

T2-4 Team Play Practice Rotation

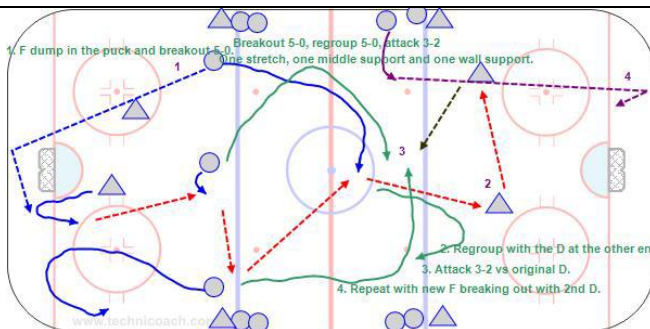
Key Points:

Practice various situations at each end. One vs. pressure and one no pressure. Switch roles when the puck goes to the no pressure end. Review any team concept.

Description:

Sequence

1. Practice game situation at one end.
2. Shoot the puck down on a turn over or after a certain time.
3. Practice 5-0 for 60".
4. Shoot puck down to first group who have rotated.



12 min.

C3 Breakout 5-0, Regroup 5-0, Attack 3-2

Key Points:

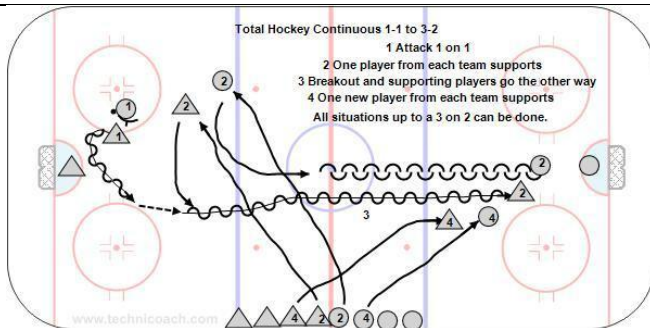
One stretch, one middle support and one wall support.

Description:

Breakout 5-0, regroup 5-0, attack 3-2.

One stretch, one middle support and one wall support.

1. F dump in the puck and breakout 5-0.
2. Regroup with the D at the other end.
3. Attack 3-2 vs original D.
4. Repeat with new F breaking out with 2nd D.



13 min.

DT100 Total Hockey: Continuous 1-1 to a 3-2

Key Points:

The support can be either passive or active.

Once the new players are in the neutral zone the original players go back to line, unless a regroup is added.

Description:

1. DT100 formation along the boards in the nzone.
2. Start with a 1-1 and when the puck crosses the blue line each player gets support from the lineup on the boards.
3. Various situation up to a 3-2. i.e. A 2-1 thru the nzone with the defender getting 2 and attacker 1 supporting player makes a 2-1 in nzone and 3-3 at each end.

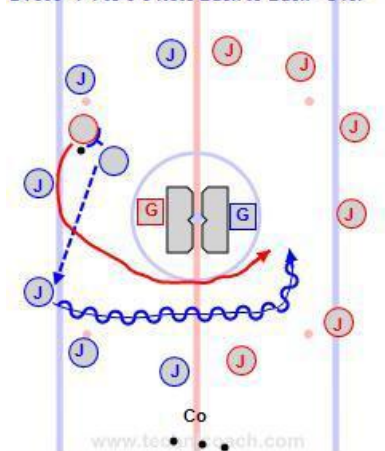
Change the supporting players to create various situations.

Players learn to play in all situations offensive and defensive situations.

The game can also be played using designated positions.

http://www.hockeycoachingabcs.com/mediagallery/admin.php?mode=mediaedit&s=1&album_id=7&mid=20090726085540163

DT500- 1-1 to 3-3 Nets Back to Back - U18F



10 min.

DT500 - 1-1 to 3-3 Nets Back to Back - U18F

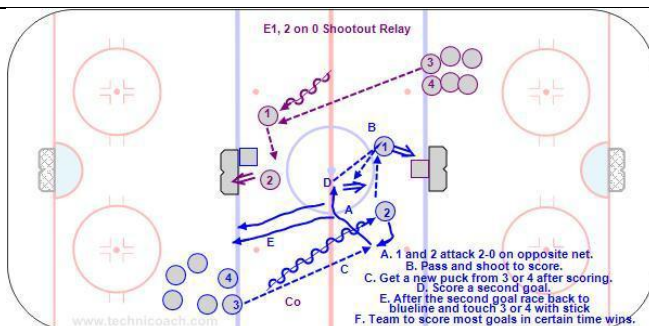
Key Points:

Quick transition from offense to defense with puck protection the emphasis on offense and defensive side with the stick on the puck on defense.

Description:

1. Nets are back to back in one zone.
2. Extra players are jokers who are around the defensive net ready for a pass to go onto offense.
3. Start with 1-1 and progress up to a 3-3.
4. On transition to offense the defender pass to a joker who attacks the opposite facing net.
5. The offensive player defends when they lose the puck.
6. Keep score.
7. Add the option to pass to jokers.
8. Coach pass to non offending joker is the puck goes out of play or after a goal.

<http://www.hockeycoachingabcs.com/mediagallery/video.php?n=20130120110852626>



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:

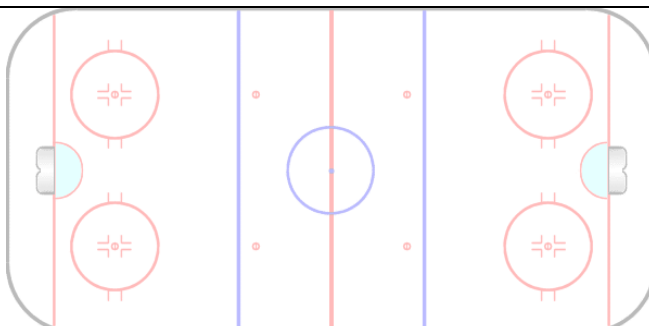
- A. 1 and 2 attack 2-0 on opposite net.
- B. Pass and shoot to score.
- C. Get a new puck from 3 or 4 after scoring.
- D. Score a second goal.
- E. After the second goal race back to the blue line and touch 3 or 4 with stick on shin pad.
- F. Team to score most goals in certain time wins.

<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:





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