



Flyers

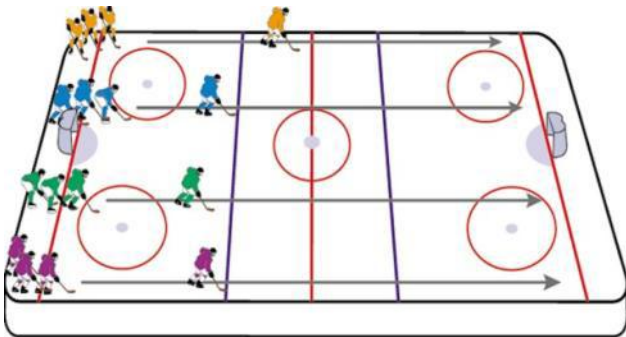
Practice Plan

Date: 01-10-2013

Time: 16:00-17:30

Venue: Max 2

Lines:	Notes:
Game situation, playing in triple thread	Position, quick decisions, cycling, dump-in
Retrieval, forecheck, skating balance and	Edges, puck support



10 min.

A2 Skating Warm-up for Edges and Balance

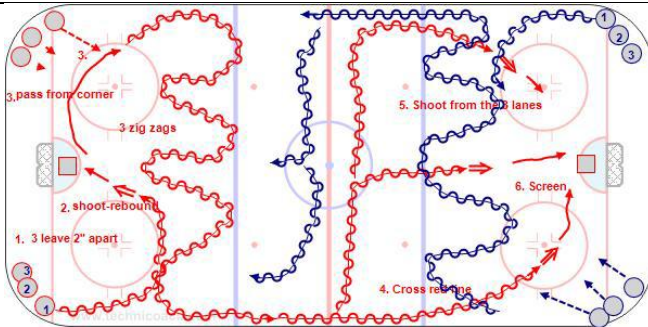
Key Points: Good players can move in all directions efficiently because they use all edges and have great balance on the ice. Routines for skating, puck handling, shooting and passing are efficient ways for a coach to quickly review the foundation skills and allow the players to get a lot of reps and improve at their own rate.

Description: A2 Formation

- Players start at one end and skate to the other end. - 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.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20110726073836113> The same warm up with 12-14 year olds.

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10 min.

B6 – 3 Shots, 3 Zig zags, 3 Shots

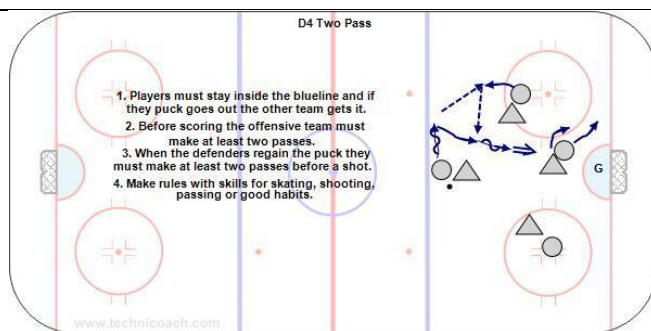
Key Points:

3 Leave from diagonal corners about 2" apart, skate around circle then shoot, get a pass from the other corner, skate 3 zig zags between the blue line and the top of the circles the fill the 3 lanes and shoot.

Description:

1. Make sure to leave about 2 seconds between shooters so the goalie has time to get set.
2. Follow the shot for a rebound before getting the pass.
3. Do skills while zig zagging 3 times such as;
 - a. carry the puck with the hands and feet moving all the time.
 - b. carry the puck only using the forehand side of the stick.
 - c. only use the backhand side of the stick.
 - d. transition skate facing the far end forward to backward to forward.
 - e. skate backward.
 - f. 360 degree turns.

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14 min. 2 games 7' each.

Tournament: Keep Standings Game 2 3 Strides

D4 Two Pass Game with only Forehand Passes

Key Points:

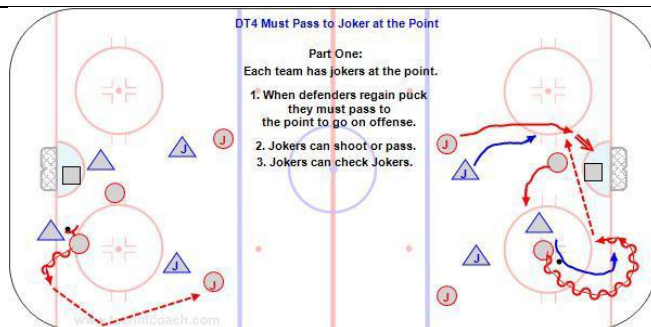
This game causes a few things to happen. Transition from puck carrier to pass support, checking the puck carrier to covering away from the puck happen very quickly. The puck carrier must use pivoting, escape moves and puck protection skills to pass on the forehand and everyone must face the puck and give a target.

Description:

1. Players must stay inside the blueline and if they puck goes out the other team gets it.
2. Before scoring the offensive team must make at least two passes.
3. When the defenders regain the puck they must make at least two passes before a shot.
4. Make rules with skills for skating, shooting, passing or good habits.

In this game the rule is that you can only pass on the forehand. If a player does a back hand pass the other team gets the puck.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20111005184904487>



8 min.

DT4 Each Team Pass to Joker at Point

Key Points:

Player at the point must get open for a pass and quickly make a play. Defender get on the defensive side to block a shot and stay with the point man if he carries the puck.

Description:

1. One zone game and each team has one or two jokers at the point.
2. To transition to offense you must pass to the point.
3. Progression is to add the rule that all goales must come from point playes such as shots, tip-ins, redirects, shot passes, screen, rebounds. This causes the players at the point to skate and get the puck through and the player covering to stay defensive side and block shots and passes.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2012091408474755>

D4 - Goals Must Originate Below Goal Line

1. Play game situations from 1-1 to 5-5.
2. Situations 3 on 3 or less the players must keep the puck below the top of the circles.
3. To start an attack the puck must be moved below the goal line.
4. When the defenders get the puck they have to get it deep below the goal line before they can score.



Rotate Teams

8 min.

D4 - Goals Must Originate Below Goal Line

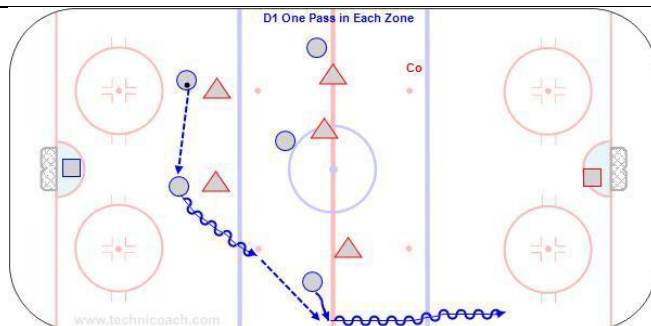
Key Points:

Players learn to protect the puck, pass to themselves off the boards or back of the net and use the net for puck protection. Also change the point of attack. Defenders must see the puck and the player they are covering and goalie must look over their shoulder and move side to side.

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D1 One Pass in Each Zone



10 min.

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Key Points:

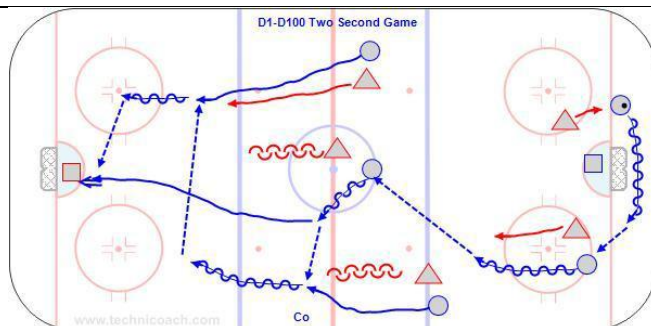
Close support, skate to open ice with the puck, give a target.

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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D1-D100 Two Second Game



10 min.

D1-D100 Two Second Game

Key Points:

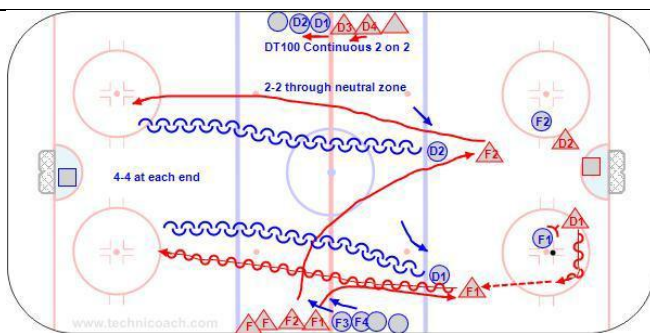
Supporting players must give close support plus depth and width. Puck carrier must skate hard to open ice and use escape moves, drive skating and cut backs to create passing lanes.

*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).



10 min.

T100 Continuous 2 on 2 with Dump-ins -

Rule: offensive team must dump and chase.

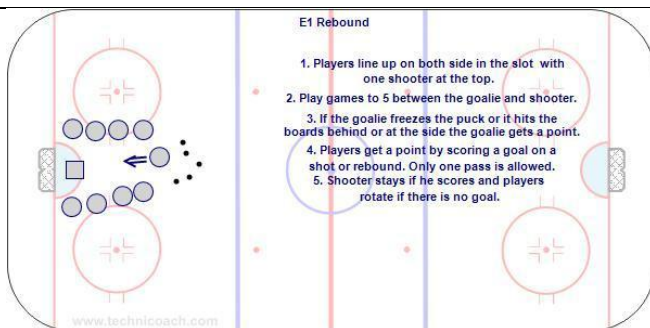
Key Points:

Forwards cover D and D cover F's. One D should join the attack to create triangles. Defenders play tight gaps and attackers create 2 on 1's on the rush.

Description:

1. Forwards line up on one side and defense on the other.
2. Start with a 2 on 2 attack F1 and F2 vs D1 and D2.
3. When the puck enters the zone defensive F1 and F2 support D and attacking team D1 and D2 support F's.
4. Play 4 on 4 in the zone.
5. If the puck is dumped out with no possession the offensive team regroup and attack again.
6. The supporting players who joined the play now go 2 on 2 in the other direction.
7. F2 - F3 support D1 and D2 and D3 and D4 support attacking F1 and F2.

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8 min.

E1 Rebound Game

This is a scoring contest that seems to be loved by players of all ages everywhere in the hockey world.

Key Points: Make quick shots and one timers and goalie read the play.

Description: 1. Players line up on both side in the slot with one shooter at the top. 2. Play games to 5 between the goalie and shooter. 3. If the goalie freezes the puck or it hits the boards behind or at the side the goalie gets a point. 4. Players get a point by scoring a goal on a shot or rebound. Only one pass is allowed. 5. Shooter stays if he scores and players rotate if there is no goal.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080723202833407>