



Flyers

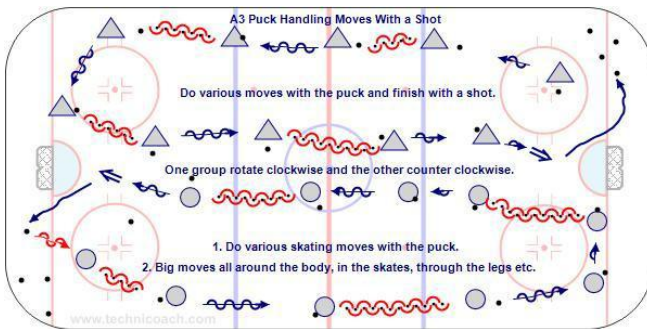
Practice Plan

Date: 02-10-13

Time: 20:15-21:45

Venue: Norma Bush

Lines:	Notes:
Pass, skate, shoot, puck handle, 1-1, 2-1, awareness	3-3, offense, defense, puck support,



10 min.

A300 Edges and Puck Handling with a Shot

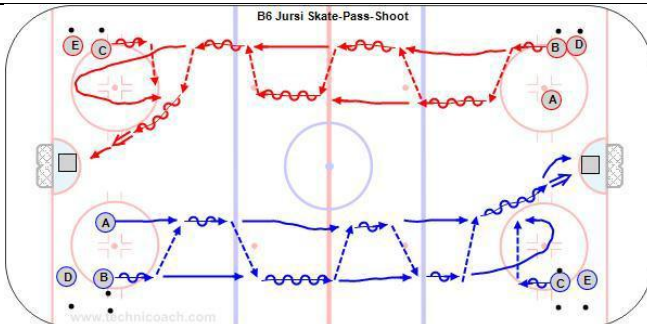
Key Points:

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. jursi
 - e. Open hip turn each way.
 - f. Slalom and reach as far as possible with the puck the opposite way.

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8 min.

B6 Jursi Skate-Pass-Shoot

Key Points:

This is a drill that Russian Olympic coach Vladimir Jursinov used when I was coaching with him in Austria. The goal is to get players to practice passing and shooting while they skate. Puck handling-passing-shooting should be seamless.

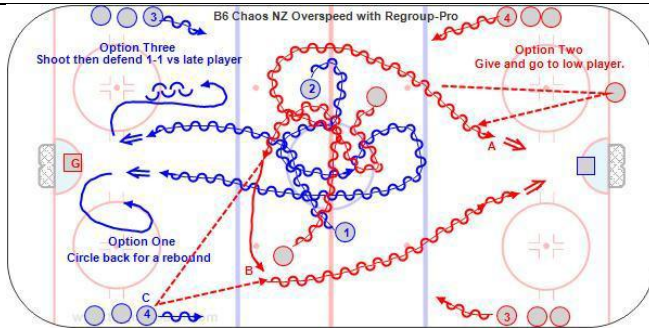
Description:

1. A and B skate down the ice in passing while skating.
2. A is on the inside and continues on with a shot while skating.
3. B pivots facing the puck and continues the other direction passing to C.

4. B shoots and C partners with D the other way.

This can be done in tandem on both sides of the ice.

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8 min.

B6 Chaos NZ Overspeed with Regroup-Pro

Key Points:

Players skate as fast as possible weaving through each other in the middle. Try various moves and dekes with the head up. Whistle about every 7 seconds.

Description:

1. Players line up against the boards at the top of the circle.
2. On the whistle skate into the nzone and make moves at top speed.

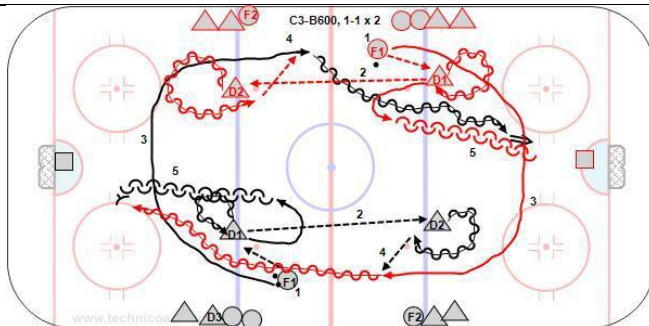
Options:

- A. Skate in and shoot then rebound.
- B. Skate to far blue line then in and shoot.
- C. Pass to opposite line then skate and shoot

Other options:

- 1-Circle back for rebound.
- 2-Give and go with a player on the goal line.
- 3-Defend 1-1 vs. the next second shooter.
- 4-Screen and tip for next shooter.

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8 min.

C3-B600, 1-1 x 2

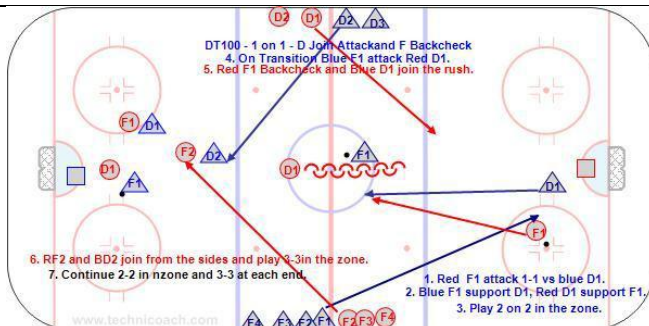
Key Points:

Hard passes and face the puck always giving a target. D should get a tight gap as soon as possible.

Description:

1. F1 from each side pass to their D1.
2. D1 pass to D2 on the same side.
3. F1's swing to the other wide lane after passing.
4. D2's pass to the F1's
5. F1's attack vs D1's on the other side.
6. F2's pass to D2's to repeat drill.

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12 min.

DT100 Continuous 1 on 1 D - Join Attack F Backcheck then Continuous 2-1, F and D join

Key Points:

Forwards cover D and D cover F's. One D should join the attack to create triangles and one forward backcheck. Play tight gaps and attackers create 2 on 1's on the rush. Play 5-5 at each end.

Description:

1. Forwards line up on one side and defense on the other.
2. Start with a 1 on 1 attack Blue F1 vs. Red D1.
3. When the puck enters the zone defensive Red F1 support Red D1 and Blue D1 support Blue F1.
4. On transition Red D1 join new attack and Blue F1 backcheck.
5. If the puck is dumped out with no possession the offensive team regroup and attack again.
6. Red F1-D1 now go 2 on 2 in the other direction vs. Blue D1-F1.
7. Blue F2 support Blue D1- F1 and Red D3 support attacking Red F1-D1.
8. This rotation continues with

a 3-3 in each zone.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20121104082522829>

14 min.

D100 Scrimmage with Extra Players on Bench 3 on 3 – One pass each zone

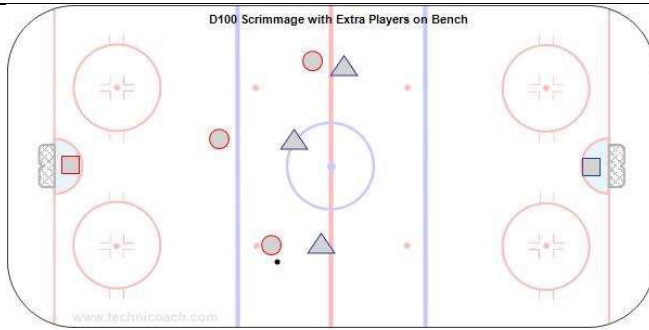
Key Points:

Play a full ice game with the extra players on the bench. Change on the whistle or on their own.

Pass back to the goalie when changing on the whistle.

Description:

1. Play from 1-1 to 6-5.
2. Change of the whistle or players change on the go.
3. Keep score.
4. If no face-offs then scoring team touch the red line before checking.



8 min.

D200 3 on 3 With 3 Pucks

Key Points:

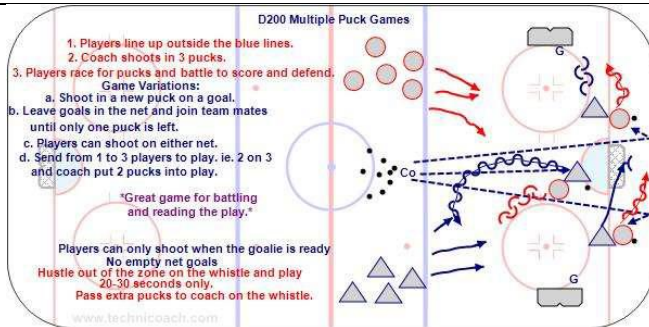
-Players can only shoot when the goalie is ready.

-No empty net goals.

Description:

1. Players line up outside the blue lines.
2. Coach shoots in 3 pucks.
3. Players race for pucks and battle to score and defend.
4. Hustle out of the zone on the whistle and play 20-30 seconds only.
5. Leave the puck in the net after a goal is scored.
6. Coach shoots in another puck when a goal is scored.
7. Count the pucks in the net after to determine the winning team.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=201110060922424>



8 min.

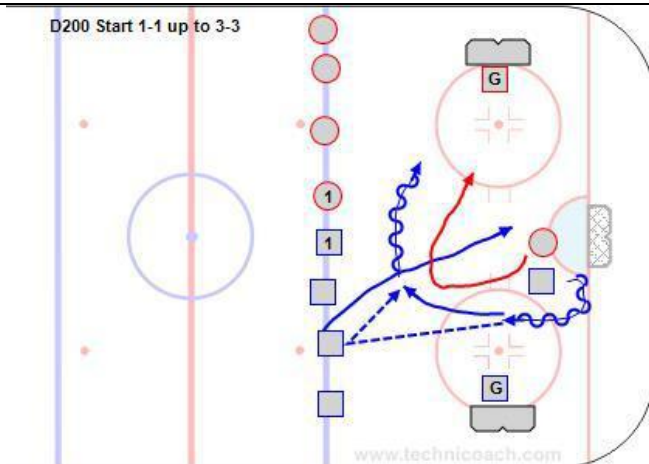
D200 Start 1-1 up to 3-3

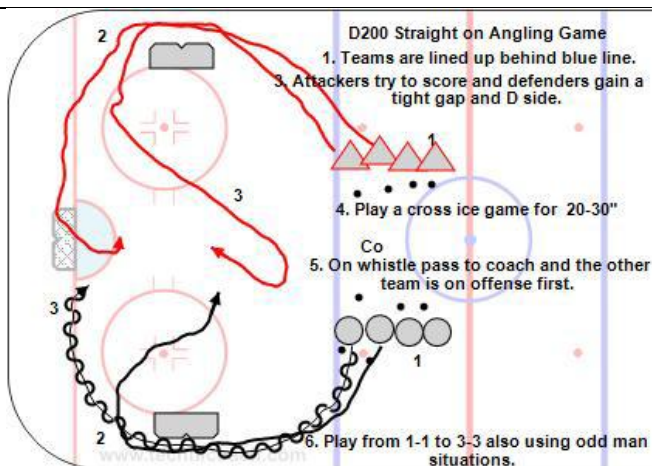
Key Points:

Players must continually recognize the situation from 1-1 to 3-3. You can pass to any teammate in the line-up. Situations 1-1, 1-2, 2-3, 1-3, 2-1, 2-2, 3-2, 3-3 must be solved by the player.

Description:

1. Each game starts with player 1 from each team. Only one puck is used.
2. Up to 3 players on each team can play.
3. Puck carrier can pass to any teammate on the blue line. A successful return pass allows them to join.
4. Play about 30" shifts and then pass to your player 1 who stats 1-1. Another option is to pass to the goalie or simply leave the puck and the new players race for it.
5. Keep score and add rules like only backhand passes, etc.





7 min.

D200 Straight on Angling Game

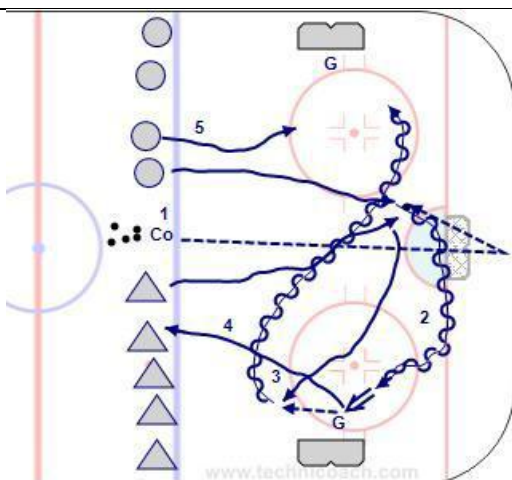
Key Points:

Both teams go behind their net on the whistle. Defenders close the gap and maintain the defensive side.

Description:

D200 Straight on Angling Game

1. Teams are lined up behind blue line.
 2. On the whistle each team skates behind their net.
 3. Attackers try to score and defenders gain a tight gap and D side.
 4. Play a cross ice game for 20-30"
 5. On whistle pass to coach and the other team is on offense first.
 6. Play from 1-1 to 3-3 also using odd man situations.
- <http://www.hockeycoachingabcs.com/mediagallery/video.php?n=20111005190114923>



7 min.

E1 D200 Shootout Game

Key Points:

As soon as there is a rebound or goal the defender pick up the puck and attack the other way.

Description:

1. Coach dumps the puck in and players race for it.
 2. Puck carrier try to score defender defend.
 3. On rebound or goal defender attack other way.
 4. Shooter must get outside of the blue line.
 5. When teammate onside then first player in the line backchecks.
- <http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20130109085731126>