



# Flyers

## Practice Plan

Date: 08-10-13

Time: 16:00-17:30

Venue: Max Bell 2

### Lines:

Scoring, shooting, one timers, battling,  
The play. Slapshot.

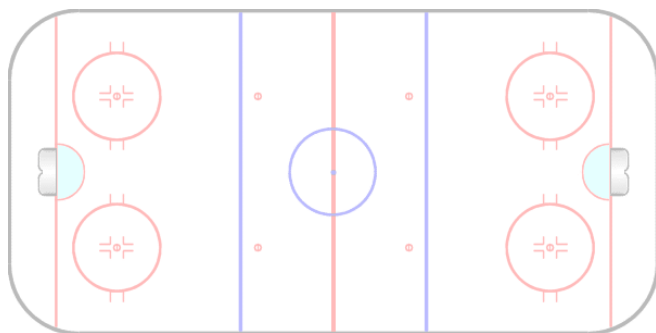
### Notes:

Hinge, rebounds, puck handling, D reading

7 min.

Partner shooting practice. Slapshot.

**Shoot at the lines on the board or on one net. Partners watch each other.**



8 min.

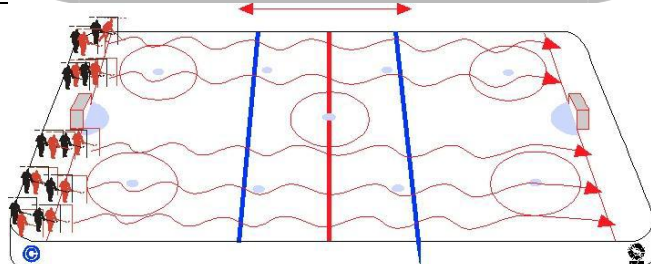
### A200 Big Moves \_ Russian Warm-up

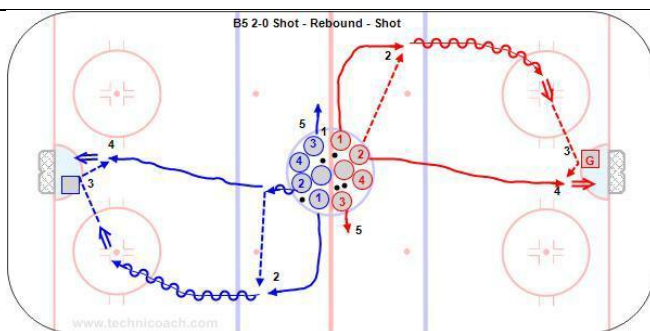
#### Key Points:

Increase the size of the moves by reaching as far as possible with the puck. Separate the movement of the upper and lower body by skating away from the puck. Players must be able to handle the puck under control around and through their body.

**Description:** - Skate away from the puck. Skate right reach left and skate left and reach right. - Reach as far forward and back as you can using the top hand. -Put the puck from the stick to inside and outside edges back to the stick. -Move puck from behind to front through skate forehand and backhand. -Escape moves backward with the puck and tight turns each way. -Fake a shot and go left then right. Spin on backhand. -Touch each knee while skating. - Yo-yo the puck give it and take it away. - Toe drag fake inside and pull the puck back while sliding back. - Bring the puck from behind to in front through the skates on forehand. - Bring the puck from behind to in front through the skates on backhand. - Skate fake inside and go outside.

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10 min.

**B5 2-0 Shot - Rebound – Shot** Other end one timers. 5' each.

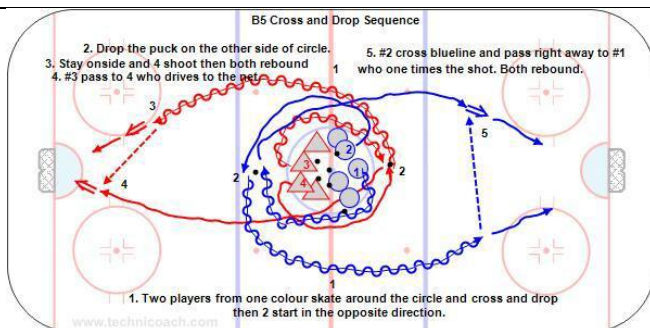
**Key Points:**

Shoot while skating and aim at the far pad. It is really a shot pass off the goalies pad when the shooter sees he has no openings and #2 is going hard to the net.

**Description:**

1. Start in the B5 formation with the players inside the middle circle.
2. Each #1 leave to the wide lane and get a pass from #2.
3. #1 Skate wide and shoot from outside the circle and shoot low to the far pad to create a rebound.
4. #2 go hard to the far post and be ready to shoot in a rebound.
5. Repeat the other way with each #3 leaving and getting a pass from #4.

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8 min. Stress going to the net. Half the team

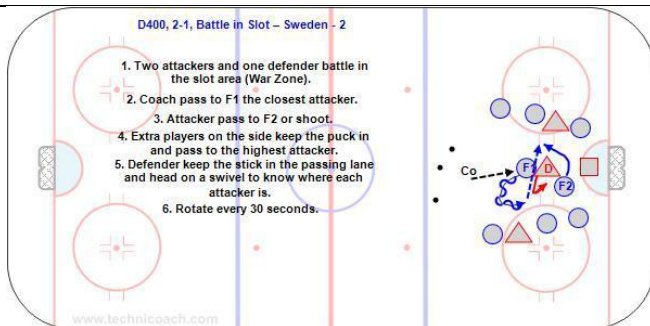
**B5 Cross and Drop Sequence** **Key Points:** Players

are inside the middle circle. Two players skate around and cross and drop then 2 from the other group leave. Leave the puck when dropping and the second player skate behind. Return to line from the wide lanes to avoid collisions.

**Description:** 1. Two players from one colour skate around the circle and cross and drop then 2 start in the opposite direction.

2. Drop the puck on the other side of circle. 3. Stay onside and 4 shoot then both rebound 4. #3 pass to 4 who drives to the net. 5. #2 cross blueline and pass right away to #1 who one times the shot. Both rebound. Options: a. One, two or three players leave at a time. b. After shooting one or two players defend the next rush, 1-1, 2-1, 2-2, 3-2, 3-3. c. Give + go with last shooters. Etc.

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8 min. Half the team and switch.

**D400, 1-1, 2-2, Battle in Slot – Sweden**

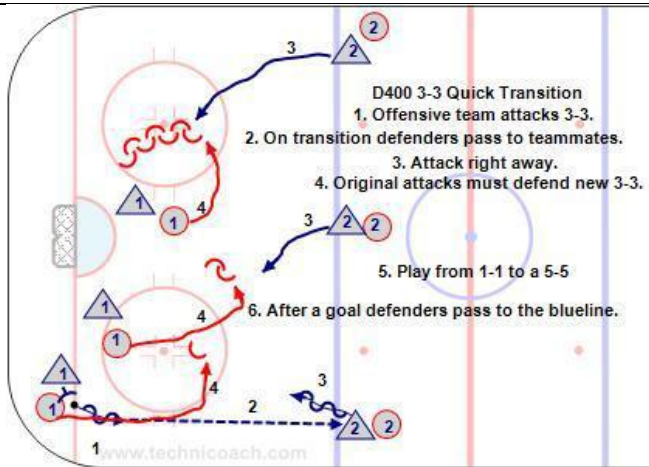
**Key Points:**

Defender has to recognize who is the most dangerous player but never give a breakaway. Attackers must do everything quickly and constantly move.

**Description:**

1. One or two attackers and one defender battle in the slot area (War Zone).
2. Coach pass to F1 the closest attacker. 3. Attacker pass to F2 or shoot.

4. Extra players on the side keep the puck in and pass to the highest attacker.
5. Defender keep the stick in the passing lane and head on a swivel to know where each attacker is.
6. Rotate every 30 seconds.



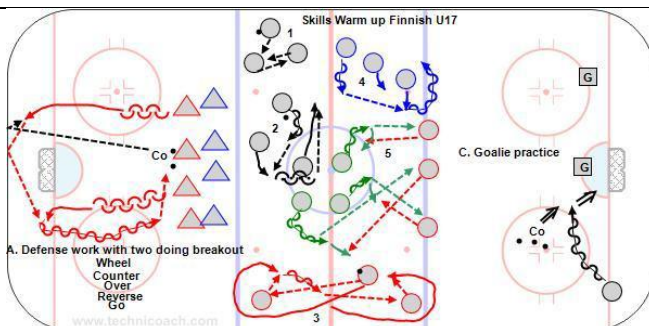
## 8 min. Forwards

### DT400 Game of Quick Transition

**Key Points:** The resting players attack right away when they get a pass and the original attackers must communicate and cover one attacker each.

**Description:** 1. Offensive team attacks 3 on 3. It can be 1-1, 1-2, 2-1, 2-2 or 2-3 also if the coach wants to practice these situations. Upt to 5-5 is possible. 2. On transition to offense the defenders pass to their teammates waiting behind the blue line. 3. Attack right away (don't have to wait for teammates to get onside in this game.) 4. Original attackers now defend and communicate with each other on how to stop the attack. 5. After a goal the defenders is allowed to pass to the new attackers.

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8 min.

### B Skills Warm up Finnish U17

#### Key Points:

This is a great way to warm everyone up at the start of a practice. Defense do the various breakout options and read where the pressure is coming from. Pass the puck back to the coach and move thru everyone.

#### Description

A. Defense work with two doing breakout options vs one forechecker.

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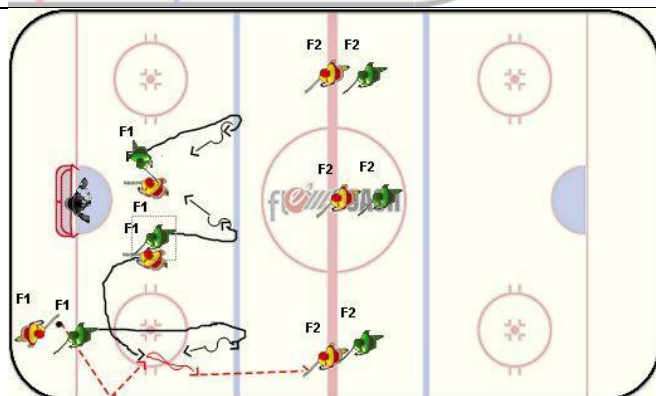


10 min.

### DT400 3-3 Krusel Battling Game - ProW

**Key Points:** Battle for loose pucks, screen the goalie, shot passes, cycle, man on man, tie up sticks, tip, low zone play. **Description:** 1. Line up with the face-off dots and 1 to 3 players race for a loose puck on the whistle. 2. Pass to the point to transition to offense. 3. Point player must shoot or pass within 2 seconds. 4. If a point pass goes out the other pointman gets the puck. 5. Either leave the puck in the zone or pass to the coach on a whistle.

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10 min.

### DT400 4-4 Perry Pearn Game Rotation

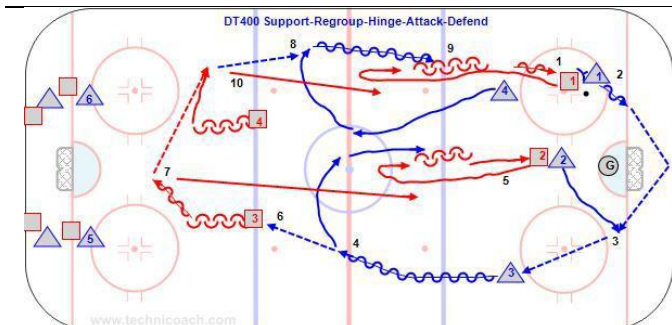
#### Key Points:

This game allows the coach to focus on the attack or defending deep in the zone. You can play this game in situations from 1-1 to 5-5. It is a great rotation to practice specialty teams if you have 3 lines because it gives the players some rest and they alternate between pp and pk (one F would leave the zone). The defenders have to clear the zone with control of the puck. With situations over a 3 on 3 I would move the resting players back to the far blue line.

#### Description:

1. Players line up within a stick length of the red line if you have 2 groups or only ½ ice; otherwise behind the red or far blue line.
2. Three players attack three defenders.
3. Defenders must carry the puck out of the zone before passing to team waiting team mates.
4. Three new players attack vs the original offensive players.
5. Keep score, implement skill (only forehand passes) or team play rules (goals originate from below the goal line).

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10 min.

### DT400 Support-Regroup-Hinge-Attack-Defend

#### Key Points:

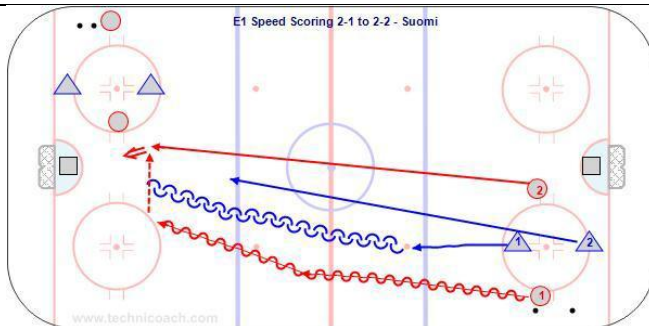
New players give defenders support from the top of the circles as if they were wingers. If the puck is carried above there they can.

#### Description:

1. Red 1-2 attack Blue 1-2.



2. Blue 1-2 defend.
  3. Pass to Blue 3-4 after a turnover or goal.
  4. Blue 3-4 breakout the other direction.
  5. Red 1-2 follow the play as defenders
  6. Blue 3-4 regroup with Red 3-4.
  7. Red 3-4 hinge at least once.
  8. Red 3-4 pass to Blue 3-4.
  9. Blue 3-4 attack vs Red 1-2.
  10. Red 3-4 follow attack to support Red 1-2.
  11. Blue 5-6 move to nzone ready to regroup with Red 3-4.
- Continue this rotation of support-regroup-hinge-attack-defend.



10 min.

### E1 Speed Scoring 2-1 to 2-2 – Finland

#### Key Points:

The purpose is to attack as quickly as possible and pass and shoot while skating.

#### Description:

1. Start from one end and when everyone is gone go the other way.
2. Attackers 1 and 2 leave from above the hash marks.
3. Defender 1 is inside the top of the circle with his stick upside down start forward and turn to back skating.
4. Defender 2 start from below the circle and back check.
5. Attacker 1 and 2 race down the ice to score and only ONE PASS is allowed.
6. Keep score.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20121119180045227>

Diagram for one timers.

