



Flyers

Practice Plan

Date: 09-10-13

Time: 20:15-21:45

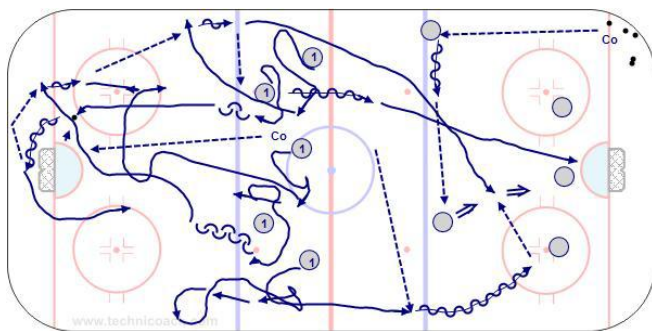
Venue: Norma Bush

Lines:

Angling, battling, breakouts, regroup, regroups,

Notes:

3-3, point shots, transition, decisions



10 min.

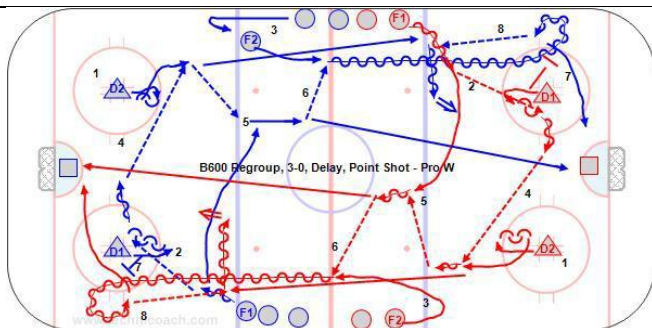
B5 Breakout 5-0 with Point Shot

Key Points:

Coach calls the various options, up, across, wheel, reverse. Each line go one direction then dump into the other end or alternate ends.

Description:

1. Players skate in nzone then coach dump in
2. D make a D to D or D to F pass and follow the play.
3. All forwards touch the puck on the rush and shoot. then screen, tip and one timer position.
4. Coach pass to D who skate across line and pass to partner who shoots or shot pass.



12 min. 6' with delay and 6' with low cycle and point pass.

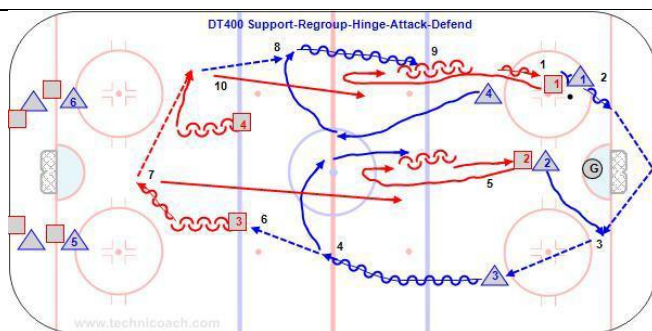
B600 Regroup, 3-0, Delay, Point Shot - Pro W

Key Points: Skate hard and give a target. Pass and shoot while moving. D keep the head up when shooting. Do a tight turn on the delay.

Description:

1. Four D stand on the dots at each end and forwards on each side in the neutral zone.
 2. F1 from each side regroup with the D at their end.
 3. F2 from each side come down the boards to post up then join F1.
 4. D1 pass to D2 at each end.
 5. D2 pass to F1 in the middle lane and follow the attack to the point.
 6. F1 pass to F2 who enters the zone wide while F1 goes to the net hard.
 7. D1 at the opposite ends give passive resistance to F2.
 8. F2 delay at the hash marks and pass to the point and go to the net.
 9. D2 skate between the dots and shoot while F1 screens.
 10. F1 and F2 play out the first rebound.
- *Option One: Have a time limit for the drill and create a competition who can score the most and which goalies stop the most. *Option Two: Instead of standing at the dots have the D skate to the top of the circles and chocktow turn back and then hinge before passing to F1.*

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10 min.

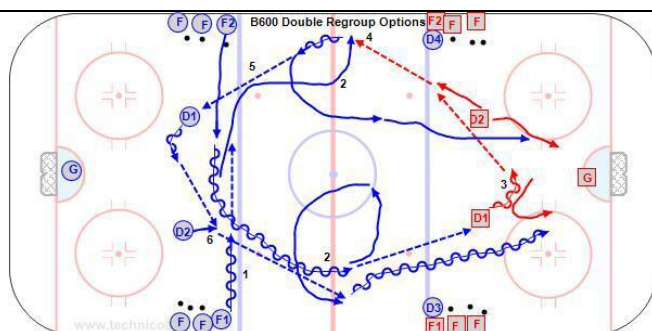
DT400 Support-Regroup-Hinge-Attack-Defend

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.



12 min. Hinge and then add dump in's and breakout.

B600 Double Regroup Options

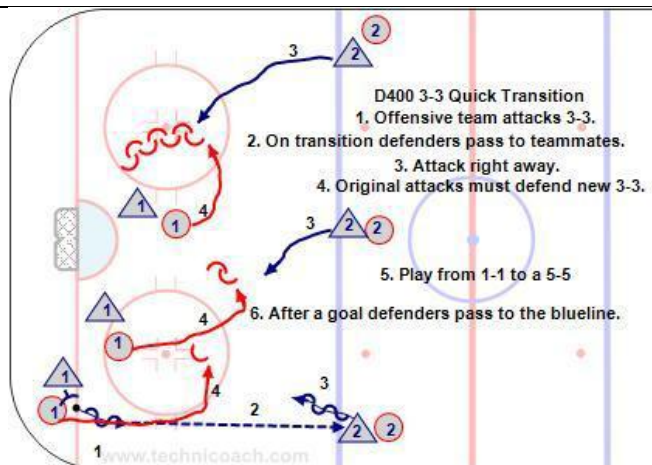
Key Points:

Regroup with each D and support from about a half zone away. Give a target and face the puck. Pass hard and always give strong side wall support and middle support.

Description:

1. Blue F1 leave and pass to F2.
 2. Cross and regroup with Red D1 and D2
 3. Red D1 hinge and Pass to D2.7
 4. Red D2 pass to Blue F1 or F2.
 5. Blue F's regroup with Blue D1 or D2.
 6. Blue D's hinge and pass to Blue F.
 7. Blue F's attack the far net vs either zero, one or two D.
- *Options: vary the amount of F up to 3 or D up to 2. Add a dump in instead of a second regroup to work on breakouts or even a forecheck.

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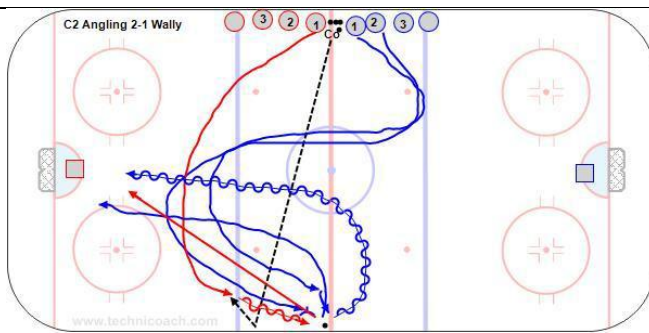
10 min.

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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10 min.

C2 Angling 2-1 Wally

Key Points:

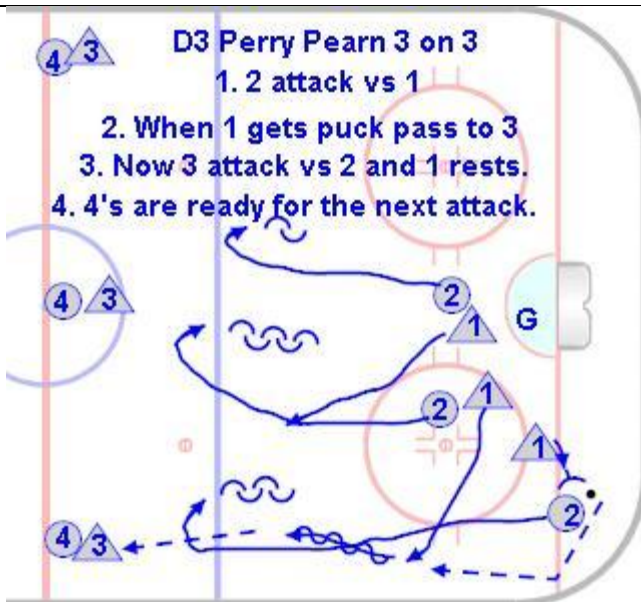
Defender create an angle from inside to cut the ice in half, deflect the play wide, angle at the back of the inside shoulder with the stick on the puck and finish. Second checker mirror from a little behind.

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.*

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10 Min.

DT400 3-3 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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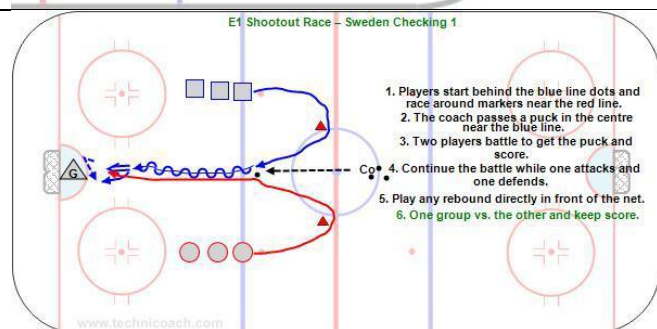


10 min.

DT400 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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8 min.

E1 Shootout Race a With Tight Turn

Key Points:

Players must skate hard and battle for net side body position. Player who wins the puck must protect it and the checker fight for defensive side without taking a penalty. They should play any rebound in the slot.

Description:

1. Players start behind the blue line dots and race around markers near the red line.
2. The coach passes a puck in the centre near the blue line.
3. Two players battle to get the puck and score.
4. Continue the battle while one attacks and one defends.
5. Play any rebound directly in front of the net.
6. One group vs. the other and keep score.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20130326083233790>

Parent meeting room 3 or 4.

Season so far.

Answer questions.