



## Flyers

## Practice Plan

**Date:** 11-10-13

**Time:** 16:00- 17:15

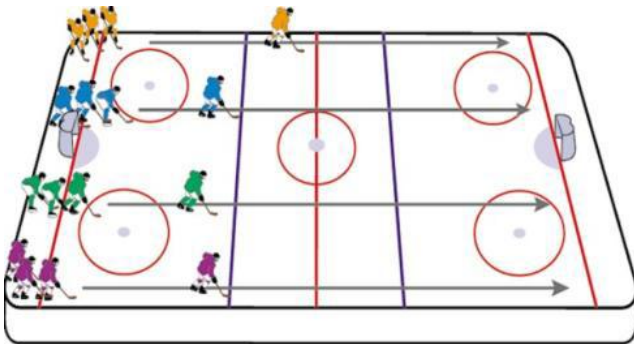
**Venue:** Max

### Lines:

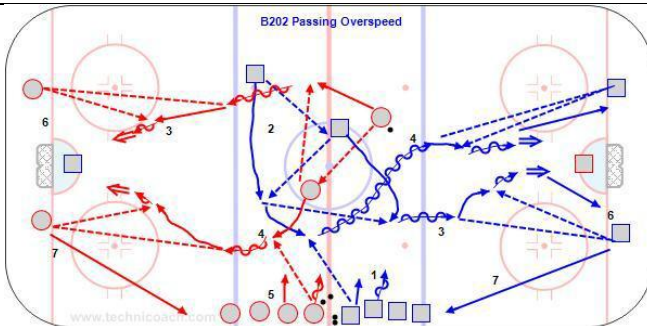
Pre game practice; focus on battling and man NET.

### Notes:

On man coverage as well as attacking the



A2 Skating Warm-up for Edges and Balance Key Points: Good players can move in all directions efficiently because they and 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://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20110726073836113> The same warm up with 12-14 year olds. <http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20110423080435937>



Start with just puck handling overspeed and then 2-0 passing x 2.

### B202 Passing Overspeed

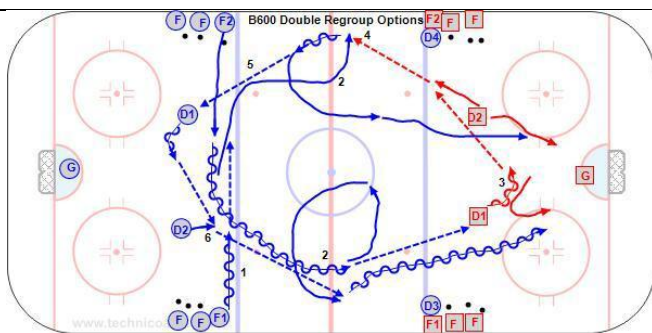
#### Key Points:

Always face the puck and make as many passes as possible. On the whistle pass early to the player below the goal line. Hit the net and look for the rebound from the second shooter. Give a target.

#### Description:

1. Two red and two blue leave from the line.
2. Make 5 passes then attack and pass low and back to the other attacker who shoots.
3. On the whistle player with the puck give and go with a player below the goal line and shoot.
4. Second player get a pass from the side then give and go low and shoot.
5. On the same whistle two new players from each colour leave from the line.
6. After the shot become a passer near the net.
7. Low passers return to the line up.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20121104080332117>



10 min. Regroup with 3 F. First 3-0 then 3-1 with dump in to start.

#### B600 Double Regroup Options

##### Key Points:

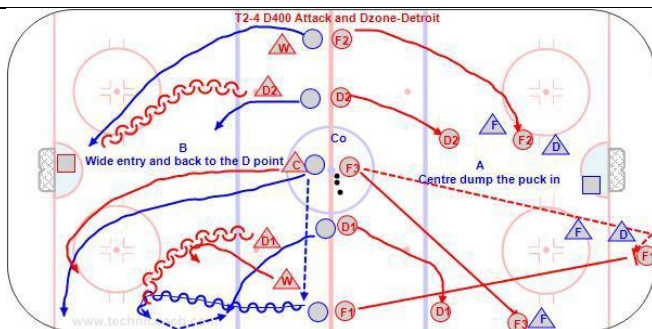
Regroup with each D and support from about a half zone away. Give a target and face the puck. Pass hard and always give strong side wall support and middle support.

##### 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.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120301090901108>



10 players at one end focusing on the forecheck and 7 at the other the power play.

#### T2-4 D400 Attack and Dzone-Detroit

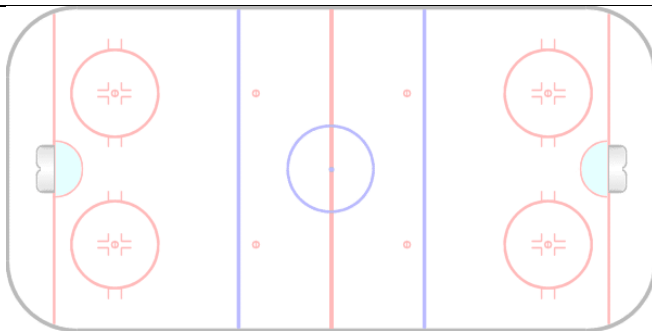
##### Key Points:

Practice the forecheck, offensive entry wide and dump in. defensive zone coverage, breakouts.

##### Description:

1. Players start from the neutral zone.
2. Do some reps starting with the C dumping the puck in and forecheck.
3. Switch to the C pass to the W who gains the zone and then pass back to the point.
4. The coach can focus on any part of the attack or defense.
5. Alternate ends and the resting group switch from offense to defense for the next rep.
6. A progression into a game is for the defensive team to break out into the nzone and all touch the red line then attack the original offensive group.

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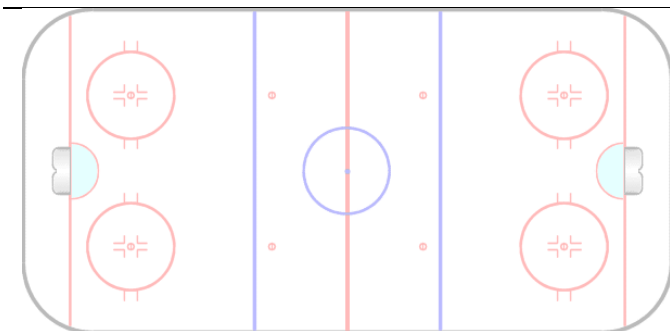
15 min.

#### 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.

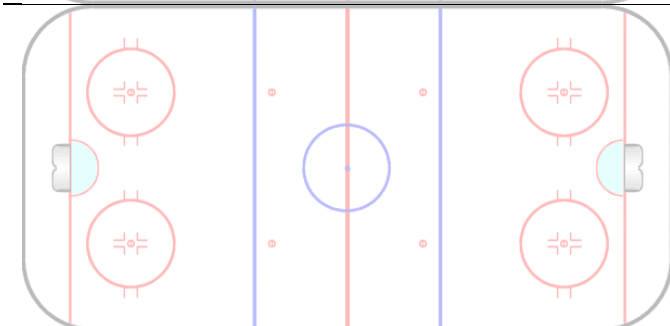
**Description:** 1. Line up with the face-off dots and 1 to 3 players race for a loose puck on the whistle. 2. Pass to the point to transition to offense. 3. Point player must shoot or pass within 2 seconds. 4. If a point pass goes out the other pointman gets the puck. 5. Either leave the puck in the zone or pass to the coach on a whistle.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20131008150727357>

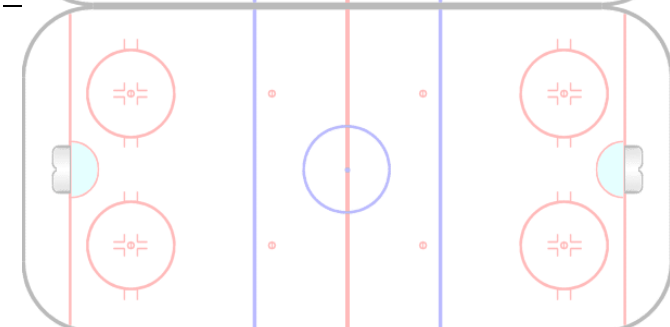


**10 min.**

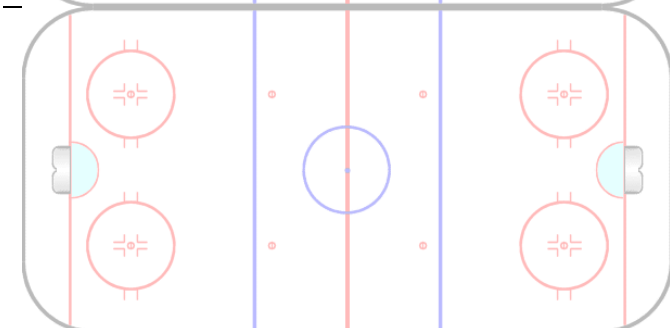
**Individual work and face-off practice**



**Explanation/Notes:**



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**Explanation/Notes:**

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