



Flyers

Practice Plan

Date: 16-10-13

Time: 20:15-21:45

Venue: Norma Bush

Lines:

First 30 minutes with one goalie at a time and

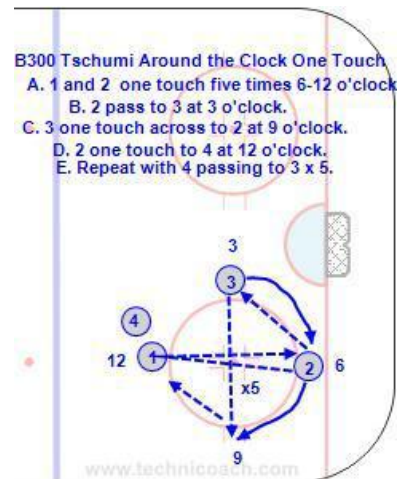
Puck handling and dangling with the puck.

Coverage.

Notes:

2/3 ice. Goalies with goalie coach Natalie.

PASSING, forecheck, defensive zone



10 min.

B300 Tschumi Around the Clock One Touch - 6 min.

Key Points:

One touch the puck in the middle of the blade and follow through with the top hand away from the body. Start rotating clockwise and then switch to counter clockwise.

Description:

A. 1 and 2 one touch five times 6-12 o'clock.

B. 2 pass to 3 at 3 o'clock.

C. 3 one touch across to 2 at 9 o'clock.

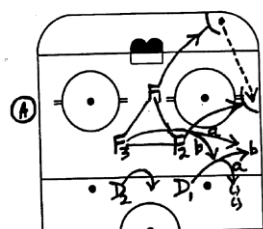
D. 2 one touch to 4 at 12 o'clock.

E. Repeat with 4 passing to 3 x 5.

<http://www.hockeycoachingabcs.com/filemgmt/index.php?id=90>

4 min. Same groups play a 1-1 keepaway tournament in each circle.

15 min.



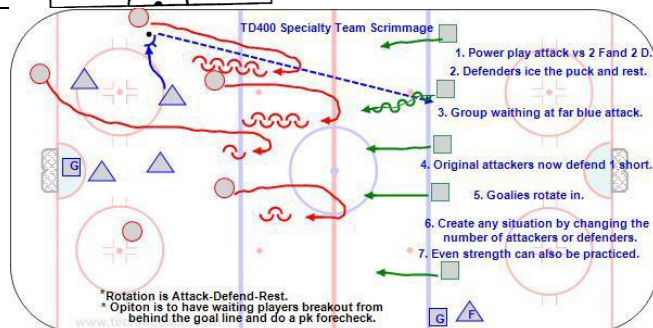
SITUATIONS

(A) F1 GETS GOOD INSIDE PRESSURE, CONTAINS and PASS IS MADE TO F2

- F2 ANGLES and FINISHES
- F3 moves across blocking middle looking for "CHIPS" off boards (see a) OR reading to SUPPORT D1 (b)
- D1 reads and either looks for "CHIP" (b) or supports F3 (a)
- D2 backs thru middle ALWAYS AWARE OF WIDE SIDE!

Walk through the 1-2-2 inside out forecheck.

Groups of 3 F and 2 D take turns as coaches move the puck.



15 min.

T4-D400 Team Play -Forecheck Controlled Scrimmage

Key Points:

Rotation is Attack-Defend-Rest. Number the players so they know when to not defend. In even numbered situations you can require the defenders to breakout into the neutral zone before passing.

Description:

1. Power play attack vs 2 F and 2 D.

2. Defenders ice the puck and rest.

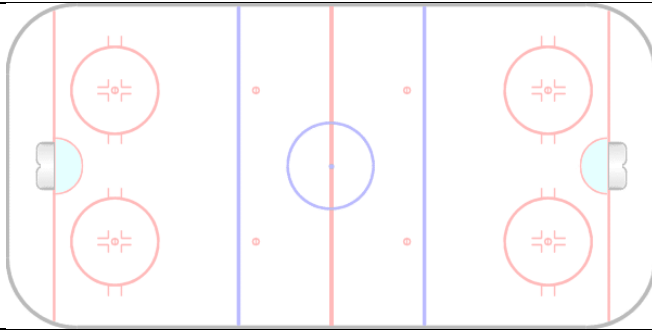
3. Group waiting at far blue attack.

4. Original attackers now defend 1 short.

5. Goalies rotate in.

6. Create any situation by changing the number of attackers or defenders.

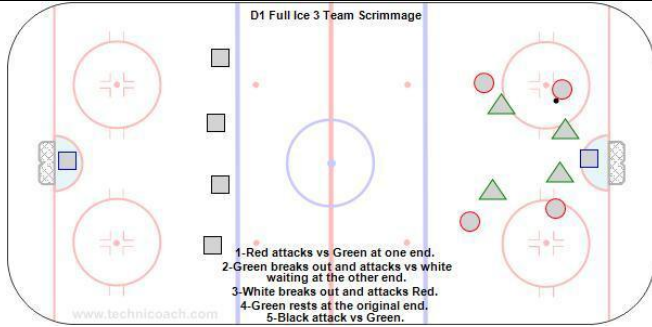
7. Even strength can also be practiced.



15 min.

Dzone coverage.

Change the one on and box behind to the U of Wisconsin way and have the C cover the strong side point and W play low with the D. Weak side W in mid slot.



10 min.

D1 Full Ice 3 Team Scrimmage

Key Points:

Give close support to the ball or puck. Defending team create speed through the neutral zone after the breakout. New defending team identify coverage when the attackers enter the zone.

Description:

Three teams play full court or full ice.

1-Red attacks vs Green at one end.

2-Green breaks out and attacks vs. Black waiting at the other end.

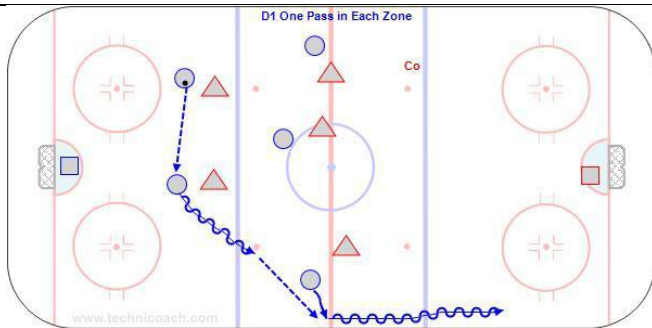
3-Black breaks out and attacks Red.

4-Green rests at the original end.

5-Black attack vs. Green.

They keep this rotation and play a game up to 5. Start another game at 0-0 but switch who they attack first i.e. now Green attacks Red and Red attack vs. Black and Black vs. Green. This rotation can be used to practice team play at full strength and power play and penalty kill.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=2012013110134174>



10 min.

D1 One Pass in Each Zone

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.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2011032414361323>



10 min.

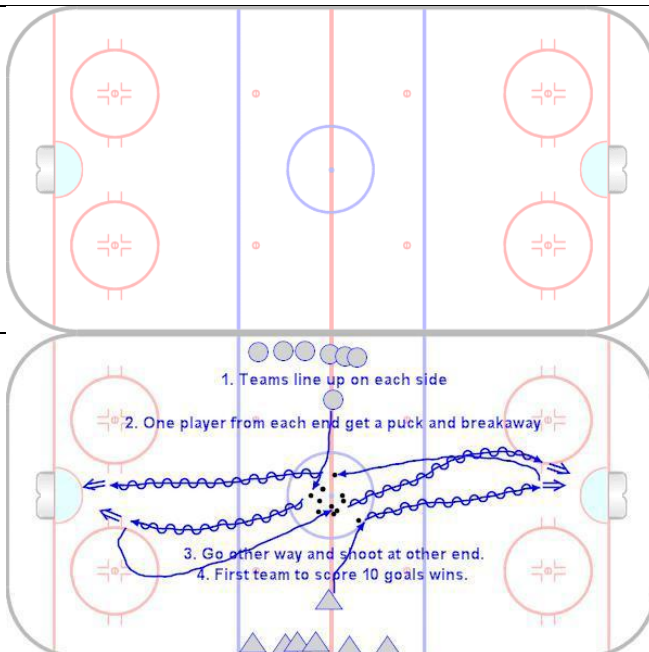
D100 Two Second Game

Key Points:

Players must switch right away from offense to defense to loose puck and constantly change roles from, 1-puck carrier, 2-puck support, 3-check puck carrier, 4-cover away from the puck.

Description:

1. Play a full ice game of 3-3, 4-3, 4-4, 5-4, 5-5, 6-5 with the extra players on the bench.
 2. Play 45" shifts and pass back to your goalie when the coach whistles for a change.
 3. Players can only have the puck for 2" and must make a play, gain a zone or shoot.
 4. Possession from first touching the puck for over 2" leave the puck for the other team.
 5. Encourage talking, facing the puck, always give a target.
- *Don't blow the whistle if they have started shooting. Start time when the goalie gets puck. Keep score and losing or winning have a consequence.



10 min.

All players on the ice 8 on 8.

D1 full ice but you must gain a zone before you can pass.

8 min.

E1 Two Shot Shootout

Key Points: Players should come in and make a hard move and shoot. The general rule on a breakaway is if the goalie is out far deke and if he backs in shoot.

Description: 1. Teams lines up across from each other and the pucks are in the middle circle. 2. One player from each team leaves and shoot at opposite ends. 3. The same players turn back and get another puck from the middle and shoot at the other end. 4. Continue until all the players have shot and keep score.

You can also decide the winner by saying the most goals in a certain time or the first team to 10 or another total wins.

- Players that score no goals do 2 laps, those who score one goal skate one lap and those who score on both shots zero laps.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20110324144209198>