



Flyers

Practice Plan

Date: 18-10-13

Time: 16:15-17:40

Venue: HV

Lines:

Puck handling, passing, battling, skating

Notes:

Breakouts, regrouping, scoring



8 min.

A500 – Keep-away Inside Circle - Sweden 1

Key Points:

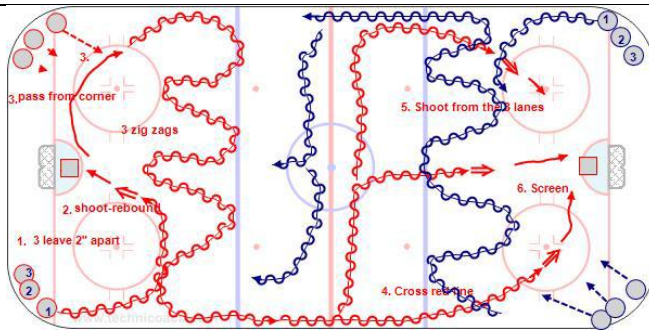
Protect the puck by shielding it with the body. Use head and shoulder fakes and escape moves.

Description:

- Alternative A - 3 to 6 players are inside a circle with one puck each.
- On the whistle they play keepaway with their puck and try to knock the other players pucks out of the circle.
- Last player in the circle wins.
- Alternative B is to stay in the circle and steal other players pucks when you lose your puck and the player with the last puck wins.

[http://www.swehockey.se/Hockeyakademin/Utbildning/Videot/Ovningsbanken/Puck Handling](http://www.swehockey.se/Hockeyakademin/Utbildning/Videot/Ovningsbanken/Puck%20Handling)

<https://skydrive.live.com/?cid=bd6fa116988317e9#cid=BD6FA116988317E9&id=BD6FA116988317E9%213111>



B6 – 3 Shots, 3 Zig zags, 3 Shots

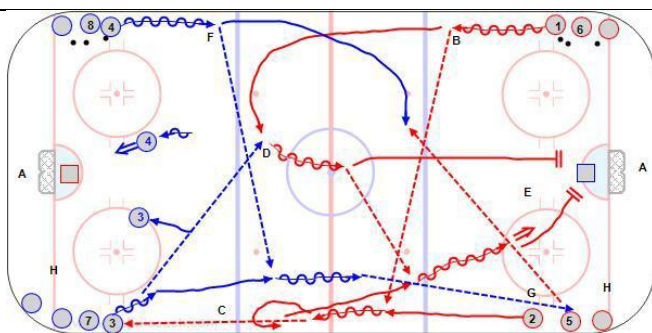
Key Points:

3 Leave from diagonal corners about 2" apart, skate around circle then shoot, get a pass from the other corner, skate 3 zig zags between the blue line and the top of the circles the fill the 3 lanes and shoot.

Description:

1. Make sure to leave about 2 seconds between shooters so the goalie has time to get set.
2. Follow the shot for a rebound before getting the pass.
3. Do skills while zig zagging 3 times such as;
 - a. carry the puck with the hands and feet moving all the time.
 - b. carry the puck only using the forehand side of the stick.
 - c. only use the backhand side of the stick.
 - d. transition skate facing the far end forward to backward to forward.
 - e. skate backward.
 - f. 360 degree turns.

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10 min.

B6, 2-0 – Pro

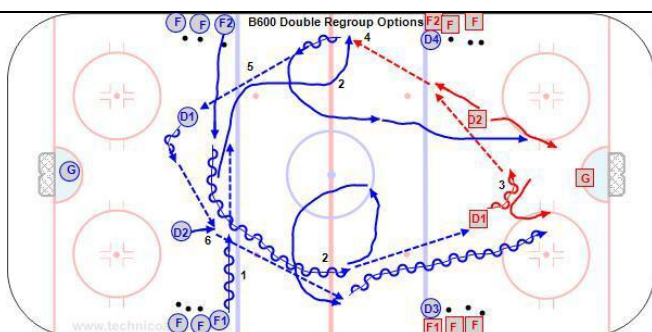
Key Points:

Face the puck at all times. Give a target. The player who enters the offensive zone take the shot.

Description:

- A. Players start in the four corners.
- B. 1 pass to 2.
- C. 2 regroup with 3 at the other end.
- D. 3 pass to 1 in the middle lane.
- E. 1 and 2 shoot and rebound.
- F. 3 and 4 follow and 4 pass to 3.
- G. 3 regroup with 5.
- H. Continue this flow end to end.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20131015164109607>



12 min.

B600 Double Regroup Options

Key Points:

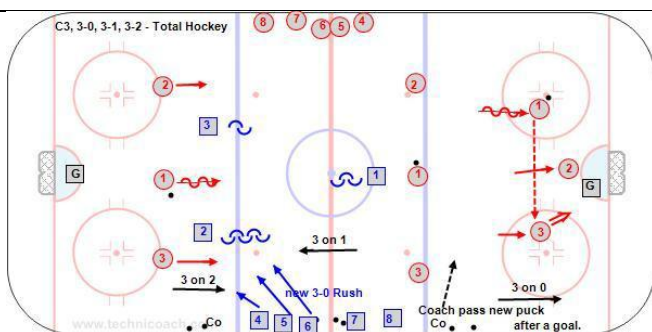
Regroup with each D and support from about a half zone away. Give a target and face the puck. Pass hard and always give strong side wall support and middle support.

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.
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.

*Dump in and breakout, 5-0 3-2 back.

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



10 min.

C3, 3-0, 3-1, 3-2 - Total Hockey

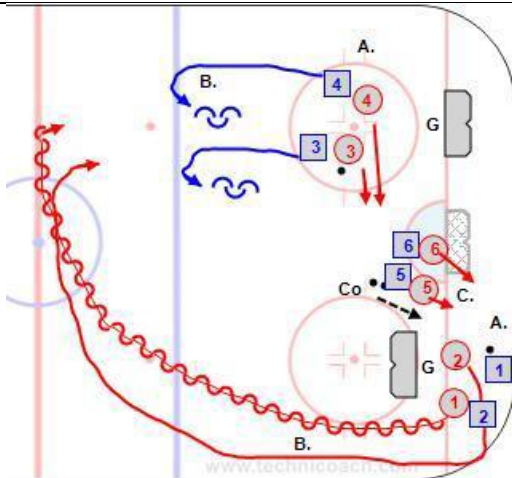
Key Points:

Attack with a middle drive and speed. Hit the net and drive for rebounds. Only allow one pass on the 3-0. Attack with speed and make plays early while defenders delay the attack.

Description:

1. One group on each side in the neutral zone.
2. Everyone attacks and defends.
3. Play rebounds until a goal or the puck is behind the net or outside the dots.
4. Coach pass new puck if a goal is scored.
5. One defender follow the rush on 3-0 and two follow the 3-1 rush.
6. Keep score.

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



DT400 Kibbuk Small and Smaller Area Games at Once

Key Points:

Set one net up on the goal line below the face-off dot facing up ice and the other net facing the corner just inside the circle. The game is continuous and the coach shoot in a new puck on a goal.

Description:

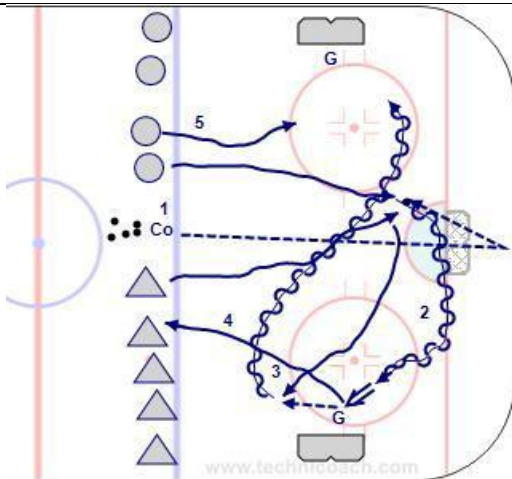
A. Blue 1 and 2 attack Red 1 and 2 in the corner and Blue 3 and 4 attack Red 3 and 4 from the red line.

B. Coach whistles and Red 1 and 2 carry the puck out to the red line and attack the other net vs. Blue 3 and 4.

C. Coach shoots in a new puck and Red 5 and 6 attack vs. Blue 1 and 2 in the corner. Red 3 and 4 return to the line.

Option: Vary the number of players from 1 to 3 and switch up who starts on offense half way through the game.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20121012034957748>



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.

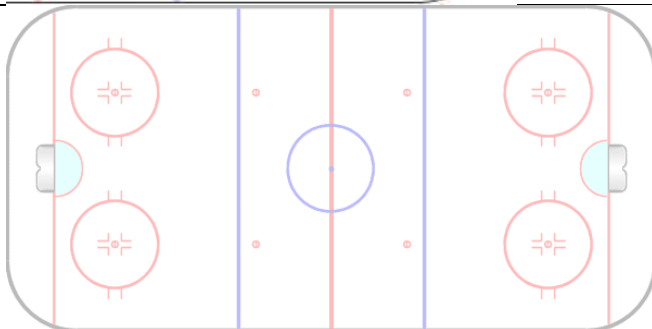
2. Puck carrier try to score defender defend.

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>



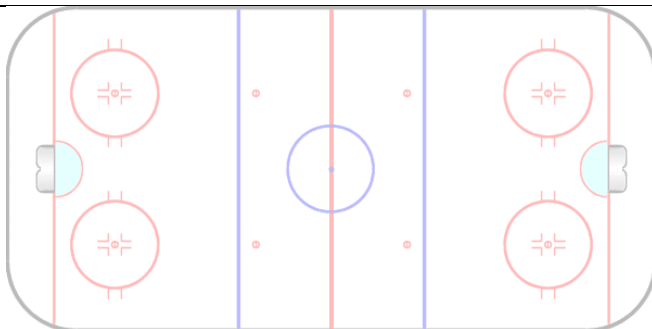
5 min. Dside and controlling sticks.

All players in zone 8 white and 8 green.

One coach white and one green at the point. White coach has puck the green find a man and cover from dside and control the stick. Opposite with green.

Start with coaches passing to each other and then play a game where the players pass to the point to go onto offense.

Man on man defense.



8 min.

Go over defensive zone face-off coverage.
