



## Flyers

## Practice Plan

Date: 22-10-13

Time: 16:00-17:30

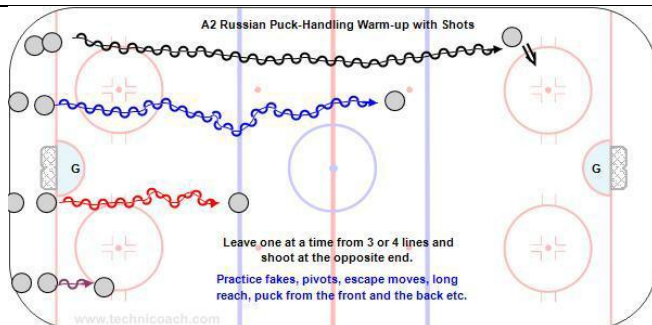
Venue: Max 2

### Lines:

Good habits, bearing down, focus, passing  
Battling, quick decisions, rebounds, stopping

### Notes:

Taking passes, back check, D join rush  
At the net, 270 degree vision



10 min.

### A200 Russian Puck-Handling Warm-up with Shots

#### Key Points:

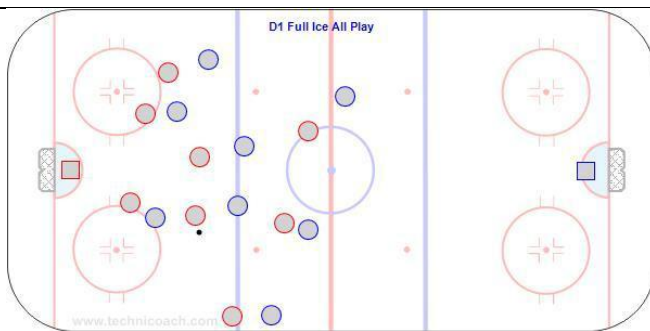
This can be done every time players go on the ice to expand their muscle memory. The point of these exercises is to increase the size of the reach with the stickhandling moves, and to separate the upper and lower body. This is one of the most important exercises a player can do to develop puck handling skills. All the moves can also be practice off ice with various kinds of balls and pucks.

#### Description:

- From the A2 formation, players skate down the ice in 3 or 4 groups; practice big moves with the puck. One player leave and the next player go when he/she gets past the top of the circle. Finish with a shot from your lane no closer than the hash marks.
- Go one way then the other and do a different skill each time.
- Reach forward while down on 1 knee, reach back as far as you can.
- Give the puck forward and take it back with the toe of the stick.
- Place hands close together and reach sideways each way as far as possible.
- Practice head fakes and shoulder drops, and move the puck quickly to the other side of your body.
- Do high step-overs, when you step with your right foot to the left, reach as far as possible to the right with the puck, step with the left foot to the right and reach as far as possible to the left with the puck.
- Reach back as far as you can with the puck, turning the upper body so you are looking behind you as you skate in the opposite direction. Do the same the other way.
- Do 3 or 4 crossovers to the left and reach as far as possible to the right with the puck, then cross over to the right and reach as far as possible to the left with the puck. Reach back as far as you can with the puck, turning the upper body so you are looking behind you as you skate in the opposite direction.
- Single fake by practicing a small fake one way, then quickly pull the puck across your body to the other side.
- Double fake by giving a small fake one way, then quickly pull the puck across your body to the other side. Immediately bring it back.
- Put the puck behind you and pass it up into your skates from 1 side, then the other.
- Have the puck in front of you and pass it back to your skates and up to your stick, then off the outside of each skate and to your stick.
- Reach back on the forehand, then quickly pull the puck across your body.
- Skate backwards with the puck after pivoting to the right and do the same after pivoting left.
- Slide sideways, pushing about 4 or 5 times with the inside skate and gliding on the outside skate. Fake passes and shots while skating like this.
- Pivot a complete circle to the left and then to the right.
- Fake a slapshot and go around opponent on the backhand side.
- Fake a slapshot and go around opponent on the forehand side.
- Fake a slapshot and then do a backhand tight turn around opponent.
- Fake a slapshot and reach out like you are going around the opponent on your forehand and then pull the puck quickly to your backhand and go around opponent.

Any move can be practiced in this method.

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## 10' Ringuette

### D1 Full Ice All Play

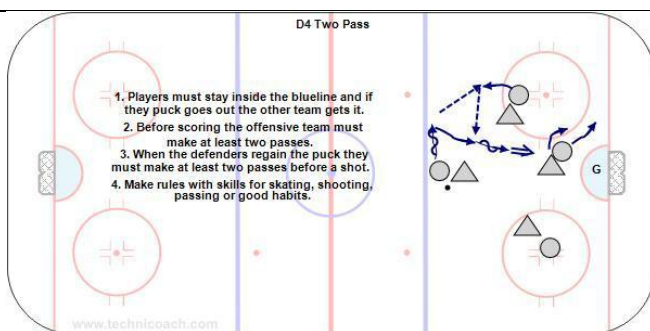
#### Key Points:

Everyone plays shinny style.

#### Description:

1. All play at the same time.
2. Use a puck or multiple pucks, ball or balls.
3. When the goalie freezes the puck the attackers back up behind the hash marks.
4. When a team scores they must touch the red line before checking.

**Ringuette rule is that you must pass over each blue line. We put the sticks upside down.**



10' 5 min. 2 pass with tennis ball and 5 min. with racquet ball. After 5' the players stay in the same place but switch the type of ball. Promotes Soft Hands.

### D4 Two Pass

**Key Points:** My favorite game to warm up the players at the start of practice. The quicker they make the passes after regaining the puck the more scoring chances they produce. If you look on the video's my son and I are playing this game with Dany Heatley and Jamie Huard as they prepare to go to Europe for the World Championships. The game is the template and then you can add skill or good habit rules to practice 'How to Play the Game.'

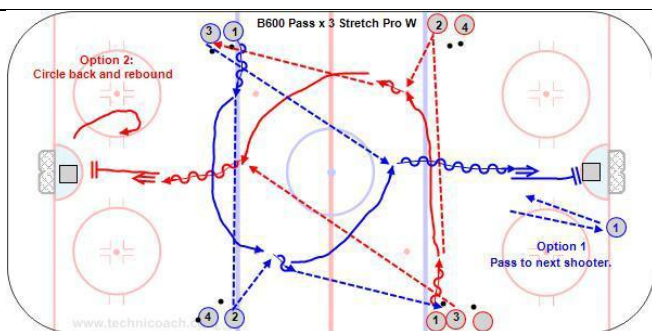
**Description:** 1. Players must stay inside the blueline and if they puck goes out the other team gets it. 2. Before scoring the offensive team must make at least two passes. 3. When the defenders regain the puck they must make at least two passes before a shot. 4. Make rules with skills for skating, shooting, passing or good habits.

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6' deep practice discussion.

**Both coaches point out that players must focus to get better. We all agreed to strive for a 10% improvement in everyone.**



14 min. B600 3 pass and shot 1-0 then 2-0

### B600 Pass x 3 Stretch Pro W

#### Key Points:

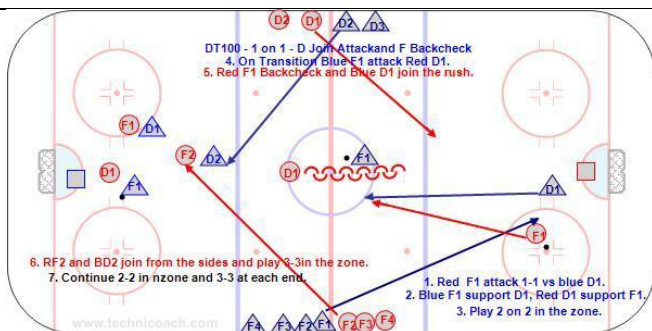
Pass and shoot while skating. Adjust the body and stick to take bad passes. Follow the shot for a rebound and stop at the net. Hit the net.

#### Description:

- Players at the 4 blue lines.
- Leave from diagonal corners and 1 give and go pass to 2.
- 1 pass to 3.
- 3 pass to the other 1 stretching at the far blue line.
- Both 1's shoot.
- Follow for a rebound and stop at the net.
- Repeat with 4's passing to 3.

Options: rebound for next shooter. Pass to next shooter, screen and tip.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20131021142553480>



15' DT100 Continuous 1-1 with F backcheck and D join then 2-1.

### DT100 Continuous 1 on 1 D - Join Attack F Backcheck

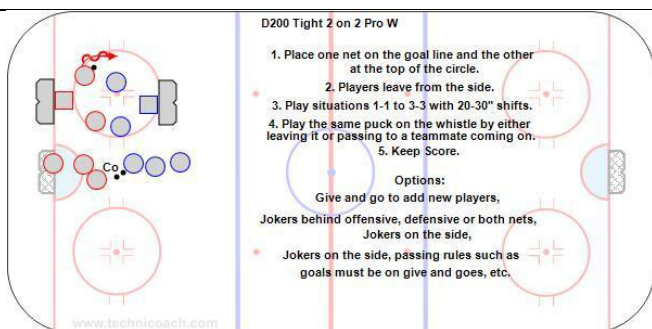
#### Key Points:

Forwards cover D and D cover F's. One D should join the attack to create triangles and one forward backcheck. Play tight gaps and attackers create 2 on 1's on the rush. Play 5-5 at each end.

#### Description:

- Forwards line up on one side and defense on the other.
- Start with a 1 on 1 attack Blue F1 vs. Red D1.
- When the puck enters the zone defensive Red F1 support Red D1 and Blue D1 support Blue F1.
- On transition Red D1 join new attack and Blue F1 backcheck.
- If the puck is dumped out with no possession the offensive team regroup and attack again.
- Red F1-D1 now go 2 on 2 in the other direction vs. Blue D1-F1.
- Blue F2 support Blue D1- F1 and Red D3 support attacking Red F1-D1.
- This rotation continues with a 3-3 in each zone.

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10 min.

### D200 Tight 2 on 2 CW

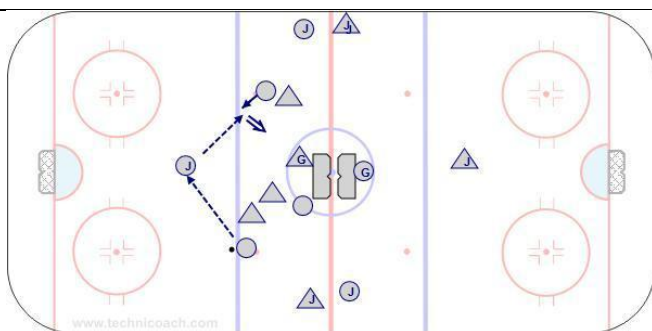
**Key Points:** Make quick decisions and play with good habits. Face the puck, tight turns, stick on the ice, give and go, quick passes and shots, protect the puck, rebound, block shots. **Description:** 1. Place one net on the goal line and the other at the top of the circle. 2. Players leave from the side. 3. Play situations 1-1 to 3-3 with 20-30" shifts. 4. Play the same puck on the whistle by either leaving it or passing to a teammate coming on. 5. Keep Score.

Options: Give and go to add new players, Jokers behind offensive, defensive or both nets, Jokers on the side, passing rules such as goals must be on give and goes, etc.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20131022140745514>

## DT500 Nets Back to Back with Jokers

10' D200 nets back to back 4-4 with jokers all around.



10 min. Play at one end instead of in the middle.

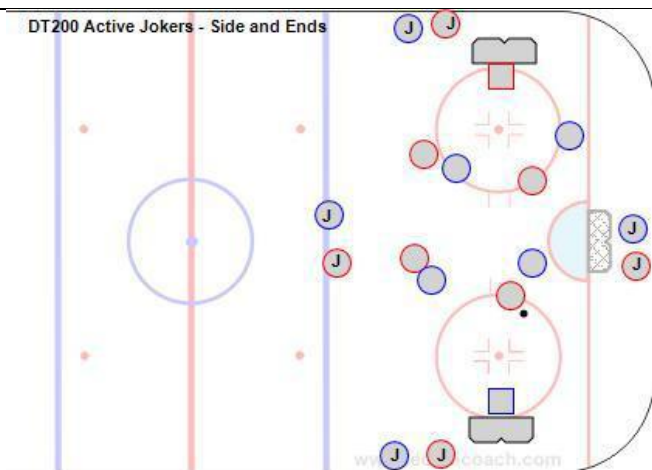
#### **DT500 Nets Back to Back with Jokers**

**Key Points:** Jokers can only have the puck 1 second and then must pass or shoot. You can add that they must move sideways or back when they get the puck.

**Description:** Place the nets back to back at the red line. -Half the team play and half are jokers. Shifts 30"-60". -When the team gets the puck on defense they must pass to a joker before they can score. Jokers can move around on the perimeter.

*If you have only one goalie then it is a great conditioning - skating drill for the goalie to play for both teams and skate around to the other goal.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2012052310414296>



10 min. D200 4-4, jokers behind nets and on each side.

#### **DT200 Active Jokers - Side and Ends**

##### **Key Points:**

Quick passes and shots are needed. Face the puck in an athletic ready position. Protect the puck.

##### **Description:**

1. Half of each colour play and half are jokers.
2. Each team have a joker behind the net and on each side.
3. Jokers can shoot or pass but not join the play.
4. Jokers can check jokers.
5. Switch every 30" and use the same puck.

6. To transition to offense the team must pass to a Joker.

Option: Switch Jokers and Players of the team that is scored on.