



# Flyers

# Practice Plan

Date: 29-10-13

Time: 16:00-17:30

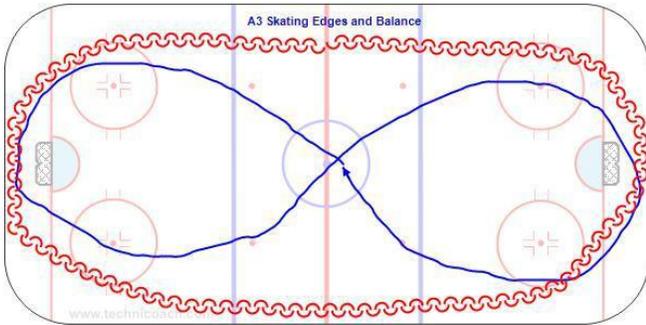
Venue:

Lines:

Conditioning, shoot, pass, edges,

Notes:

Quick feet, breakouts, transition



10 min.

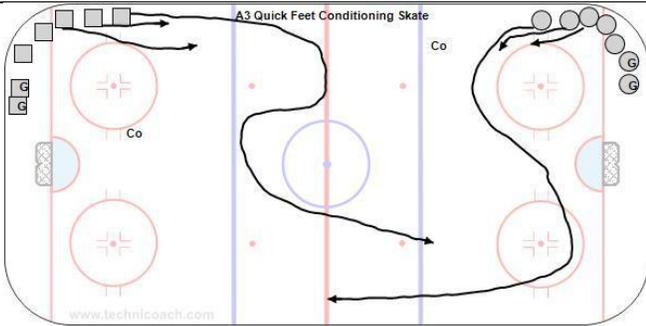
**A3 Skating Edges and Balance Warm-up - Kazakstan W**

**Key Points:**

Skate forward, backward, pivot, Good to just go around when backward. **Description:**

1. Player lead or the coach call out the technique.
2. Skate forward and backward.
3. Striding, crossovers, transition forward to backward, backward to forward.
4. Side to side smooth transition.

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10 min.

**A3 Quick Feet Conditioning Skate**

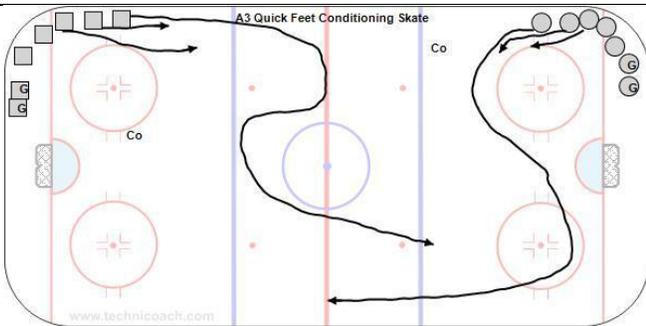
**Key Points:**

Player should keep their feet moving all the time. Coach move the pattern around the rink so you don't break the ice and ruin it for the next group.

**Description:**

1. Players leave in small groups with at least a 1:4 work rest ratio.
2. Skate a lateral S pattern do they turn both right and left.
3. Sprints should be less than 10 seconds.
4. Can also be done with pucks.

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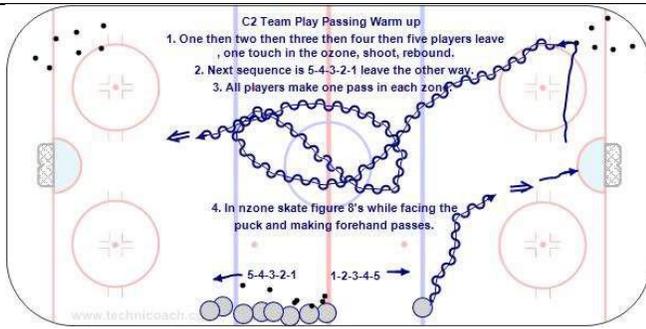
10 min.

**F Conditioning skate with a shot.**

**Leave when the player is around the other circle.**

**Add – shoot, rebound, give and go.**

**Add – shoot, rebound and then defend 1-1 vs. next shooter.**



**10 min.**

### **C2 1-2-3-4-5-5-4-3-2-1 Pass and Shoot Warm-up**

#### **Key Points:**

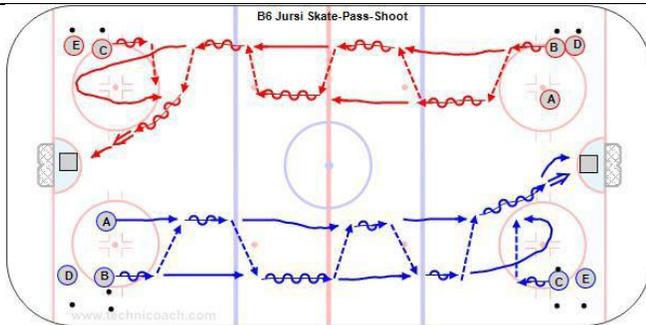
Face the puck and pass on the forehand. Stay in each zone until all players have made a pass.

#### **Description:**

1. One then two then three then four then five players leave, one touch in the ozone, shoot, rebound.
2. Next sequence is 5-4-3-2-1 leave the other way.
3. All players make one pass in each zone.
4. In neutral zone skate figure 8's while facing the puck and making forehand passes.

\*When there is only one player do a figure eight or touch both knees.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20111103221612750>



**10 min.**

### **B6 Jursi Skate-Pass-Shoot**

#### **Key Points:**

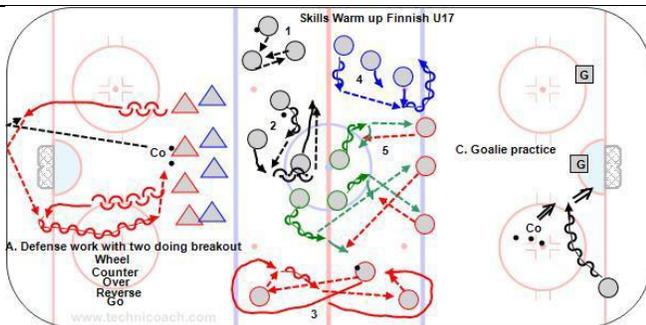
This is a drill that Russian Olympic coach Vladimir Jursinov used when I was coaching with him in Austria. The goal is to get players to practice passing and shooting while they skate. Puck handling-passing-shooting should be seamless.

#### **Description:**

1. A and B skate down the ice in passing while skating.
2. A is on the inside and continues on with a shot while skating.
3. B pivots facing the puck and continues the other direction passing to C.
4. B shoots and C partners with D the other way.

# This can be done in tandem on both sides of the ice.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120227085711281>



**10 min. Tom with D and Daryl with G's.**

### **B Skills Warm up Finnish U17**

#### **Key Points:**

This is a great way to warm everyone up at the start of a practice. Defense do the various breakout options and read where the pressure is coming from. Pass the puck back to the coach and move thru everyone. Forwards pass with good technique and eye contact. Goalie coach work on technique and rebound control.

#### **Description**

A. Defense work with two doing breakout options vs one forechecker.

B. Forwards lines of 3 work in the neutral zone.

1 - Stationary pass with eye contact.

2 - Pass while moving always face puck.

3 - #8 around partners give and go.

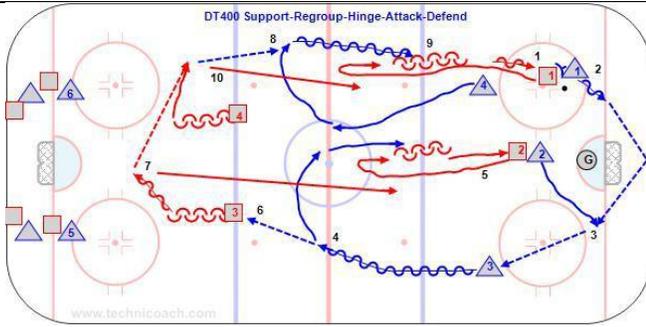
4 - Keepaway 2-1 in four areas.

5 - Two lines move and pass to other two lines on the blue line.

6 - Two lines of 3 pass while skating on one side of the neutral zone.

C. Goalies work with coach at one end.

<http://www.hockeycoachingabcs.com/filemgmt/index.php?id=88>



**15 min.**

**DT400 2-2 then 3-3**

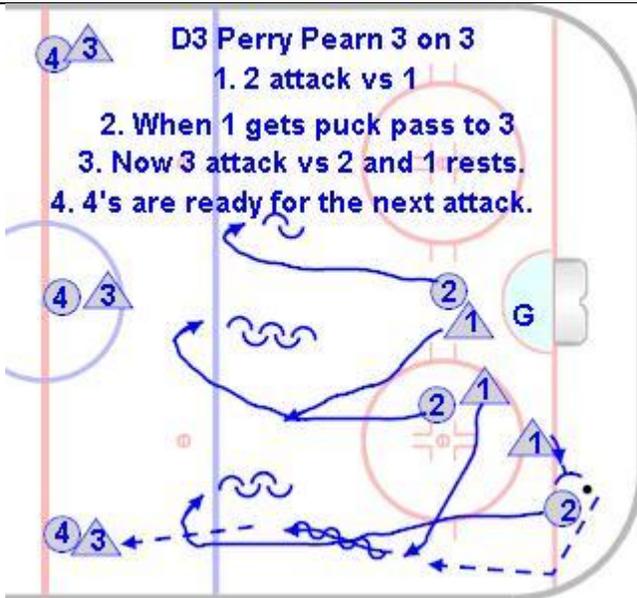
**DT400 Support-Regroup-Hinge-Attack-Defend**

**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.



**10 min.**

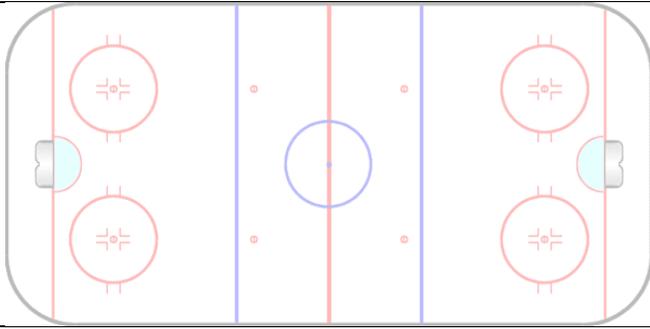
**DT400 Perry Pearn 4-4 Game Rotation from far blue line.**

**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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**5 min.**

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