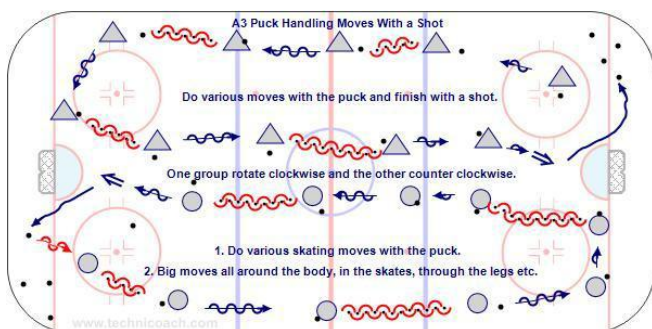




Flyers 30-10-13

Practice Plan

Date:	Time:	Venue:
Lines:	Notes: Skills practice	
Pass, shoot, skate, 1-1, 2-2, 3-3		



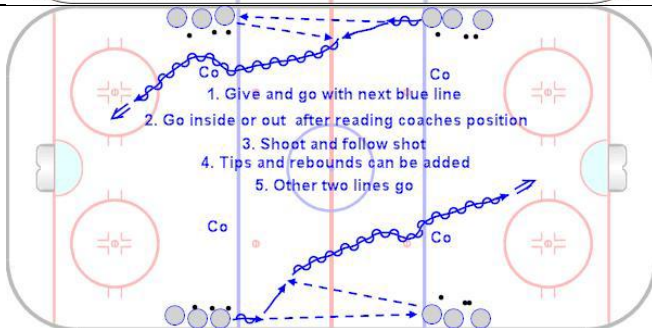
10 min.

A300 x 2 Skating and Puck Handling Warm-up with Shots

Key Points: Do various moves with the puck and finish with a shot.

Description: One group rotate clockwise and the other counter clockwise. 1. Do various skating moves with the puck. 2. Big moves all around the body, in the skates, through the legs etc.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20121031084114911>



8 min.

B600 One Touch and Shoot Warm up

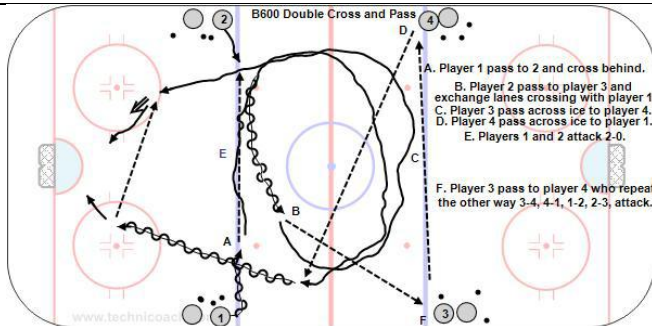
Key Points:

Pass hard with a wrist or snap pass. Receiver give a target and keep the stick square to the puck with the hands away from the body.

Description:

Players are lined up at the four behind the bluelines in the B600 Formation. Coaches can stand just inside the bluelines so the players must fake and go around.

1. Give and go with the player at the next blueline.
2. Go inside or out after reading the coaches position.
3. Shoot in stride without coasting and follow the shot for a rebound.
4. Option is to stay and tip or screen the next shot or circle back for a rebound from the next shooter.
5. The opposite line makes the first pass and shoot on the other net.



7min.

B600 Double Cross and Pass

Key Points:

Make hard passes. Players should face the puck.

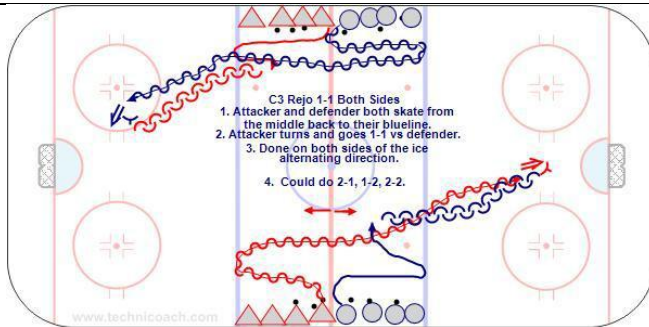
Description:

- A. Player 1 pass to 2 and cross behind.
- B. Player 2 pass to player 3 and exchange lanes crossing with player 1.
- C. Player 3 pass across ice to player 4.
- D. Player 4 pass across ice to player 1.
- E. Players 1 and 2 attack 2-0.
- F. Player 3 pass to player 4 who repeat the other way 3-4, 4-1, 1-2, 2-3, attack.

Options:

1. Practice shoot ins and recovery by shooting in from the neutral zone and bounce to the wing or fire it wide on the short side so it comes to the player on the other side of the net.
2. Rebound. After the attack circle back and time it so you are looking to score on the rebound as a second wave when the next two shoot.
3. Game situations: one player skate out to the blue line and defend 2-1 vs the next attackers or both players meet the next attack and play a 2-2.
4. One timer practice: after the shot and rebound both players stand behind the goal line on either side of the net and give and go with the next two attackers who one time the pass.
5. Combine any of these options; i.e. one passes from the goal line on a 2-1.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090823205117104>



8 min.

C3 Rejo 1-1 Both Sides - Gap Control

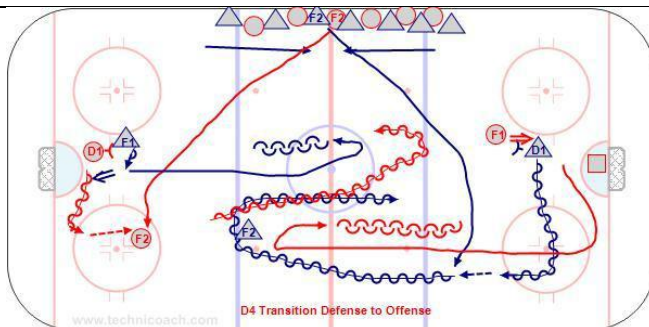
Key Points:

The defender needs to get within a sticklength of the attacker before the blueline. Attacker should try moves, dekes, fakes, change of pace, shooting beside the D's foot. Both F's and D's should take turns defending and attacking.

Description:

1. Attacker and defender both skate from the middle back to their blueline.
2. Attacker turns and goes 1-1 vs defender.
3. Done on both sides of the ice alternating direction.
4. Could do 2-1, 1-2, 2-2.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090823122856482>



15 min.

DT400 1-1, 2-2, Support-Attack-Defend

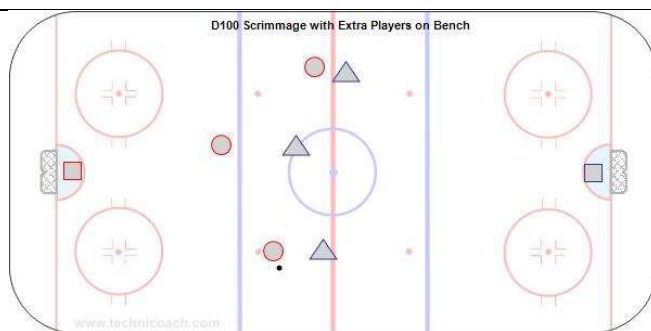
Key Points:

Defending player stay on the defensive side. Supporting player give a target for the pass and get into an open lane.

Description:

1. F1 attack D1 at each end.
2. Players line up on the boards with the first player in line D1 supporting the defense.
3. The coach can determine whether the supporting defender is passive or active.
4. On a turnover or a goal the breakout pass is made to the supporting defender from D1 to F2..
5. Carry the puck to the red line or if the team has a full ice practice, carry the puck to the far blue line.
6. F2 Attack vs. the original attacker F1. Practice various situations. The big left handed player with the sweat suit is Dany Heatley. It is just after he won the Calder trophy. He came to say hi to the players but because we were playing transition games participated in the whole practice and then stayed and posed for pictures with each of the players.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20090726104059741>



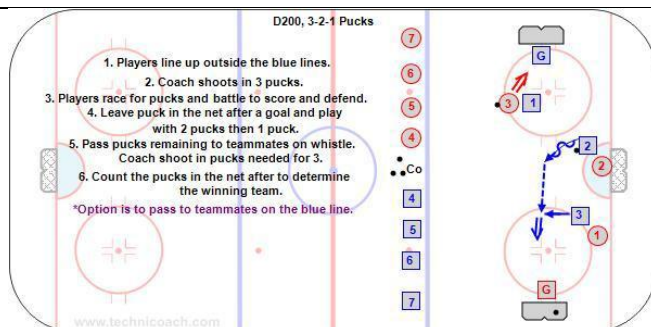
15 min. 3 on 3 – one pass each zone
D100 Scrimmage with Extra Players on Bench
Key Points:

Play a full ice game with the extra players on the bench. Change on the whistle or on their own.

Pass back to the goalie when changing on the whistle.

Description:

1. Play from 1-1 to 6-5.
2. Change of the whistle or players change on the go.
3. Keep score.
4. If no face-offs then scoring team touch the red line before checking.



10 min.

D200, 3-2-1 Pucks

Key Points:

-Players can only shoot when the goalie is ready.

-No empty net goals.

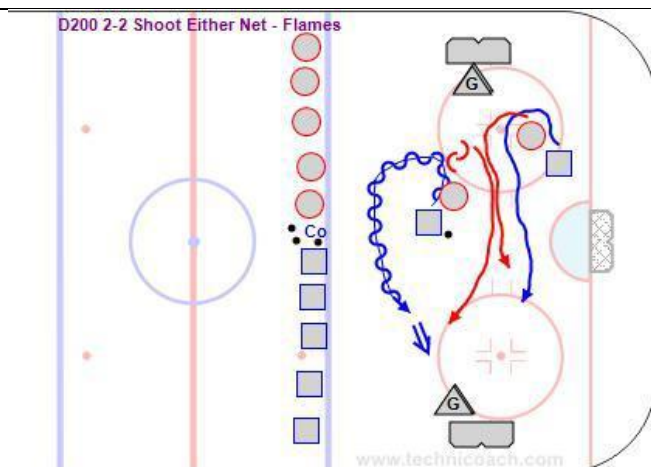
-Situation continually changes as goals are scored and players have to read odd and even man numbers.

Description:

1. Players line up outside the blue lines.
2. Coach shoots in 3 pucks.
3. Players race for pucks and battle to score and defend.
4. Leave puck in the net after a goal and play with 2 pucks then 1 puck.
5. Pass pucks remaining to teammates on whistle.
6. Count the pucks in the net after to determine the winning team.

*Option is to pass to teammates on the blue line. Another option is to skate behind the nets to start.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20111005185636266>



10 min.

D200 2-2 Shoot Either Net – Flames

Key Points:

Quick reading the rush and change the point of attack.

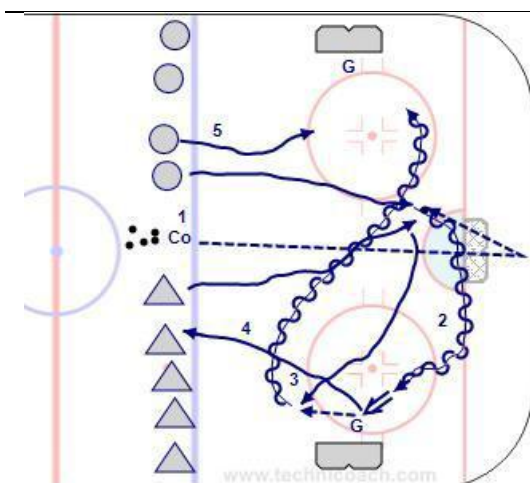
Need quick feet and quick thinking. Get defenders to commit then change direction. No reaching penalties.

Description:

1. Two teams on blue line with one at each half.
2. Play with only one puck in the playing area.
3. Players can score at either end.
4. Keep score.

*Alternative is to play from 1-1 to 5-5 with the same rule that you can score on either net.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120717094107392>



10 min.

E1 D200 Shootout Game

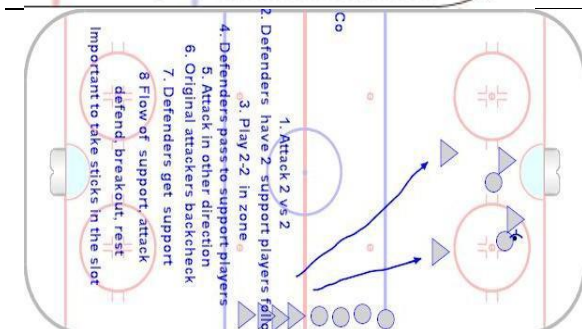
Key Points:

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 outside then first player in the line backchecks.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20130109085731126>



We did this backchecking game before the 3 on 3.

DT100 Backchecking Transition Game

Key Points:

Attack quickly and the defender tie up the stick on the rebound then look for the puck.

Description:

Full ice game with the defenders getting support. New attackers have to get the breakout pass inside their zone. This works on quick passes and attack or the backchecker catches up. The backchecker must tie up sticks on the rebound and don't allow a second shot. The attacker must be quick and follow the shot. Defender make a breakout pass to the supporting player in the high slot.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080719141212210>

We also skated around the ice with a puck and on the whistle turn toward the boards and take 3 quick strides in the opposite direction and then easy until the next whistle.