



Flyers

Practice Plan

Date: 05-11-13

Time: 16:00-17:30

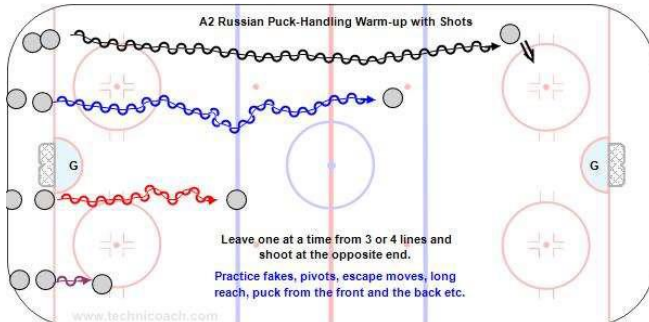
Venue: Max Bell 2

Lines:

Battle, compete, stop and start, defensive

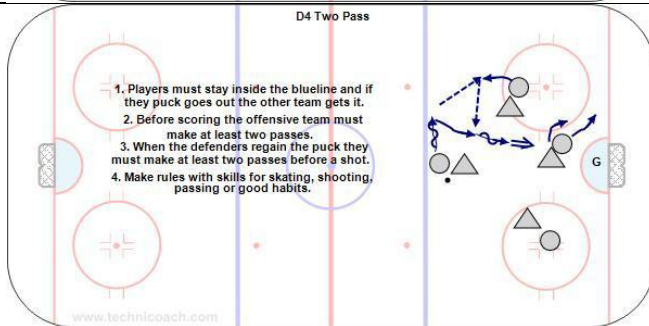
Notes:

Side, attack, defend



10 min.

A200 Skating Warm-up for Edges and Balance with a Puck and Shot

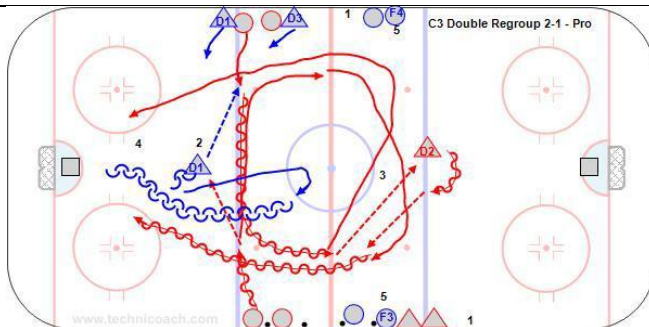


8 min. Must be at least 3 strides with the puck

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

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.

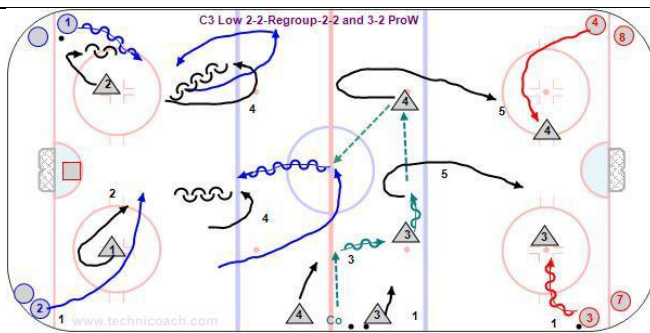
<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20111005184904487>



10 min.

C3 Double Regroup 2-1 - Pro Key Points: Give a target for the passes, face the puck, pass while skating, make the first pass early on the 2-1, D co-operate with the goalie to make it a 2-2 and don't allow a second play late. Slide outside the post if a pass across is the only play. **Description:** 1. Players line up along the boards on both sides in the neutral zone. 2. Start with F1 and F2 one touch passing with D1. 3. F's skate through the neutral zone and regroup with D2. 4. F's attack 2 on 1 vs. D1. 5. F3 and F4 repeat by one touch passing with D2 and regrouping with D3. *If there are at least 8 D you could use this sequence and have two 1 on 1's at the same time in opposite directions.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20131025152134950>



12 min.

C3 Low 2-2-Regroup-2-2 and 3-2 ProW

Key Points:

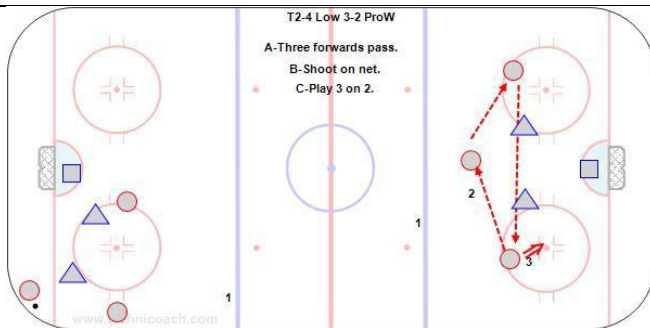
Forwards use quick give and goes, protect the puck. D communicate, play the 2 on 2 man on man and the 3 on 2 with one 2-1 and one 1-1.

Description:

1. Start with 2 D on each blue line and the F's in the corners.
2. Both D go into the zone and defend a 2-2 vs. the forwards out of each corner.
3. Coach spot a puck for the 2 D in the neutral zone and the original forwards regroup with them.
4. Original D follow and defend the 2 on 2 attack.
5. The second set of D go to the other end and restart the sequence defending a 2 on 2 out of the corner.

**Make this drill more game like by having the D playing the low 2-2 or 3-2 pass to the 2 D waiting in the neutral zone if they break up the play. The coach only put in a new puck on a goal or if the goalie freezes the puck. Then start the regroup in the neutral zone.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20131005160127754>



10 min.

T2-4 Low 3-2 ProW

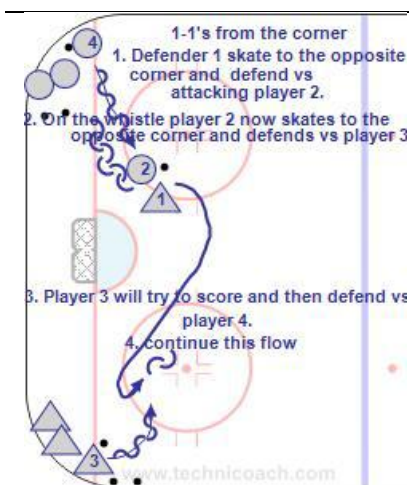
Key Points:

D must decide whether to pressure or contain, always from the defensive side. Forwards create space and time by skating and passing quickly while using give and goes and changing the point of attack in a triangle. D read where the most dangerous attacker.

Description:

1. This can be done at either one or both ends.
2. Start with the 3 F's passing the puck around the top of the circles and the 2 D in front of them.
3. A forward shoots and the 3 on 2 starts.
4. Give the attackers a time limit to score in order to create urgency.
5. Next line of forwards get in position for a breakout pass from the D.
6. A goal, time running out or a breakout ends the drill.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20131011145119511>



8 min.

B6 1-1's from the Corner

Key Points:

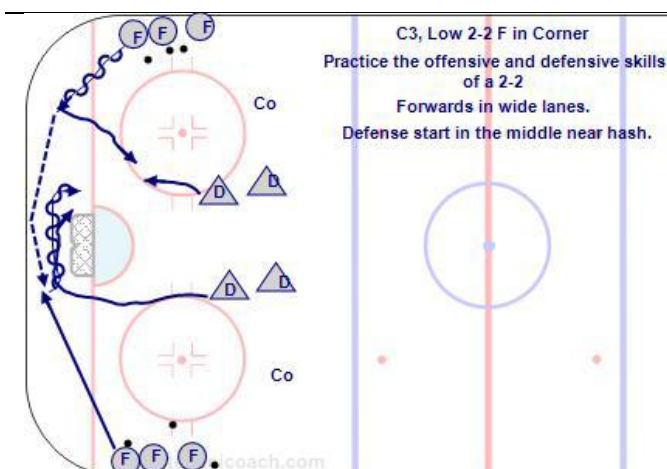
This is a drill the Russian Olympic coach Vladimir Jursinov used. You can do 2-1 and 2-2 as well. Stay D side stick on the puck, body on body and keep a tight gap within a stick length.

Description:

1-1's from the corner

1. Defender 1 skate to the opposite corner and defend vs attacking player 2.
2. On the whistle player 2 now skates to the opposite corner and defends vs player 3.
3. Player 3 will try to score and then defend vs player 4 and continue this flow.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2013052209072488>



10 min.

C3, Low 2-2 F from Corner

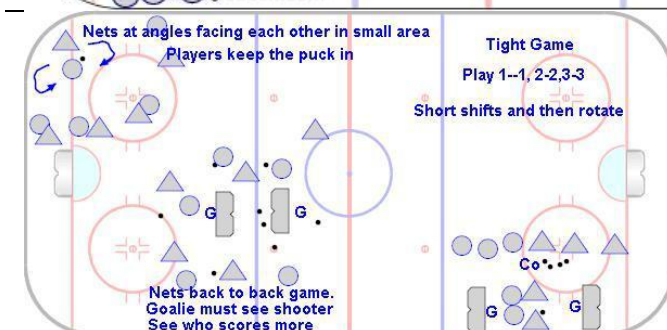
Key Points:

Forwards must attack on the whistle with speed and protect the puck. Defenders must play from the net side and communicate. Play about 5-10 seconds.

Description:

Practice the offensive and defensive skills of a 2-2 with the forwards wide and starting from deep in the corners and attacking from below the goal line. The D has to communicate while seeing the puck and their man. Forwards protect the puck, cross and fight for rebounds.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2009090307394233>



10 min.

D200 Small Area Battling Game

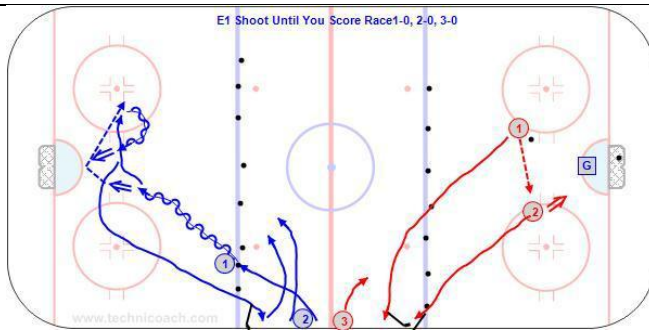
Key Points:

Players always have a role to play in the transition between game situations and must think quickly and use good technique.

Description:

1. Put the nets facing each other about 10 metres apart. Play from 1-1 to 3-3 including odd man situations. Extra players wait at one side.
2. Coach pass a puck in and the players battle and try to score.
3. Take 20 second shifts,
4. Keep score.
5. Coach shoot in a new puck on a goal or if the puck is shot out of the zone.
6. Focus on the players battling with good habits and quick decisions.
7. Race out when the time is up and leave the puck in play (option is to pass to a teammate who is first in line.)
8. Nets can be close to the boards or in open ice.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20101224071639751>



10 min.

E1 Shoot Until You Score Race 1-0, 2-0, 3-0

Key Points:

Players should attack quickly, pass early, shoot to score

Description:

- 1-Place one puck on the bluelines for each player on the bench according to the largest team.
2. One player leaves from the bench and must keep shooting until a goal is scored.
3. Scoring player skate hard to the bench and touch the boards with the stick and a player joins him/her and they attack 2-0.
4. Repeat after a goal and attack 3-0.
5. All three players rush back and touch the boards and then repeat.
6. The team that scores all the pucks first wins.
