



Flyers

Practice Plan

Date: 12-11-13

Time: 16:00-17:30

Venue: Max 2

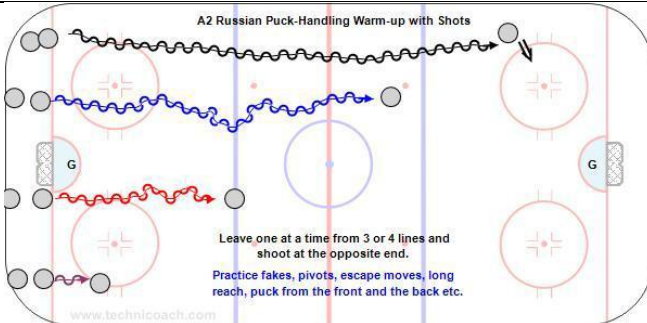
Lines:

One goalie practice. Sarah sick.

Breakaways, keep-away, game reading

Notes:

Point shots, breakouts, passing, one timers



12 min.

A200 Russian Puck Handling – Fake Shots and Finnish with a Shot

Key Points:

The idea of stick handling is to protect the puck from the opponent or to make him/her reach or straighten their knees and then go around them. **Description:**

Players are in four lines and do multiple fake shots and moves, then finish with a shot.

. Practice Faking a slapshot with a hard back swing.

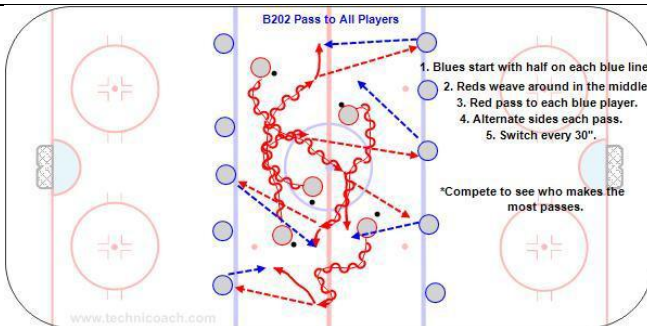
. Fake a slapshot and go around opponent on the backhand side.

. 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.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20130321101649551>



6 min. Bax shoot on Alicia

B202 Pass to All Players

Key Points:

Give and go pass. Give a target and make eye contact before passing.

Description:

1. Blues start with half on each blue line.

2. Reds weave around in the middle.

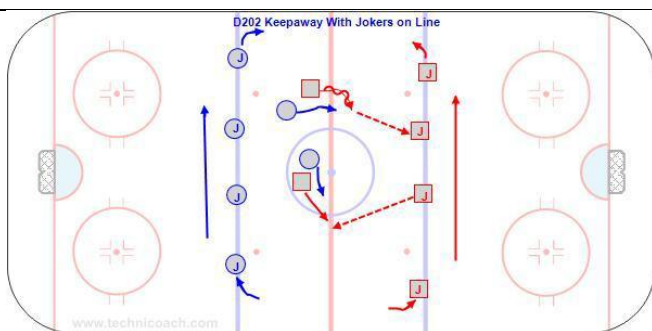
3. Red pass to each blue player.

4. Alternate sides each pass.

5. Switch every 30".

*Compete to see who makes the most passes.

<http://www.hockeycoachingabcs.com/filemgmt/index.php?id=99>



6 min.

D202 Keep-away With Jokers on Line

Key Points:

Protect the puck, use fakes and change the type of passes and the situation.

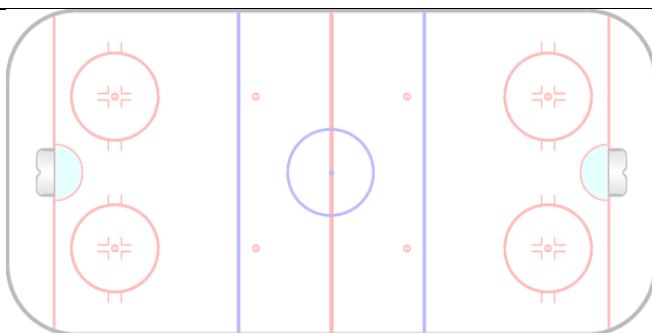
This is a great game to practice puck support, getting open, passing and puck protection.

Description:

1. Active players are in the middle.
2. Jokers are lined up along the blue lines.
3. Passes to Jokers are allowed.
4. Play even situations up to 3-3.
5. Vary the situations 2-1, 3-1, 3-2.
6. On whistle leave from one end and return to the line-up at the other end.

* Award one point for making 5 consecutive passes and keep score.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20121011224955196>



20 min.

TJ Breakout sequence B - T1-2 - Breakout Options 1 on 0 Options

Stage one: Principles for the Wheel, Go and Counter, with Terry Johnson a former NHL Defenseman.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20131107182728398>

B - T1-2 Breakouts vs. Checker – TJ

The second stage of the sequence is for the D to read and turn away from the pressure and make the pass.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20131108153207415>

B T1-2 Tight Turn-Quick up 2-0 – TJ

The third stage of teaching the breakout reads includes the forwards who finish with a 2-0-1 rush (Goalies are people)

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2013110917373833>

B T1-2 D to D and Up - 2-0 - TJ

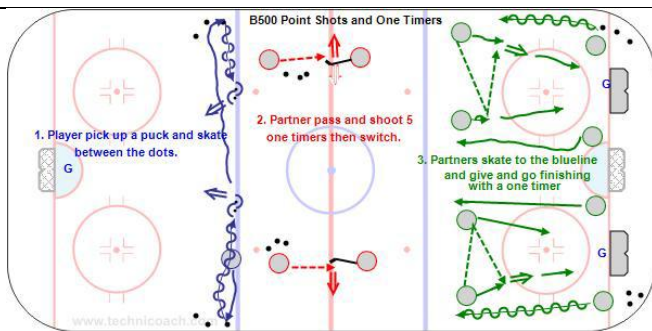
The fourth stage of teaching the breakout is the D to D pass that progresses into reading whether to do a D to D or draw the forechecker toward the middle and then tight turn and pass up to the wing. Again the key is to skate at a 45 degree angle toward the net and make the read. It is important for the D to stagger by hinging instead of being parallel which makes it easy for the forechecker to intercept the pass. Two forwards come back for the pass and shouldn't get too close to the D. Stay at least a third or half zone up ice.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20131110154102162>

B T1-2 Breakout D to D 3-0 – TJ

The fifth and final stage of this breakout sequence is adding a centre and attacking 3-0. Terry has the D drive skating at 45 degrees to the net and then pass D to D. He demonstrates how the centre should mirror the puck from about a stick length behind giving a target. They practice this and then they go D1 to D2 back to D1 when lanes are taken away.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20131111154200960>



10 min.

B500 Point Shots and One Timers

Key Points:

Skate forward to the middle then slide sideways and shoot. Look up to see the target, shot blockers and team mates in front.

On one timers follow through at the target. Increase the speed of the passes.

Description:

1. Player pick up a puck and skate between the dots. Pivot so you are facing the net and shoot.
2. Partner pass and shoot 5 one timers then switch.
3. Partners skate to the blueline and give and go finishing with a one timer, then pick up a new puck.

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12 min.

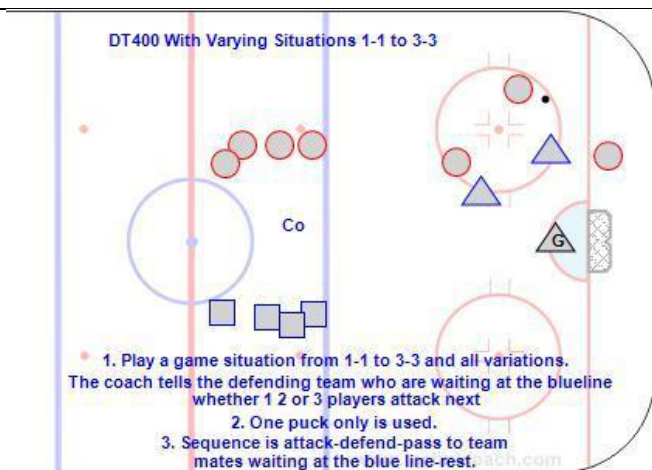
DT400 One Goal Full Ice Team Play Scrimmage

Key Points:

Practice team play situations with 3 groups. It is best to have one colour for each group. The next group to attack waits at the far end. Practice from 3-3 to 6-5 in a controlled scrimmage mode. Coach can give input while the players wait at the far end.

Description:

1. Red circles attack vs. Blue triangles either even or odd situation. Extra blue on the side if it is on the pk.
2. On a goal, frozen puck or turnover the blue fires it to the other end and forechecks.
3. Purple breakout and attack vs. blue and the red sets up to breakout at the far end.
4. Continue this rotation of ATTACK-DEFEND-SET UP AT FAR END.



12 min.

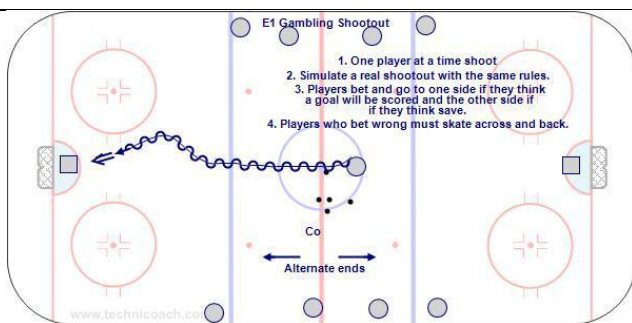
DT400 With Varying Situations 1-1 to 3-3

Key Points:

The defenders have to recognize the new situation and communicate 3 on 1 or 2 on 2 etc. Vary situations from 1-1, 1-2, 2-1, 1-3, 2-3, 3-3, 3-2, 3-1.

Description:

1. Play a game situation from 1-1 to 3-3 and all variations. The coach tells the defending team who are waiting at the blueline whether 1 2 or 3 players attack next vs the attackers who must defend when they lose the puck.
2. One puck only is used.
3. Sequence is attack-defend-pass to team mates waiting at the blue line-rest.



12 min.

E1 Gambling Shootout

Key Points:

Simulate a real shootout by placing the puck on the dot and the player starting on the whistle and the goalie not moving until the player touches the puck. Get the goalie used to shootout skating.

Description:

1. One player at a time shoots.
2. Simulate a real shootout with the same rules.
3. Players bet and go to one side if they think a goal will be scored and the other side if they think save.
4. Players who bet wrong must skate across and back.
5. Alternate ends.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20111004080315971>

Explanation/Notes:

