



Flyers

Practice Plan

Date: 13-11-13

Time: 20:15

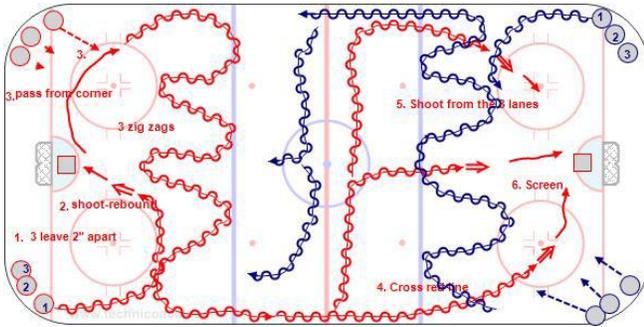
Venue: Norma Bush

Lines:

Breakouts, regroup, 1-1, 2-1, pass, shoot,

Notes:

Puck handle



10 min.

B6 – 3 Shots, 3 Zig zags, 3 Shots

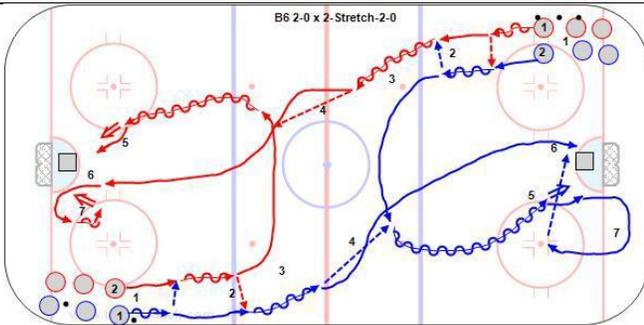
Key Points:

3 Leave from diagonal corners about 2" apart, skate around circle then shoot, get a pass from the other corner, skate 3 zig zags between the blue line and the top of the circles the fill the 3 lanes and shoot.

Description:

1. Make sure to leave about 2 seconds between shooters so the goalie has time to get set.
2. Follow the shot for a rebound before getting the pass.
3. Do skills while zig zagging 3 times such as;
 - a. carry the puck with the hands and feet moving all the time.
 - b. carry the puck only using the forehand side of the stick.
 - c. only use the backhand side of the stick.
 - d. transition skate facing the far end forward to backward to forward.
 - e. skate backward.
 - f. 360 degree turns.

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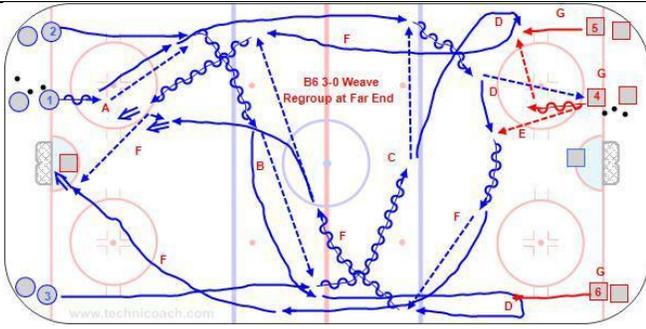
8 min.

B6 2-0 x 2-Stretch-2-0 Pro W

Key Points: Give a target. Pass hard while skating. Shoot while skating from the front of the body. Crash the net for rebounds. Pursue the rebound for a second shot.

Description: 1. Player 1 and 2 leave from diagonal corners; player 1 start on the outside and 2 on the inside. 2. Player 1 pass to 2 and get a return pass. 3. Player 2 cross the blue line and cut across the middle and player 2 continue with the puck. 4. Both player 1's give a stretch pass to the opposite player 2 and head to the net. 5. Player 2 either shoot or pass to player 1 who shoots. 6. Both players crash the net for a rebound. 7. Play the rebound for a second shot. *Option is to time the drill with a maximum time to score and have a competition.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20130930205844862>



6 min. 3-2-1 pucks

B6 3-0 Weave-Regroup at Far End – Pro

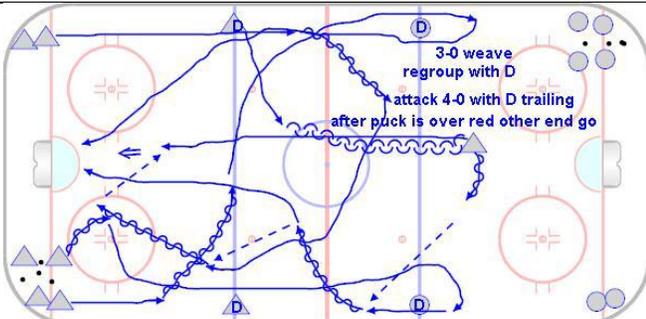
Key Points:

Principles: Pass while skating and then follow the pass and take the ice behind the puck carrier.. Fill the 3 lanes. Skate to the “big ice” between the dots when you get the puck. Pass to the outside lane, skate to the inside lane.

Description:

- A. 1 pass to 2 and follow the pass.
- B. 2 skate to the big ice, pass to 3, follow the pass taking the ice behind.
- C. 3 pass back to one, follow the pass.
- D. 1 regroup with 4 and 1-2-3 fill each lane.
- E. 4 pass to 1 or 3 on the strong side.
- F. 1-2-3 weave the same way and attack with a triangle and shoot at the original end.
- G. 4-5-6 follow and repeat the other way.

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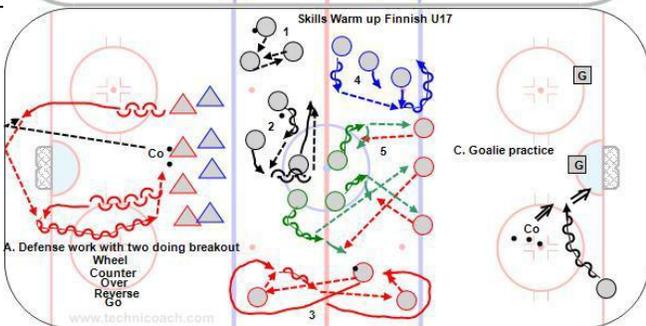


6 min.

B6 - Weave with D Regroup

Key Points:

- Skate with the puck to the big ice between the dots and then pass.
- Pass and follow your pass.
- Stay wide until you get the pass.



10 min. TJ with D. Bax Forwards pass and shoot

B Skills Warm up Finnish U17

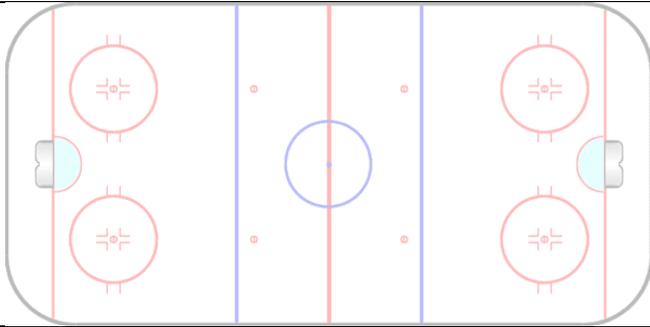
Key Points:

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.

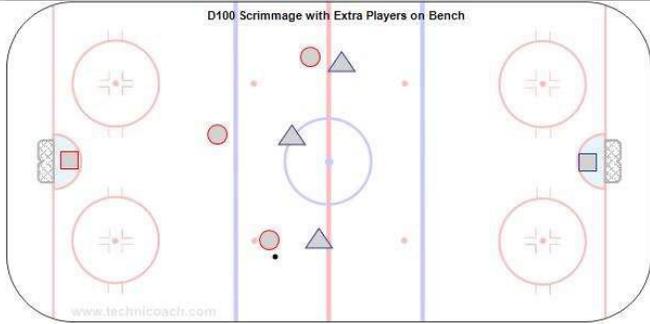
Description

- 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.

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10 min. Detroit Breakouts TJ



15 min. 4 on 4

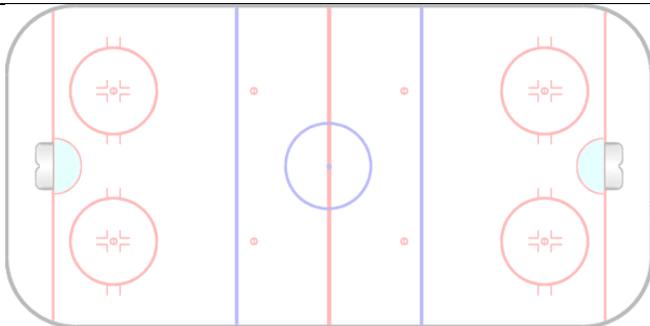
D100 Scrimmage with Extra Players on Bench

Key Points:

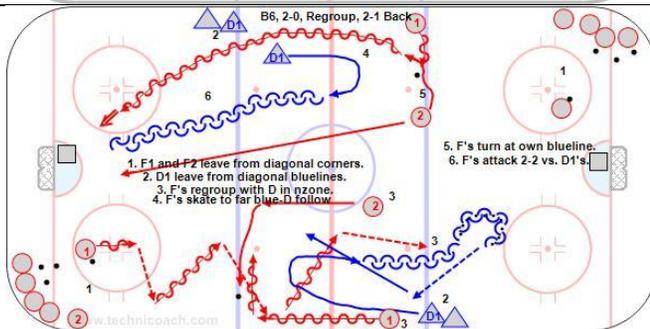
Play a full ice game with the extra players on the bench. Change on the whistle or on their own. Pass back to the goalie when **changing** on the whistle.

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. 1 on 1 principles TJ



10 min.

B6, 1-0 or 2-0, Regroup, 1-1 or 2-1 Back

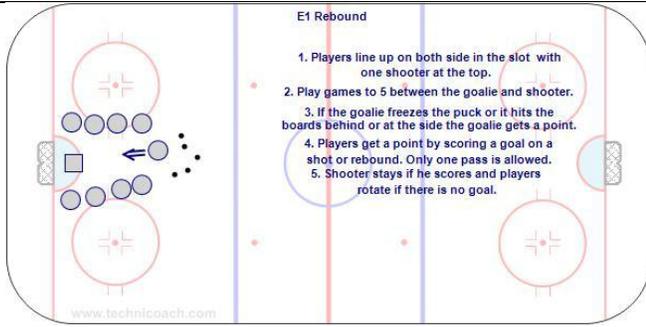
Key Points:

Forwards pass to the outside and skate to the middle with the puck. Face the puck all the time. D pivot with the puck. D work with the goalie and only give away poor shots. Forwards attack with speed and make the first play early. One high one low; one fast one slow.

Description:

1. F1 and F2 leave from diagonal corners.
2. D1 leave from diagonal bluelines.
3. F's regroup with D in nzone.
4. F's skate to far blue-D follow.
5. F's turn at own blueline.
6. F's attack 2-2 vs. D1's.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20101007155153211>



E1 Rebound

Key Points:

Make quick shots and one timers and goalie read the play.

Description:

1. Players line up on both side in the slot with one shooter at the top.
2. Play games to 5 between the goalie and shooter.
3. If the goalie freezes the puck or it hits the boards behind or at the side the goalie gets a point.
4. Players get a point by scoring a goal on a shot or rebound. Only one pass is allowed.
5. Shooter stays if he scores and players rotate if there is no goal.