



Flyers

Practice Plan

Date: 19-11-13

Time: 16:00-17:30

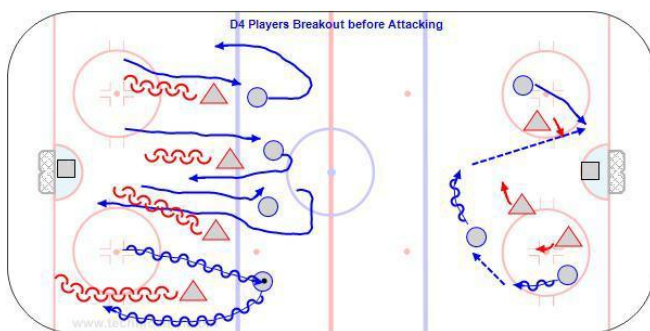
Venue: Max 2

Lines:

Passing, moving the puck, shoot while

Notes:

Skating, Puck support



10 min.

D4 Players Breakout before Attacking – Various kinds of skating. Backward, one leg, scooter.

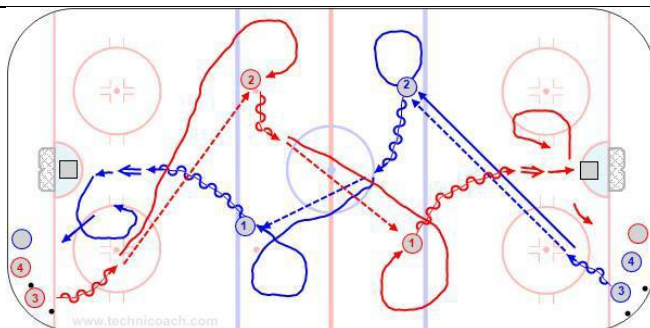
Key Points:

To transition from defense to offense all the players must come out over the blue line and stay on side when they turn back to attack.

The coach can designate modified rules for the game to work on either individual or team play skills.

Description:

1. One team attacks with the puck and tries to score.
 2. The defending team must breakout over the blueline and then turn back and attack.
- *Individual skills can be worked on. i.e.
 - Skating-only backward skating allowed.
 - Team Play - goals come only on plays originating below the goal line.
 - Individual Offensive skills - an escape move must be made when you get the puck.
 - Individual Defense - sticks upside down until one shot is taken.



8 min.

B6 Pass and Replace x 2 – Pro

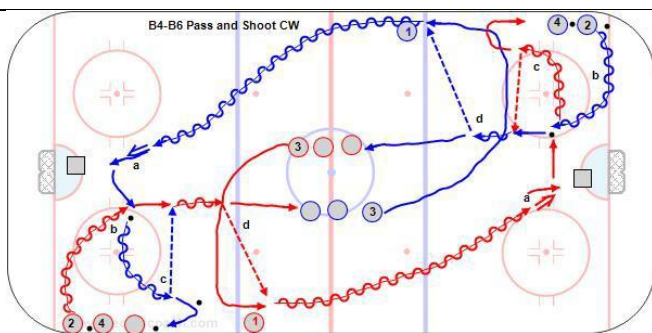
Key Points:

Turn facing the puck and time when to ask for the pass. Rebound and circle back to rebound for the next shooter.

Description:

- A. 3 leave the corner and pass to 2 who turns to the outside and comes back for the pass.
- B. 3 follow the pass.
- C. 2 move into the middle and pass to 1 when he is ready for the pass.
- D. 2 follow the pass.
- E. 1 curl to the outside and back for a pass from 2 then skate in and shoot-rebound.
- F. 1 curl back to rebound for 2.
- G. 1 go to the corner to repeat the other way.

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8 min.

B4-B6 Pass and Shoot ProW

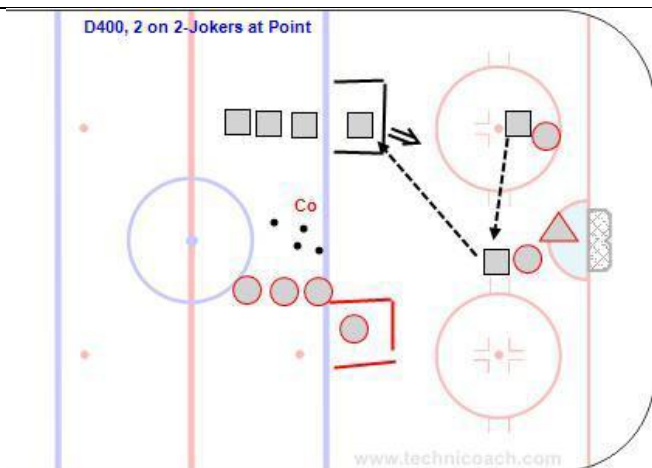
Key Points:

Face the puck and give a target. Shoot while skating and accelerate in corners.

Description:

- Start - 1 skate down the boards and shoot and follow the shot for a rebound.
- 2 leave from corner then cross and drop to 1.
- 1 carry the puck wide and pass back to 2.
- 2 pass wide to 3.
- 3 shoot and cross with 4.
- After passing 1 go to corner, 2 to the centre circle.

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12 min. Two games.

D400, 2 on 2-Jokers at Point

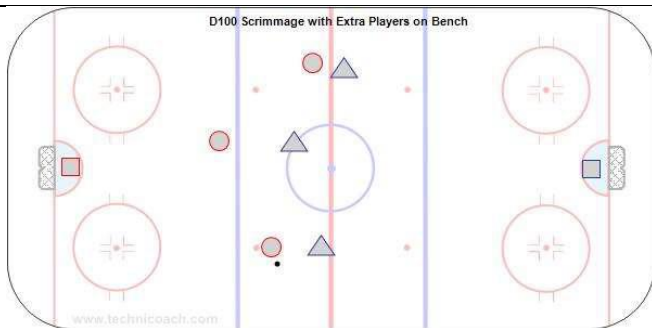
Key Points:

Players learn to move the puck from low to high. When the puck is at the point skills of Role 2 of getting open, screening on offense and Role 4 covering away from the puck, controlling sticks, sticks in the passing lane are practiced.

Description:

- Spray paint a box just inside the point. Joker must stay in the box.
- Coach shoots a puck in and the offensive team must make at least one pass before shooting.
- On a turnover you must make at least one pass before taking a shot.
- When the joker has the puck at the point defenders cover one attacker each-not the joker.
- 20-25" shifts and come out hard on whistle.
- Leave puck in zone on whistle.
- Coach put in a new puck on goals or if the puck is shot out of the zone.

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10 min.

D100 Scrimmage with Extra Players on Bench

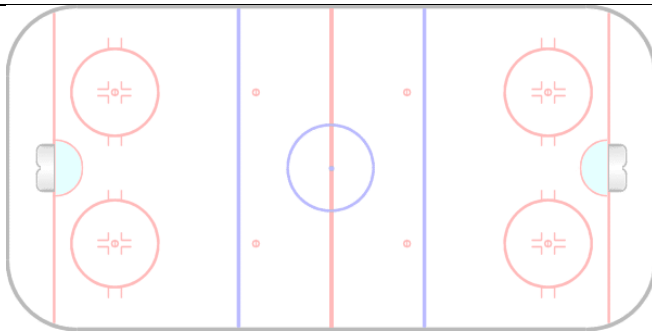
Rule: at least one pass in each zone.

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:

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



10 min.

D100 Two Second Game

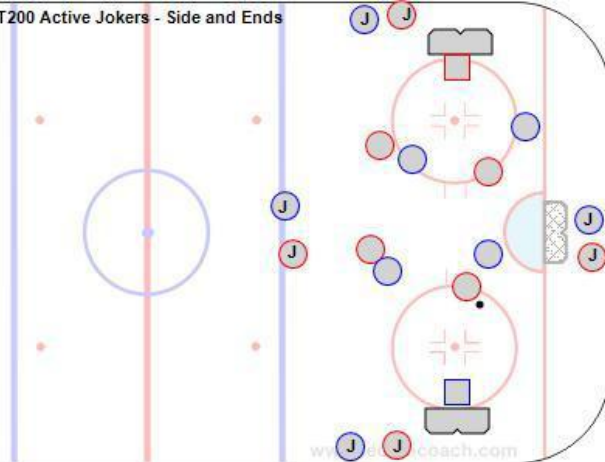
Key Points:

Players must switch right away from offense to defense to loose puck and constantly change roles from, 1-puck carrier, 2-puck support, 3-check puck carrier, 4-cover away from the puck.

Description:

1. Play a full ice game of 3-3, 4-3, 4-4, 5-4, 5-5, 6-5 with the extra players on the bench.
 2. Play 45" shifts and pass back to your goalie when the coach whistles for a change.
 3. Players can only have the puck for 2" and must make a play, gain a zone or shoot.
 4. Possession from first touching the puck for over 2" leave the puck for the other team.
 5. Encourage talking, facing the puck, always give a target.
- *Don't blow the whistle if they have started shooting. Start time when the goalie gets puck. Keep score and losing or winning have a consequence.

DT200 Active Jokers - Side and Ends



10 min.

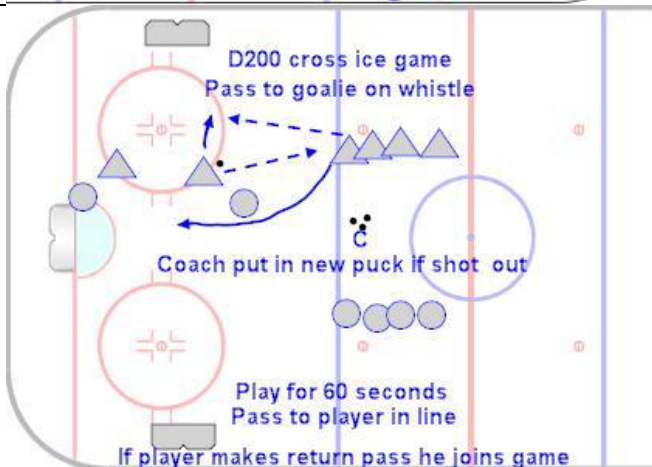
DT200 Active Jokers - Side and Ends

Key Points:

Quick passes and shots are needed. Face the puck in an athletic ready position. Protect the puck.

Description:

1. Half of each colour play and half are jokers.
 2. Each team have a joker behind the net and on each side.
 3. Jokers can shoot or pass but not join the play.
 4. Jokers can check jokers.
 5. Switch every 30" and use the same puck.
 6. To transition to offense the team must pass to a Joker.
- Option: Switch Jokers and Players of the team that is scored on.



10 min.

D200 With Players Joining After a Give and Go

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Key Points:

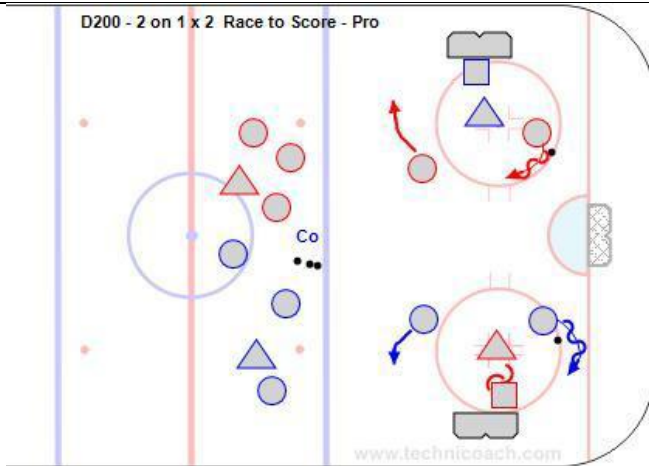
Pass hard and get open for a return pass.

Description:

1. Players are lined up either in two lines or along the blueline.
2. Coach dumps the puck in to start the game of 1 on 1.
3. When player with the puck give and go passes to a team mate he can join the game.
4. Play for 45-60 seconds before starting a new game.
5. Coach shoot in a new puck if the original puck is dumped out or a goal is scored.

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D200 - 2 on 1 x 2 Race to Score - Pro



10 min.

D200 - 2 on 1 x 2 Race to Score – Pro

Key Points:

Two on one contests. The attackers must get open, pick, shoot, pass etc. to score and the defender must realize it is really a 2 on 2 and cover the attack or pass to the most dangerous player and give the other attacker to the goalie. Lots of talking on defense.

Description:

1. Play a 2 on 1 at each end.
2. Blue attack at one end and Red at the other.
3. The first team to score gets one point.
4. Switch the players after a goal is scored.
5. Contest is to see who can score 5 goals first (or some other total)

*Making the 2-1 a game gives urgency to the attackers to score and the defender to battle.

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