



Flyers

Practice Plan

Date: 22-11-13

Time: 16:00-17:15

Venue: Max Bell 2

Lines:

Goal is making good decisions the first two
Triple threat position, taking 3 hard strides
Close support.

Notes:

Seconds with the puck. Escape moves,
To open ice, cutting in, protecting the puck,

One Goalie Practice.

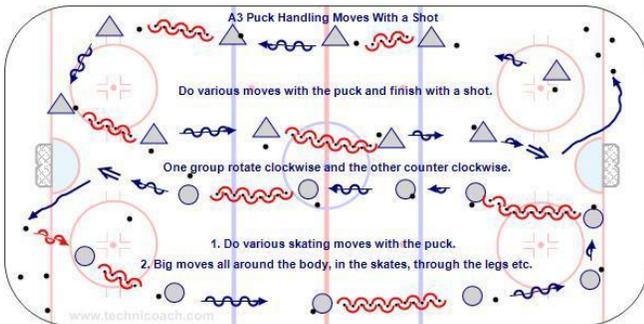
15 min. Go through all the big moves and skating and balance exercises.

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.

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5 min.

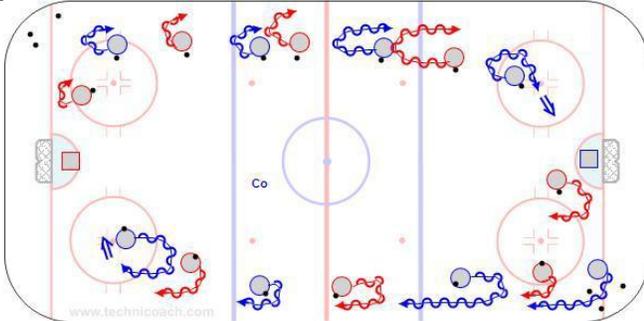
A300 Tight Turns-Three Hard Strides-Shot

Key Points:

Tight turn towards the boards and take three hard strides. Shoot while skating.

Description:

1. All of the players have a puck and skate around the rink.
2. On the coaches whistle turn towards the boards and take three hard strides and then slow up.
3. Next whistle tight turn toward the boards and go the other direction.
4. Shoot at both ends.



8 min.

A200 Chaos Puck Handling

Key Points:

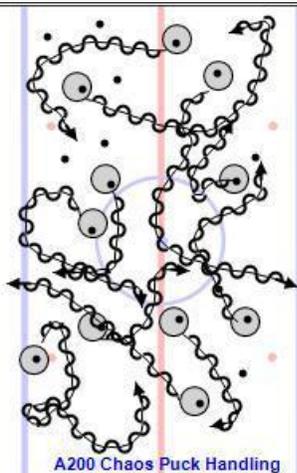
Make moves, protect the puck, go hard on the whistle. Designate moves, add pucks, play keepaway, use ball, multiple pucks, etc.

Description:

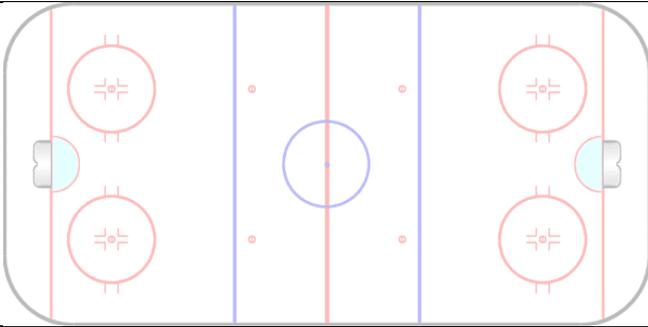
1. Carry a puck and protect it while skating in random directions. Stay in the zone.
2. Go hard for about 5" on the whistle and slow down on the next whistle.
3. Coach designate the move to be practiced, i.e., tight turn when you approach someone.
4. Exchange pucks-pass with eye contact.
5. Spread pucks around which also must be avoided.
6. Keepaway-coach take a puck away every 10".

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A200 Chaos Puck Handling



10 min.

T1 Demonstration of protecting the puck on the boards with the body.

Partner work battling for the puck on the boards and protecting it.



10 min.

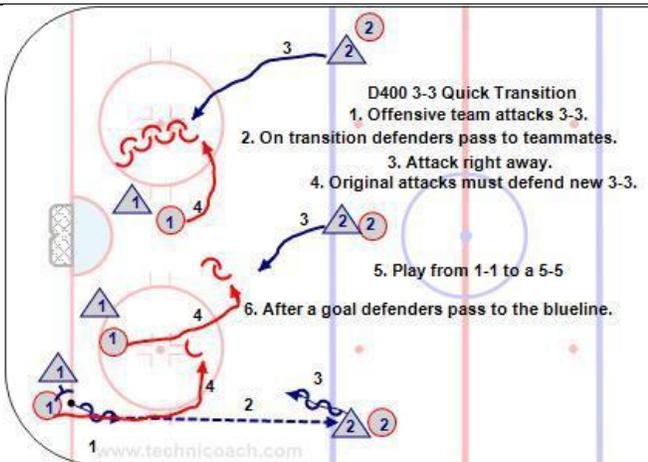
D400 The Best Player Win Game 1 on 1 on 1 Battles

Key Points:

- Battle hard for the puck.
- Protect the puck.
- Get a shot and fight for the Rebound.

Description:

1. Players line up outside the blueline. They can be in 3 teams and keep score or just everyone vs everyone.
2. Coach fires the puck in and whoever gets the puck tried to score vs the other two.
3. If another player gets the puck he tries to score; including rebounds.
4. On whistle pass back to the coach and race out.
5. 20-30 second shifts.



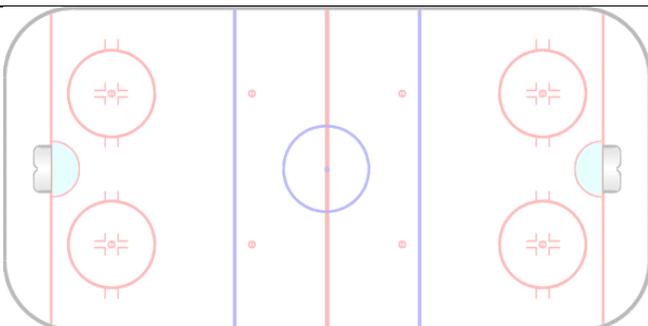
15 min

DT400 Game of Quick Transition

Key Points: The resting players attack right away when they get a pass and the original attackers must communicate and cover one attacker each.

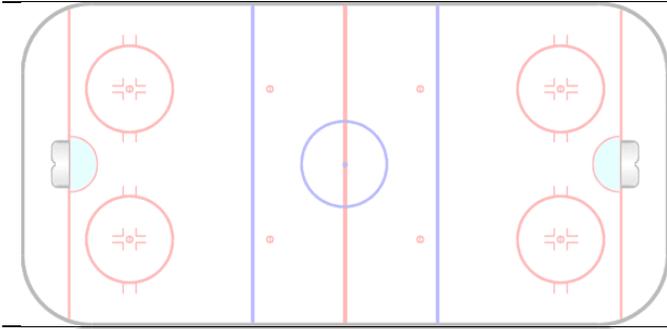
Description: 1. Offensive team attacks 3 on 3. It can be 1-1, 1-2, 2-1, 2-2 or 2-3 also if the coach wants to practice these situations. Upt to 5-5 is possible. 2. On transition to offense the defenders pass to their teammates waiting behind the blue line. 3. Attack right away (don't have to wait for teammates to get outside in this game.) 4. Original attackers now defend and communicate with each other on how to stop the attack. 5. After a goal the defenders is allowed to pass to the new attackers.

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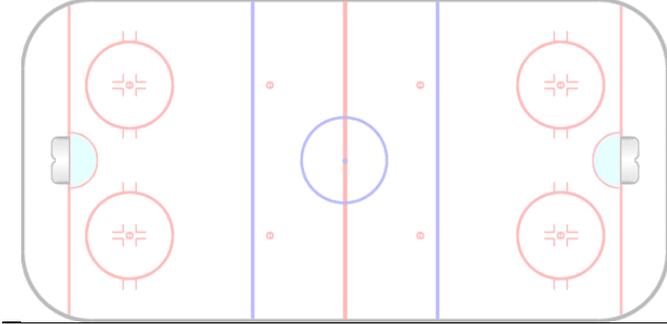


10 min.

Individual shooting practice.



Explanation/Notes:



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