



Flyers

Practice Plan

Date: 23-11-14

Time: 13:30-14:45

Venue: Crowchild

Lines:

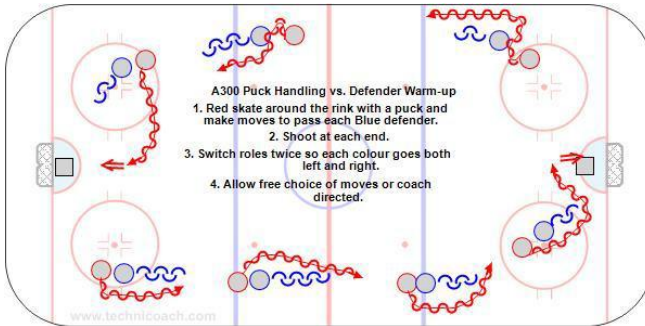
Focus on the first 2 seconds with the puck.

Shoot while skating. Slapshot.

Notes:

Stick handling moves and fakes.

Shoot without dusting the puck off first.



12 min.

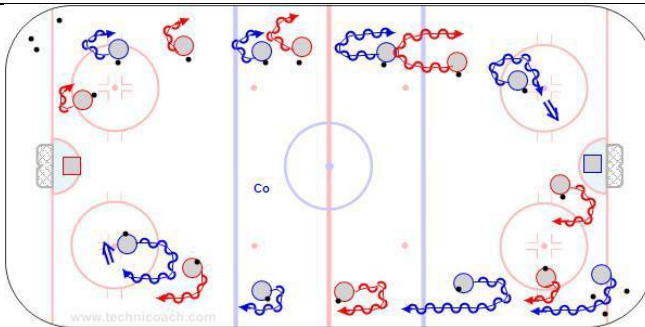
A300 Puck Handling vs. Defender Warm-up

Key Points:

Defend passively and allow the attacker to make moves.

Description:

1. Red skate around the rink with a puck and make moves to pass each Blue defender.
2. Shoot at each end.
3. Switch roles twice so each colour goes both left and right.
4. Allow free choice of moves or coach directed.



8 min.

A300 Tight Turns-Three Hard Strides-Shot

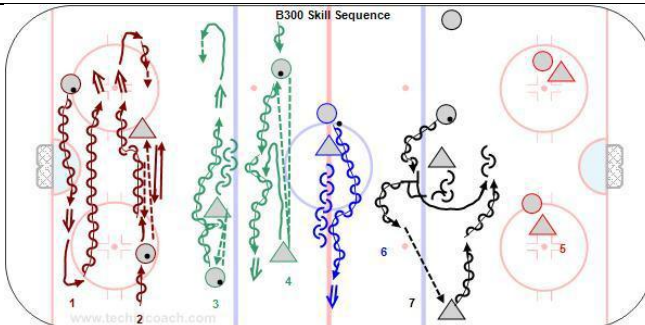
Key Points:

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.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20131124153747585>

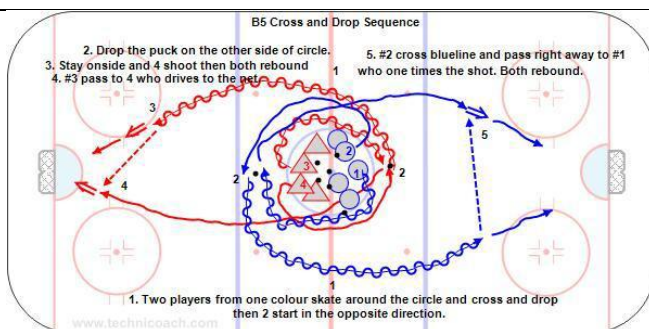


10 min.

B2 Shooting – Slap Shot

Shoot at the boards on the side and at the net at the end.

Stationary and then skating.



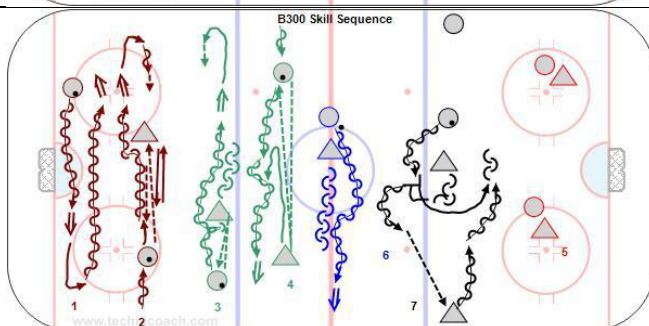
10 min.

B5 Cross and Drop Sequence Key Points: Players are inside the middle circle. One skate around and take a slap shot at the top of the circle.

Description:

Skate around the circle and take a slap shot while skating. Follow the shot for a rebound.

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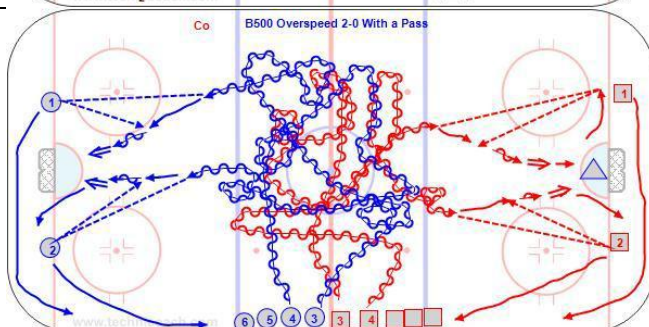


10 min.

B2 Shooting – Slap Shot

Shoot at the boards on the side and at the net at the end.

Stationary and then skating.



10 min.

B500 Overspeed 2-0 with a Pass

Key Points:

Players must challenge themselves out of their comfort zone. Make as many moves as possible and continue until they have shot and looked for a rebound. Take the pass and shoot right away without over handling.

Description:

- Line up along boards on one side.
- Players 1 and 2 start on the goal line.
- Players 3 and 4 leave and make moves at top speed.
- Coach whistle every 7" and they players attack the net.
- Closest attacker give and go with 1 or 2.
- Second closest do a tight turn then give and go with 1 or 2.
- With only one goalie go one way only.
- After passing return to the back of the line.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20111004075623113>



10 min.

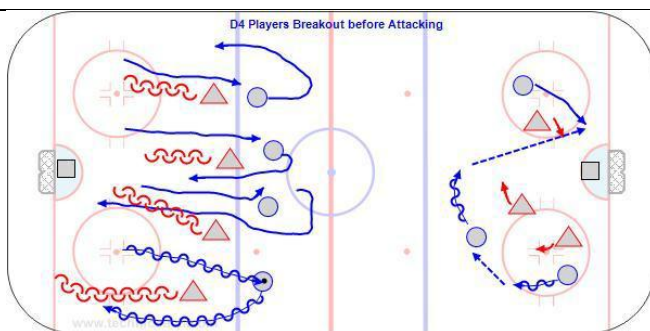
D400 Best Player Wins the Game 1 on 1 on 1

Key Points:

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

Description:

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



15 min.

D4 Players Breakout before Attacking

Key Points:

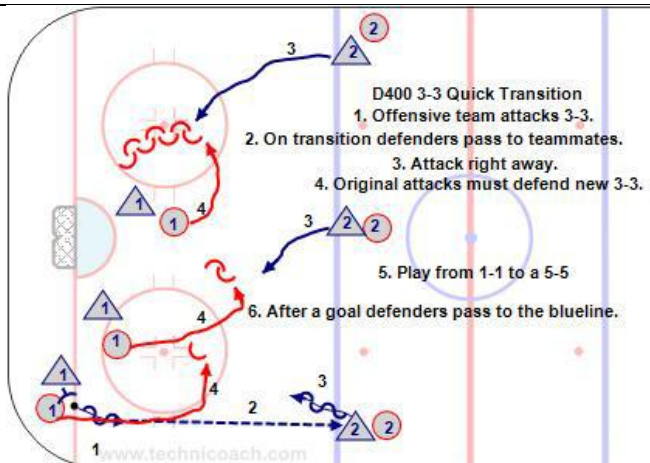
To transition from defense to offense all the players must come out over the blue line and stay on side when they turn back to attack.

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 blue line and then turn back and attack.

***Rule the players must take 3 hard strides when they get the puck.**



D400 - 3 on 3 Quick Transition Game

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 onside 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.