



## Flyers

## Practice Plan

Date: 26-11-13

Time:

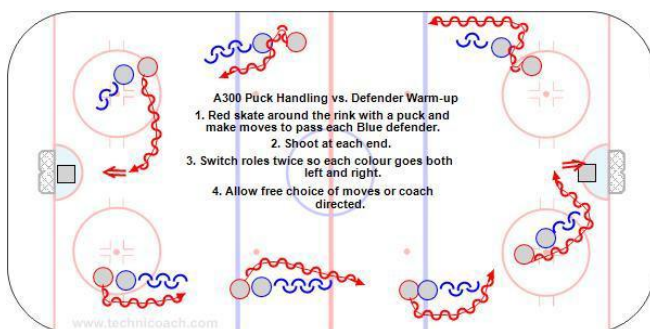
Venue: Max 2

Lines:

Notes:

One timers, point shots, puck support

Puck handling, regroups



10 min.

### A300 Puck Handling vs. Defender Warm-up

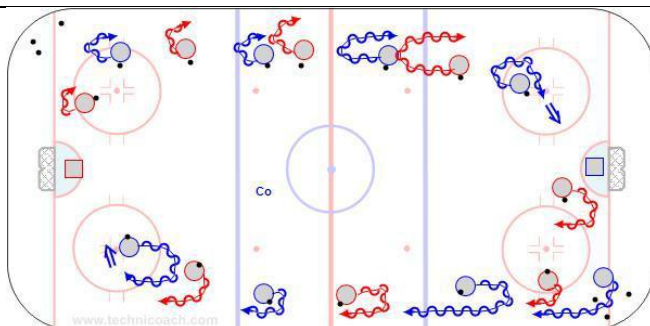
#### Key Points:

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.

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6 min.

### A300 Tight Turns-Three Hard Strides-Shot

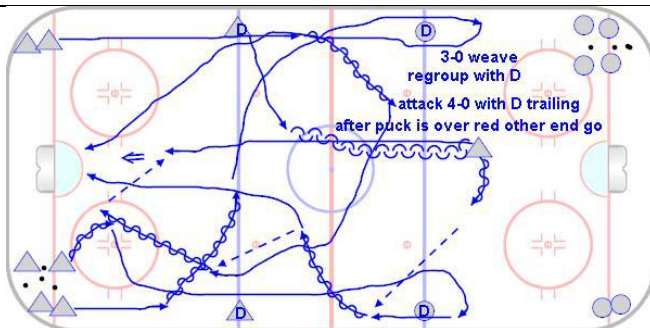
#### Key Points:

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.

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10 min.

### B6 3-0 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.

#### Description:

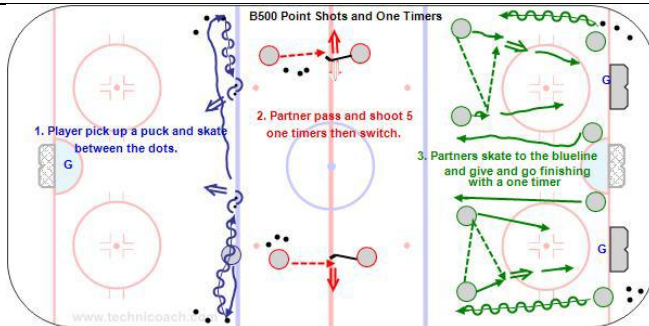
1. Half the forwards at each end in three lines behind the goal line with the D waiting at the bluelines. Whites at one end and Blues at the other.
2. Middle player start by skating toward the strong side and pass to the wing and follow the pass skating behind the new puck carrier.
3. Wing skate to the big ice between the dots and pass to the far wing then follow the pass.
4. Wide wing skate to the big ice and pass to the original centre who is now in the opposite wide lane.

5. The D is skating backwards thru the middle zone and the puck is passed back to him for a regroup the other direction.
6. On regroup one player supports on the strong side boards, one mirrors the puck in the middle lane and one is in the wide lane.
7. D makes the pass and follow the attack into the zone.
8. The group at the other end leaves after the D passes up ice.

**Options.**

- a. Add another D.
- b. Add a second regroup.
- c. Add a pass to the D for a point shot after the original rush.
- d. When 2 D are used you can use 2 pucks to create and overload situation and have the forwards take a shot followed by the D shooting the other puck.

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10 min.

**B500 Point Shots and One Timers**

**Key Points:**

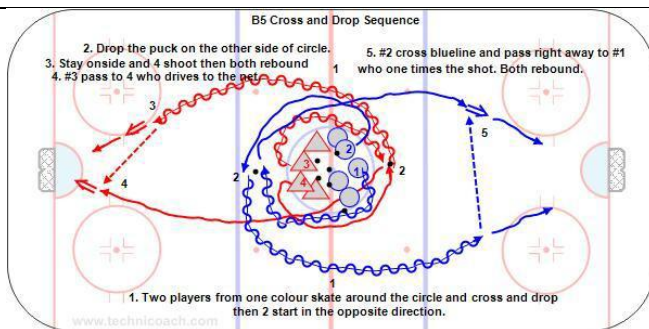
Skate forward to the middle then slide sideways and shoot. Look up to see the target, shot blockers and team mates in front.

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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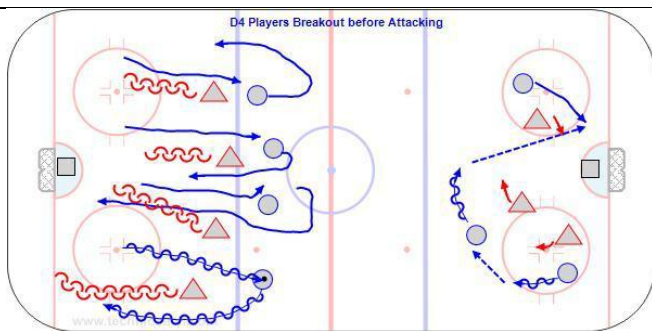
10 min.

**B5 Cross and Drop Sequence Key Points:**

Players are inside the middle circle. Two players skate around and cross and drop then 2 from the other group leave. Leave the puck when dropping and the second player skate behind. Return to line from the wide lanes to avoid collisions. **Description:** 1. Two players from one colour skate around the circle and cross and drop then 2 start in the opposite direction.

2. Drop the puck on the other side of circle. 3. Stay onside and 4 shoot then both rebound. 4. #3 pass to 4 who drives to the net. 5. #2 cross blueline and pass right away to #1 who one times the shot. Both rebound. Options: a. One, two or three players leave at a time. b. After shooting one or two players defend the next rush, 1-1, 2-1, 2-2, 3-2, 3-3. c. Give + go with last shooters. Etc.

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10 min.

#### **D4 Players Breakout before Attacking – Goals only on one timers**

##### **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.

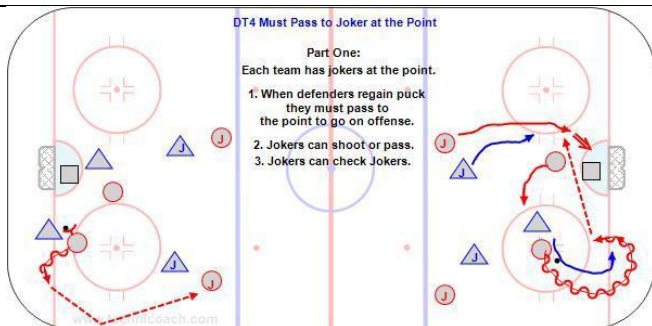
\*Individual skills can be worked on. i.e.

-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.



10 min.

#### **DT4 Must Pass to Joker at the Point**

##### **Key Points**

Each team has one or two jokers at the point.

Introduce the game allowing jokers to check jokers.

This is a great game to practice getting the shot through under pressure.

The jokers at the point must get open and take a shot or make a pass. The defender practices covering the point. Low players get open and defenders cover man to man.

##### **Description:**

*Each team has one or two jokers at the point.*

1. When defenders regain puck they must pass to the point to go on offense.

2. Jokers can shoot or pass.

3. Jokers can check the opponents Joker.

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14 min.

#### **D1 One Pass in Each Zone**

##### **Key Points:**

Close support, skate to open ice with the puck, give a target.

##### **Description:**

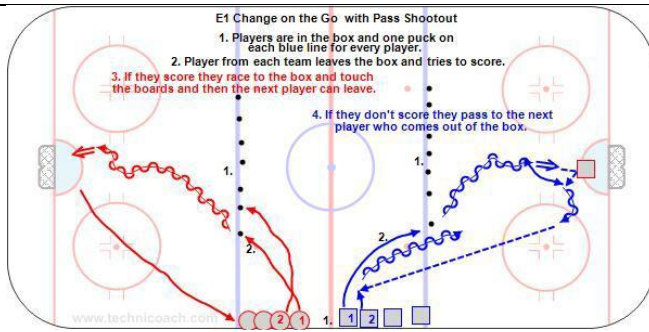
1. Play full ice either in shifts or all on the ice at once.

2. There must be at least one pass made in each zone. If not the other team gets the puck.

3. Controlled scrimmage so everyone stop on the whistle for coach input.

4. With shifts in a D100 game pass back to the goalie on the whistle.

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10 min.

### **E1 Change on the Go with Pass Shootout Key**

**Points:** Players should work on selling the fake, change of pace and making the goalie move first. The goalie must time his retreat into the net to keep good angles on shots and cover the goal line on dekes.

**Description:** 1. Players are in the box and one puck on each blue line for every player.

2. Player from each team leaves the box and tries to score.

3. If they score they race to the box and touch the boards and then the next player can leave.

4. If they don't score they pass to the next player who comes out of the box.

5. Losing team do something for every goal they lose by.

\*To make it realistic the goalie should practice starting from the goal line and coming out.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120415181657595>