



Flyers

Practice Plan

Date: 27-11-13

Time: 20:15-21:45

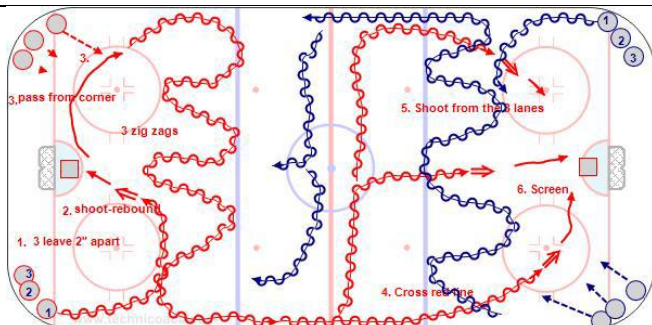
Venue: Norma Bush

Lines:

Skate, pass, shoot, regroup, breakout,

Notes:

1-1, 2-1, 2-2, 3-3, 5-5, 3-0, 3-1, 3-2



B6 - 3 Shots, 3 Zig zags, 3 Shots

Key Points:

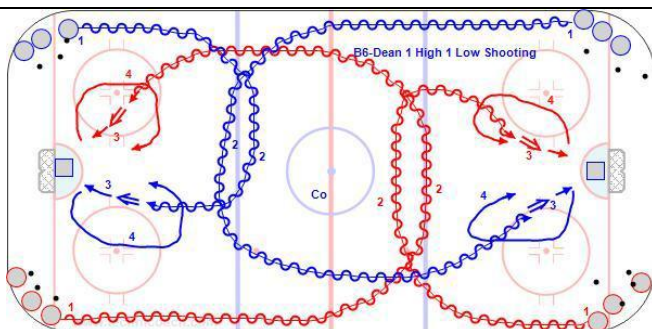
3 Leave from diagonal corners about 2" apart, skate around circle then shoot, get a pass from the other corner, skate 3 zig zags between the blue line and the top of the circles the fill the 3 lanes and shoot.

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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10 min.



8 min.

B6-Dean 1 High 1 Low Shooting

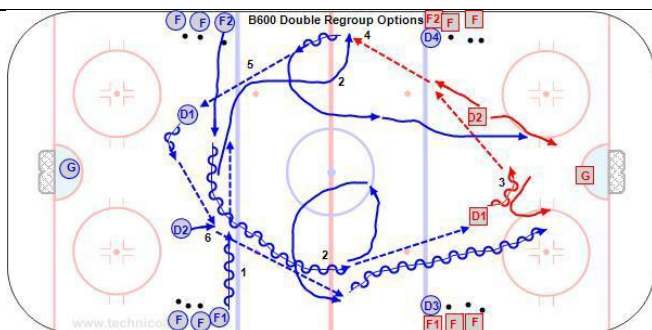
Key Points:

Shoot with your feet moving. Go to the other corner when finished. Rebound for the next shooter.

Description:

1. One player leave from each corner.
2. One high one low on each side.
3. Shoot, follow the shot.
4. Each shooter rebound for the next shooter.

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15 min.

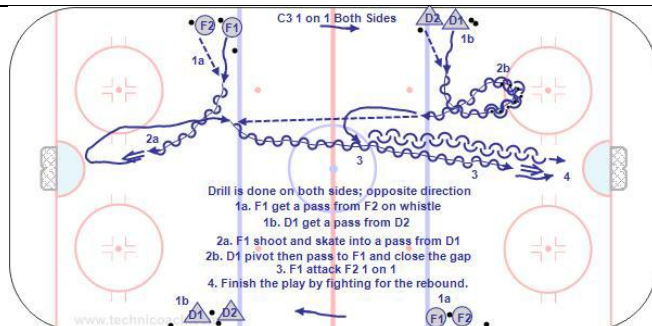
B600 Double Regroup Options

Key Points:

Regroup with each D and support from about a half zone away. Give a target and face the puck. Pass hard and always give strong side wall support and middle support.

Description:

1. Blue F1 leave and pass to F2.
2. Cross and regroup with Red D1 and D2
3. Red D1 hinge and Pass to D2.
4. Red D2 pass to Blue F1 or F2.
5. Blue F's regroup with Blue D1 or D2.



6. Blue D's hinge and pass to Blue F.

7. Blue F's attack the far net vs either zero, one or two D.

*Options: vary the amount of F up to 3 or D up to 2. Add a dump in instead of a second regroup to work on breakouts or even a forecheck.

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10 min.

C3 1 on 1 Both Sides

Key Points:

Tight gap for D

Attack with speed and go for the rebound

Description:

Drill is done on both sides; opposite direction

1a. F1 get a pass from F2 on whistle

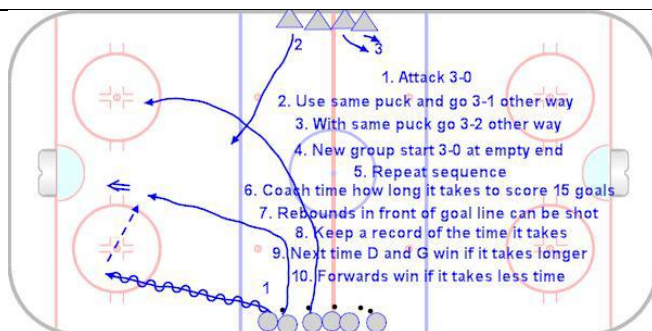
1b. D1 get a pass from D2

2a. F1 shoot and skate into a pass from D1

2b. D1 pivot then pass to F1 and close the gap

3. F1 attack D1 on 1

4. Finish the play by fighting for the rebound.



10 min.

C3 15 Goal 3-0 3-1, 3-2

Key Points:

Forwards create 2-1 situations with close support and speed. One player always hard to the net on a middle drive on a shooting play and a wide drive if they are open. Headman the puck and move through the neutral zone quickly and make the first pass in the offensive zone early. Defenders must talk and identify coverage. Protect the middle of the ice and only play the puck carrier if he is vulnerable. Give the shot from the outside. Jam the trailer with legs in the shooting lane and stick in the passing lane. It is critical to have tight gaps and not just back in.

Description:

Players are lined up along the boards in the C3 formation. Have 2 colours of jerseys and play one team vs the other if you have enough players. You can have D on one side and F on the other or they can wait on the side they will be playing.

1. Three forwards take a puck and attack 3-0. The attack is over when the puck is over the goal line. (unless the coach wants a cycle and a shot).

2. Use the same puck and go the other way attacking 3-1 vs a D from the other colour (coach puts in a new puck if there is a goal).

3. Attack 3-2 in the original direction.

4. Three F from the other coloured team attack 3-0 on the vacant end.

5. Repeat sequence.

10 min.

DT100 Continuous 1 on 1, 2-1, 2-2, D - Join Attack F Backcheck

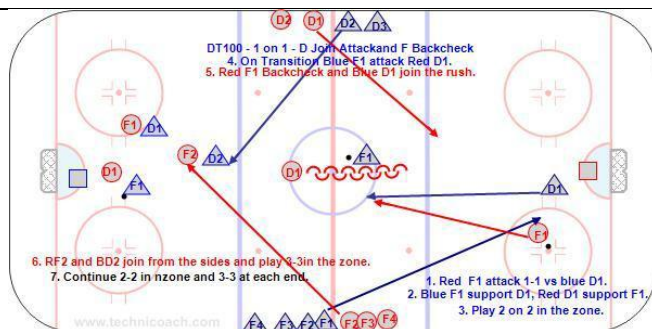
Key Points:

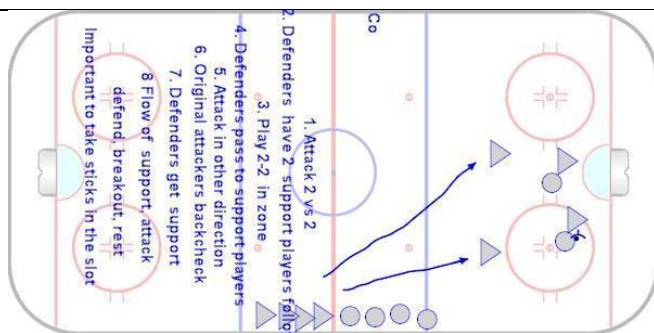
Forwards cover D and D cover F's. One D should join the attack to create triangles and one forward backcheck. Play tight gaps and attackers create 2 on 1's on the rush. Play 5-5 at each end.

Description:

1. Forwards line up on one side and defense on the other. 2. Start with a 1 on 1 attack Blue F1 vs. Red D1. 3. When the puck enters the zone defensive Red F1 support Red D1 and Blue D1 support Blue F1. 4. On transition Red D1 join new attack and Blue F1 backcheck. 5. If the puck is dumped out with no possession the offensive team regroup and attack again. 6. Red F1-D1 now go 2 on 2 in the other direction vs. Blue D1-F1. 7. Blue F2 support Blue D1-F1 and Red D3 support attacking Red F1-D1. 8. This rotation continues with a 3-3 in each zone.

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10 min.

DT100 Backchecking Transition Game

Key Points:

Attack quickly and the defender tie up the stick on the rebound then look for the puck.

Description:

Full ice game with the defenders getting support. New attackers have to get the breakout pass inside their zone. This works on quick passes and attack or the backchecker catches up. The backchecker must tie up sticks on the rebound and don't allow a second shot. The attacker must be quick and follow the shot. Defender make a breakout pass to the supporting player in the high slot.

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10 min.

D200 Multiple Jokers Each Side Key Points:

Key Points:

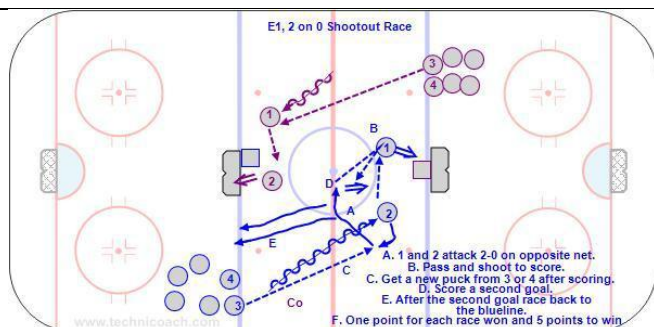
Practice the 4 Game Playing Roles.

- 1 - Player with the puck.
- 2 - Player supporting the puck carrier.
- 3 - Player checking the puck carrier.
- 4 - Player covering away from the puck.

Description:

1. Play from 1-1 to 5-5.
2. Passes to the jokers on the side are allowed.
3. Jokers may pass or shoot.
4. Pass to a Joker on the whistle.
5. New players skate behind their net on a change.
6. Variations:
 - a. Send out uneven teams.
 - b. Give and go with a Joker who can join the game to either even the teams or add up to a designated number of players.
7. Keep score and use short shifts.

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10 min.

E1, 2 on 0 Shootout Race

Key Points:

Work on shooting one timers and scoring on rebounds. Good habits like face the puck, give a target with the stick on the ice.

Description:

- A. 1 and 2 attack 2-0 on opposite net.
- B. Pass and shoot to score.
- C. Get a new puck from 3 or 4 after scoring.
- D. Score a second goal.
- E. After the second goal race back to the blueline.
- F. One point for each race won and 5 points to win the game.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20101223080124158>