



Flyers

Practice Plan

Date: Dec 2-6

Time:

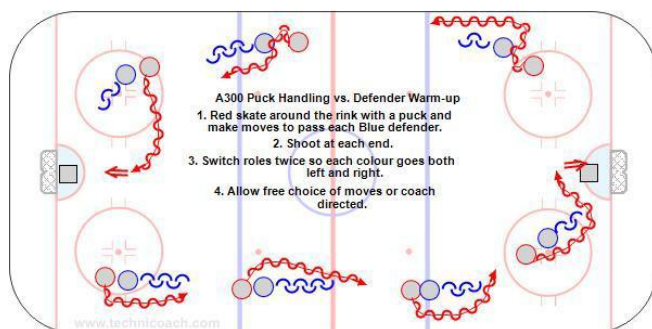
Venue:

Lines:

One timers, slap shot, 1-1, 2-1, both vs.

Notes:

Pressure. Puck handling, passing, skating



A300 Puck Handling vs. Defender Warm-up

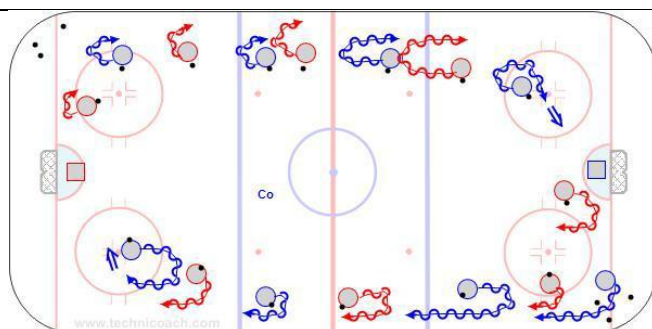
Key Points:

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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A300 Tight Turns-Three Hard Strides-Shot

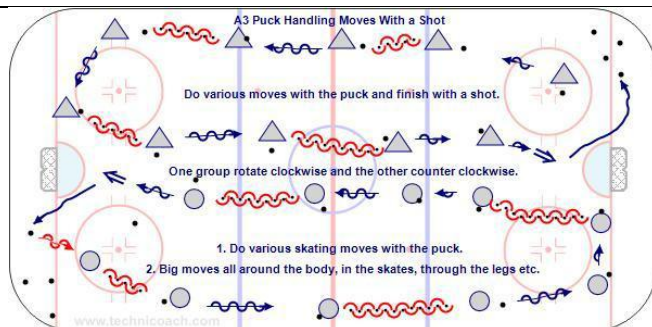
Key Points:

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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A300 Edges and Puck Handling with a Shot

Key Points:

Move the puck all around the body in two circles going opposite directions. Finish with a shot. Use all of the edges and big moves reaching as far as possible.

Description:

1. Dark group skate down half the rink with a puck and shoot from the middle and white group skate the opposite way and shoot on the other net.
2. Skate on all of the edges and use big moves by reaching the

opposite. i.e. Skate left and reach as far as you can to the right.

3. The players skating down the middle finish with a shot and then get a new puck.

4. Exercises are done while zig-zagging in and out.

a. Forward skate and alternate on the front inside edges.

b. Backward skate and alternate on the inside edges.

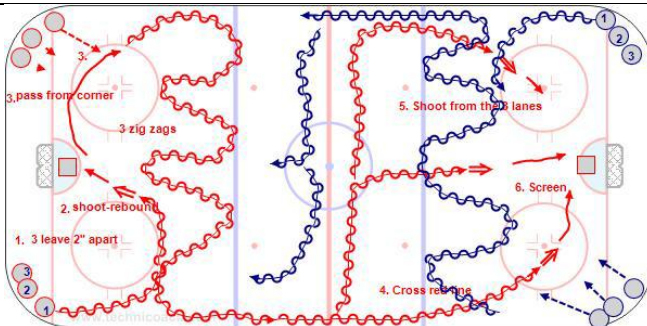
c. Skate forward and cross-over alternating on the outside edges.

d. Skate backward and cross-over alternating on the outside edges.

e. Open hip turn each way.

f. Slalom and reach as far as possible with the puck the opposite way.

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B6 – 3 Shots, 3 Zig zags, 3 Shots

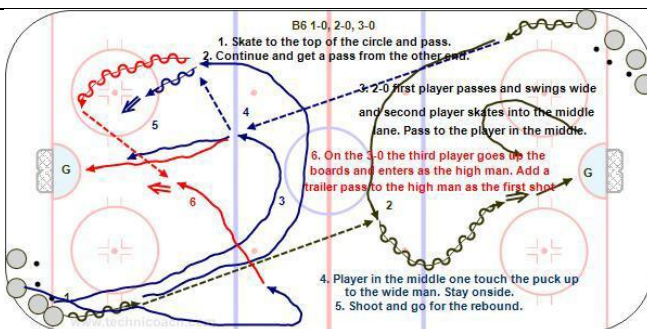
Key Points:

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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B6 1-0, 2-0, 3-0 Small Horseshoe

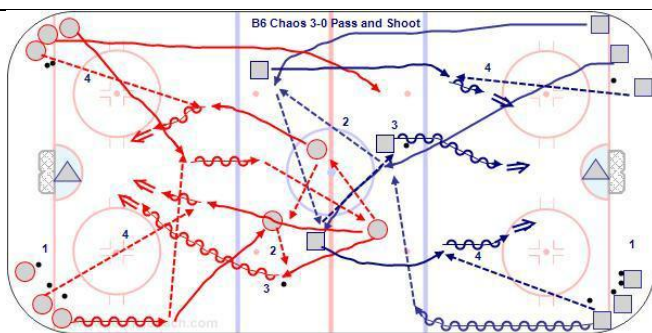
Key Points:

This is a great timing drill with good flow for early in the practice. Pass hard and get your top hand away from your body. Call for the pass. Give your stick and skates as a target.

Description:

1. Skate to the top of the circle and pass.
2. Continue and get a pass from the other end.
3. 2-0 first player passes and swings wide and second player skates into the middle lane. Pass to the player in the middle.
4. Player in the middle one touch the puck up to the wide man. Stay outside.
5. Shoot and go for the rebound.
6. On the 3-0 the third player goes up the boards and enters as the high man. Add a trailer pass to the high man as the first shot.

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B6 Chaos 3-0 Pass and Shoot

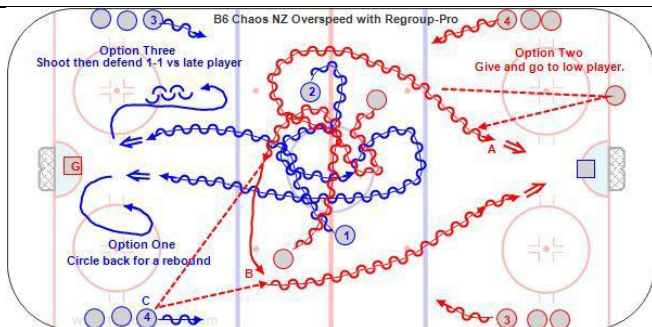
Key Points:

Give a target, pivot to face the puck all the time; use forehand passes and backhand only when passing forward.

Description:

1. Three players leave from each end.
2. Each group passes one puck in nzone.
3. On the whistle player with the puck shoot.
4. Other two players save ice and get a pass from the corner and shoot. a few seconds apart.

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B6 Chaos NZ Overspeed with Regroup-Pro

Key Points:

Players skate as fast as possible weaving through each other in the middle. Try various moves and dekes with the head up. Whistle about every 7 seconds.

Description:

1. Players line up against the boards at the top of the circle.
2. On the whistle skate into the nzone and make moves at top speed.

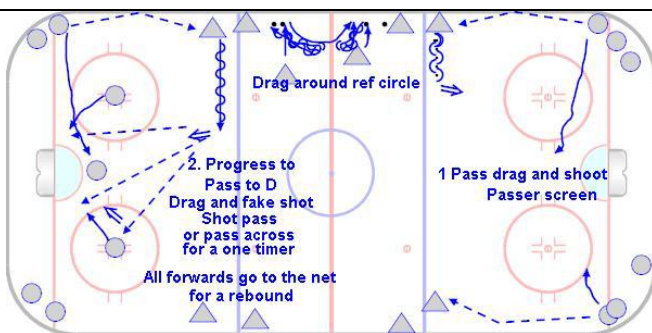
Options:

- A. Skate in and shoot then rebound.
- B. Skate to far blue line then in and shoot.
- C. Pass to opposite line then skate and shoot

Other options:

- 1-Circle back for rebound.
- 2-Give and go with a player on the goal line.
- 3-Defend 1-1 vs. the next second shooter.
- 4-Screen and tip for next shooter.

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B6 Defense Drag and Shoot Drills

Key Points:

Defense must skate quickly from the boards to between the dots when they get the puck.

Forwards should bounce the puck off the boards when passing to the D in this drill. Alternate sides.

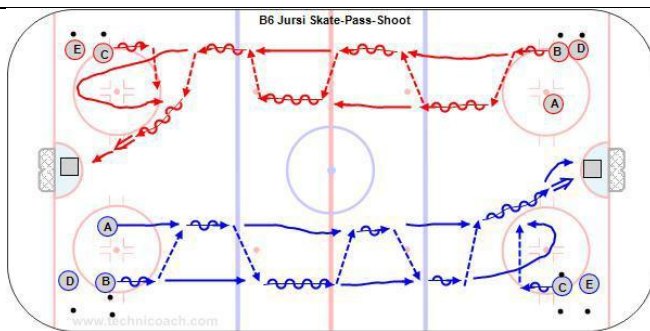
Forwards in the corners and defense on the point. You could have everyone practice all positions so that forwards can play the point on pplays and be comfortable while covering the point.

Description:

1. Pass from the corner to the point then screen for the shooter who skates to the inside and shoots. Low shots are easier to tip and produce more rebounds.
2. Low players rotate from being the screener to moving across to the wide dot for a shot pass and staying at that dot for a one timer when the puck goes to the original point. All 3 forwards collapse and look for a rebound after the shot.
3. Practice movement by dragging the puck each way around the ref circle in the neutral zone.

(skating forward is quicker that backward with the puck.)

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B6 Jursi Skate-Pass-Shoot

Key Points:

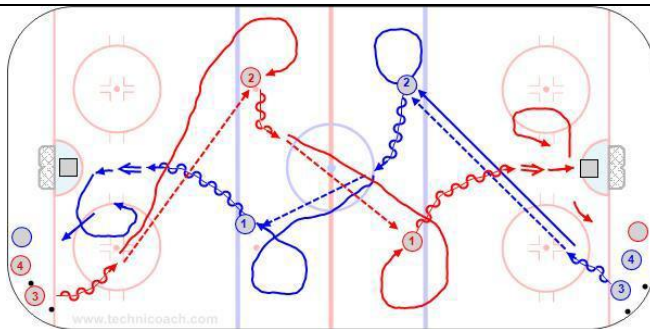
This is a drill that Russian Olympic coach Vladimir Jursinov used when I was coaching with him in Austria. The goal is to get players to practice passing and shooting while they skate. Puck handling-passing-shooting should be seamless.

Description:

1. A and B skate down the ice in passing while skating.
2. A is on the inside and continues on with a shot while skating.
3. B pivots facing the puck and continues the other direction passing to C.
4. B shoots and C partners with D the other way.

This can be done in tandem on both sides of the ice.

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B6 Pass and Replace x 2 – Pro

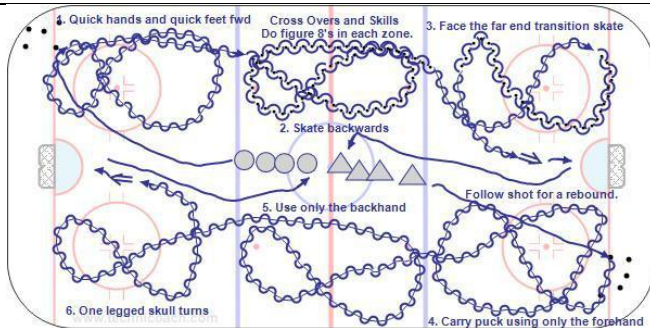
Key Points:

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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B6 or B4 Crossover Skating and Puckhandling

Key Points:

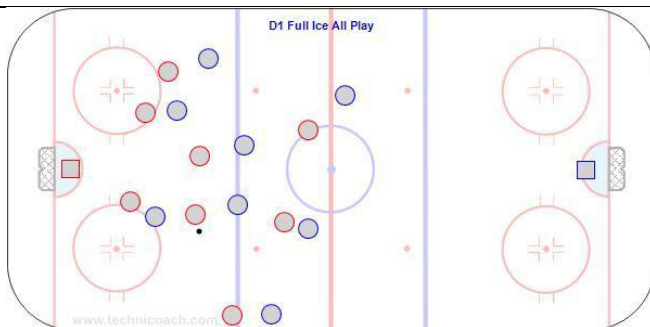
This is a great skating and puck handling warm up drill. Many variations can be used with the puck or in skating tasks. Do a different skill in each zone. Keep the feet moving it is crossover in large #8's and not tight turns. You can also do as a B6 and start out of opposite corners.

Description:

Cross Overs and Puck Handling Skills
Do figure 8's in each zone.

1. Quick hands and quick feet fwd
2. Skate backwards
3. Face the far end transition skate
4. Carry puck using only the forehand
5. Use only the backhand.

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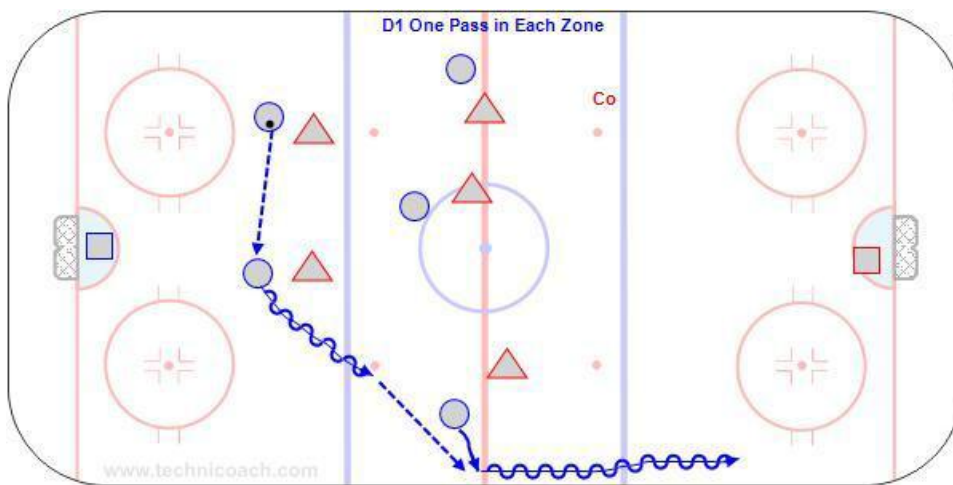
D1 Full Ice All Play

Key Points:

Everyone plays shinny style.

Description:

1. All play at the same time.
2. Use a puck or multiple pucks, ball or balls.
3. When the goalie freezes the puck the attackers back up behind the hash marks.
4. When a team scores they must touch the red line before checking.



D1 One Pass in Each Zone

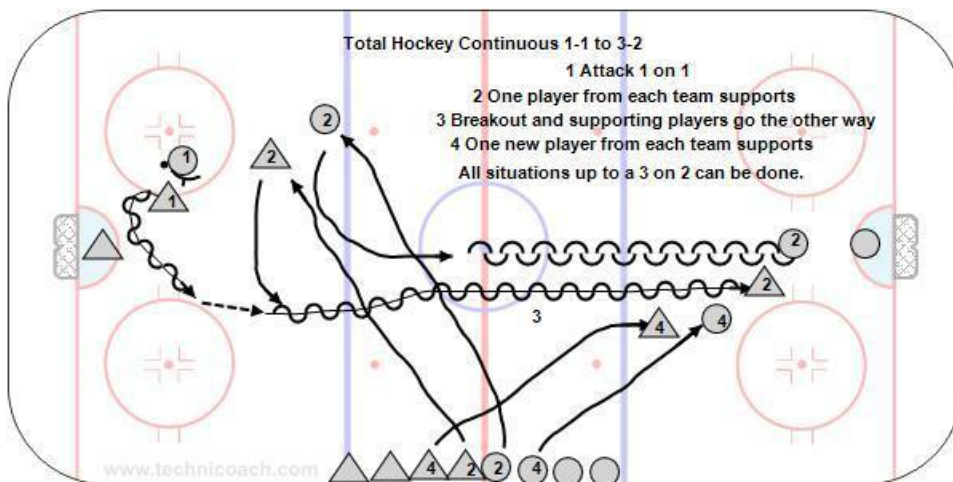
Key Points:

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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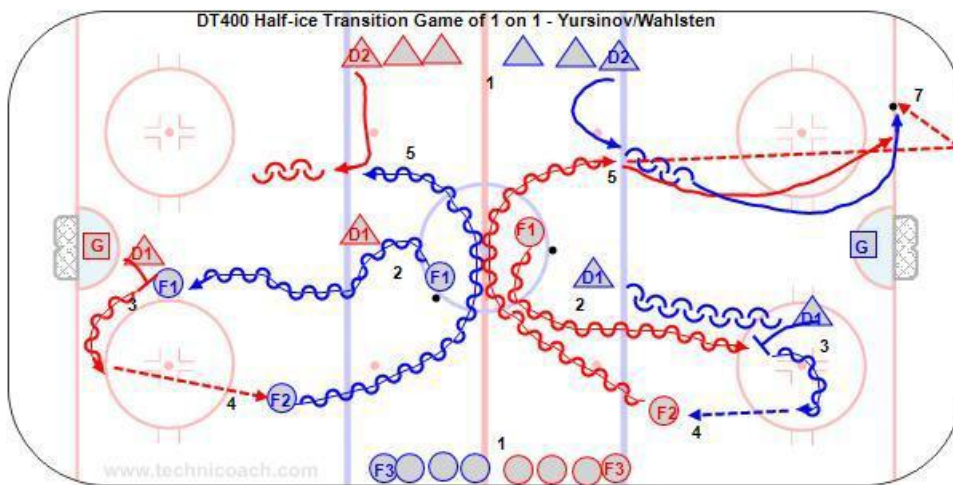


DT100 Continuous 1-1, 2-1, 2-2

Key Points: New players don't leave the line-up until the puck enters the offensive zone. On dump outs no one change but go back and regroup with the same players. Changes occur when the puck is over the offensive blue line or controlled over the defensive blue line.

Description: 1. Attack 1-1 with D getting support from 1 F and F from one D. 2. Defending F1 cover the point. 3. New offensive D join and play point. 4. On transition attack 1-1 thru nzone. 5. Continue flow with new O and D support. -Continue the flow of 1-1 in nzone and 2-2 at each end. -Dump-ins and regroupes can be added.

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DT400 Transition Game of 1 on 1 - Yursi-Juuso IIHF Symposium

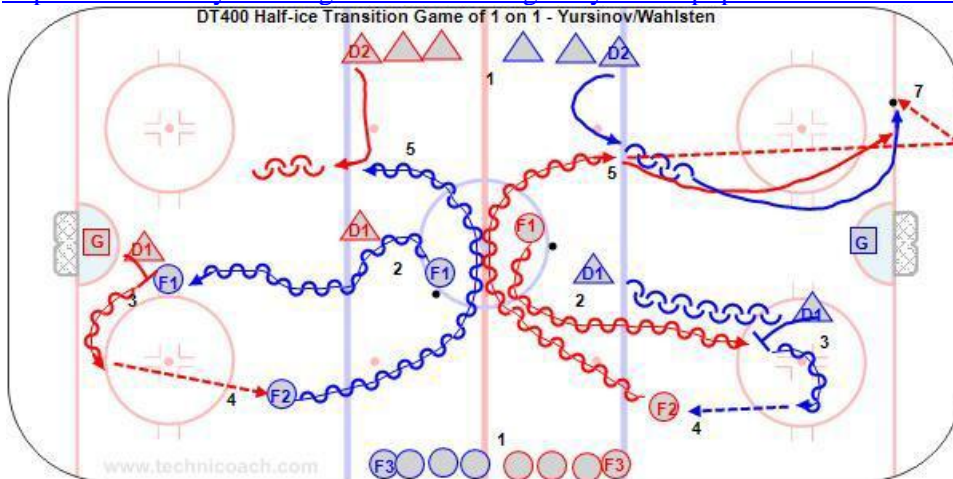
Key Points:

Defender must maintain a tight gap and stay of the defensive side. Attacker use moves to beat the defender, fight for rebounds and loose pucks. On the dump-ins the defender must read where the checker is coming from and the attacker create good checking angles.

Description:

1. Divide the team into two colours and opposite forwards and defense play against each other at both ends.
2. F1 attack vs. D1 after skating through the middle circle.
3. Fight for rebounds and loose pucks.
4. On transition pass to F2 at the top of the circle.
5. F2 skate through the middle circle and attack vs. D2.
6. Add a regroup with the forward circling back.
7. Add a neutral zone dump-in and the D and F fight for the loose puck.

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400 Half-ice Transition Game of 2 on 1 – Yursinov-Wahlsten IIHF Symposium (same diagram flow – add 1F)

Key Points: Defender must maintain a tight gap and stay of the defensive side. Attacker use moves to beat the defender, fight for rebounds and loose pucks. On the dump ins the defender must read where the checker is coming from and the attacker create good checking angles. Description: 1. Divide the team into two colours and opposite forwards and defense play against each other at both ends. 2. F1 attack vs. D1 after skating through the middle circle. 3. Fight for rebounds and loose pucks. 4. On transition pass to F2 at the top of the circle. 5. F2 skate through the middle circle and attack vs. D2. 6. Add a regroup with the forward circling back. 7. Add a neutral zone dump-in and the D and F fight for the loose puck.

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Add one forward to the diagram to create a 2-1 with the same flow.



E1 Elimination Shootout – Russia U20

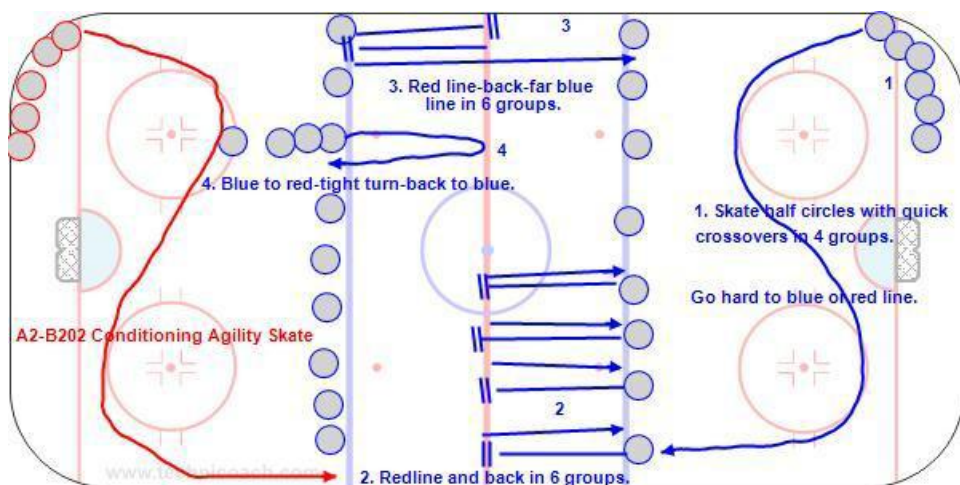
Key Points:

Make a hard fake to cause the goalie to move and then shoot where he isn't. Also shoot where the goalie is coming from and not where he is going. General principle is if goalie is out far deke and backs in shoot.

Description:

1. Everyone gets one shot.
2. Those who score get another shot.
3. Miss and you are out.
4. Winner is the last one left after all others have missed once.

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A2-B202 Conditioning Agility Skate

Key Points:

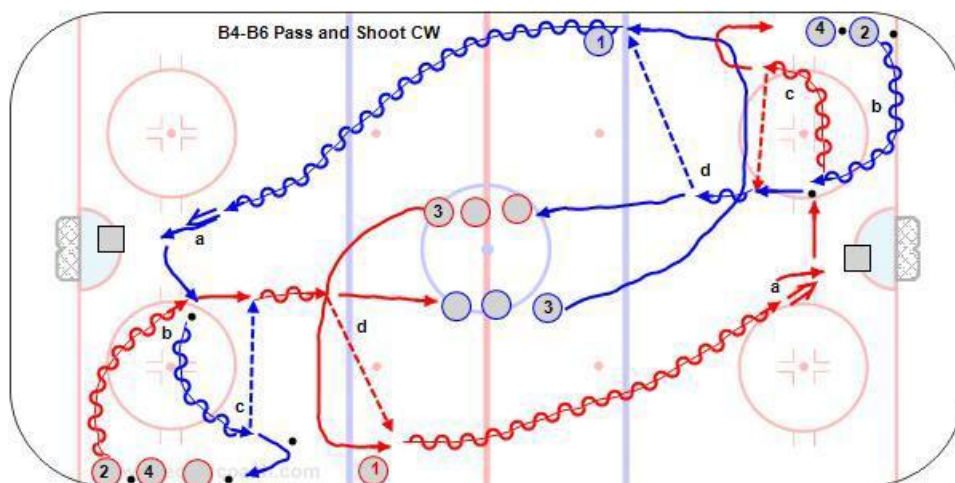
Quick feet, shoulder leads in crossovers. Learn to turn with speed in both directions. A puck could be added.

Description:

1. Skate half circles with quick crossovers in 4 groups. Go hard to blue or red line.
2. Redline and back in 6 groups.
3. Red line-back-far blue line in 6 groups.

4. Blue to red-tight turn-back to blue.

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B4-B6 Pass and Shoot ProW

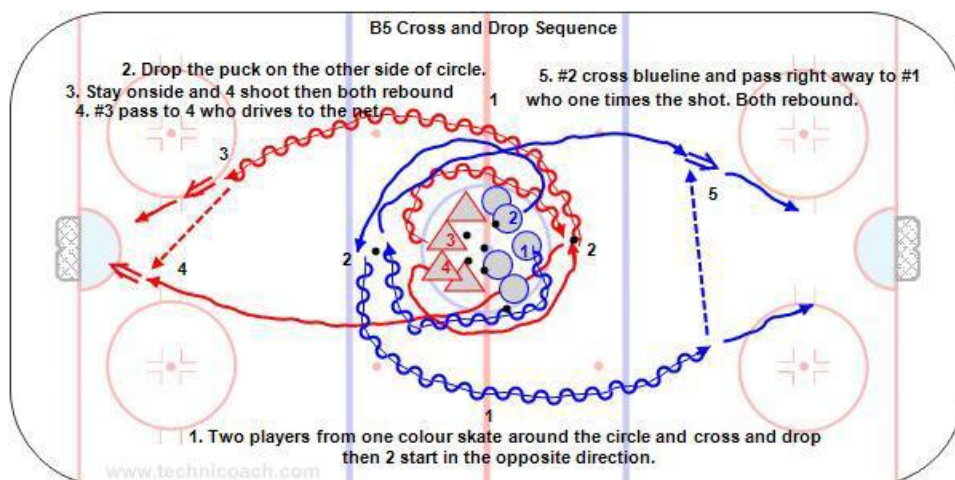
Key Points:

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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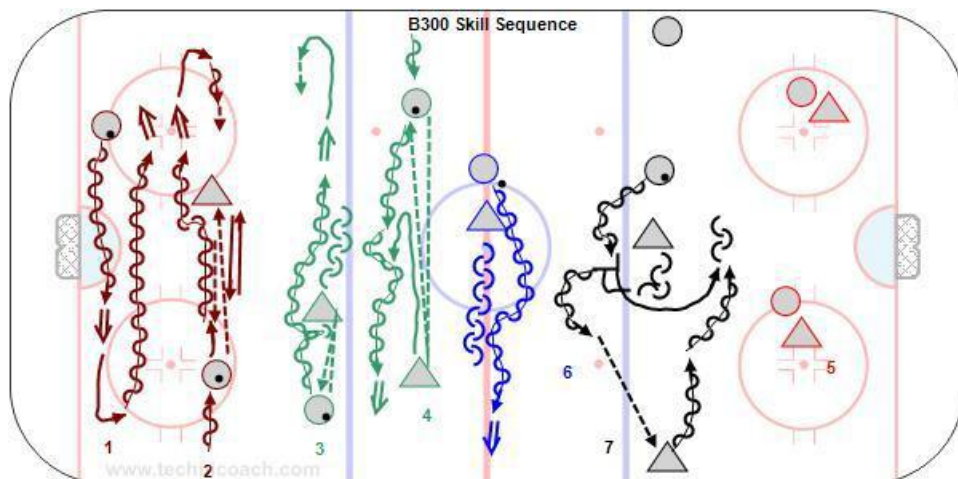


B5 Cross and Drop Sequence – focus on forehand and backhand one timers – Also only one leave and take a slap shot.

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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B300 Skill Sequence

Key Points:

Practice shooting quickly, Use many moves vs a passive opponent and increase the movement progressing to cross ice games.

Description:

1. Skate across ice and shoot at boards.
2. Skate-give and go-deke-shoot quickly.
3. Skate-give and go-deke moving D-Shoot.
4. Give-go, defender close gap-deke-shoot.
5. Partner keep-away.
6. 1 on 1 game-use line on boards or nets.
7. 1 on 1 game. Pass to waiting partner on whistle, goal or when defender regains puck.
6. Cross ice game and use small nets or the line on the boards as the goal. Play tournaments.

Also skating in from three lines at the red line and taking slap shots.