



Flyers

Practice Plan

Date: 29-11-13

Time: 16:00-17:15

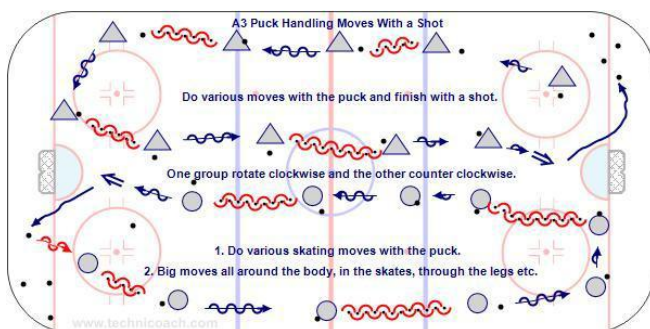
Venue: Max Bell 2

Lines:

Low zone coverage, transition, power play

Notes:

Penalty kill, passing, shooting, puck handling



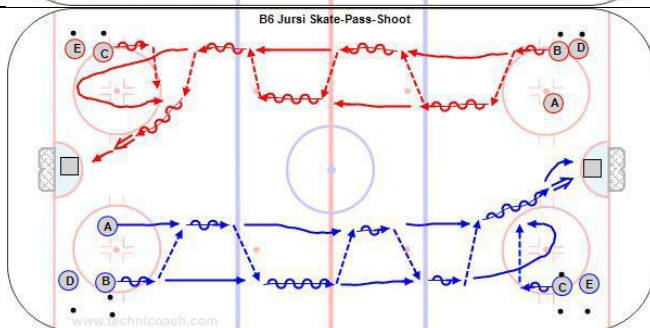
8 min.

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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7 min.

B6 Jursi Skate-Pass-Shoot

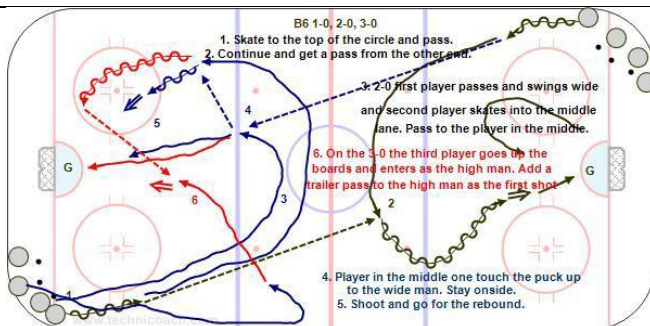
Key Points:

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.

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7 min.

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

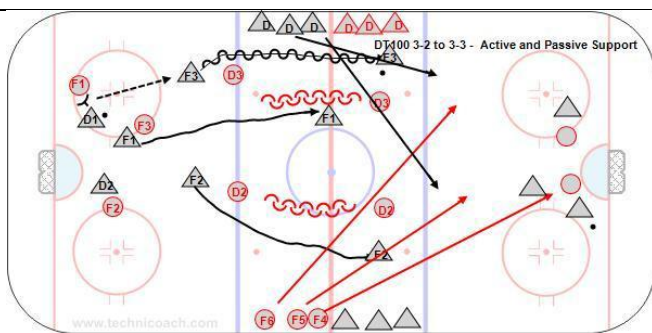
Key Points:

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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13 min.

DT100 3-2 to 3-3 With Active and Passive Support

Key Points:

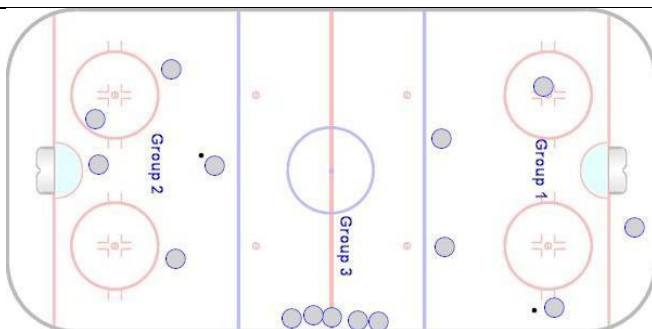
F1 supports the D1 and D2 to create a low 3-3 while F2 and F3 wait in the high slot for a breakout pass vs. D3 and D4. F1 joins F2-F3 attacking 3 on 2 in the nzone.

Description:

1. In this transition game there is a 3-2 in the neutral zone.
2. One forward supports low to make it a 3-3 low.
3. 2 F on the defensive team and 2 D on the attacking team wait for a breakout pass to go the other way.
4. The low forward joins the attack.

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15 min.

T2 Kingston Power Play and Team Play Rotation

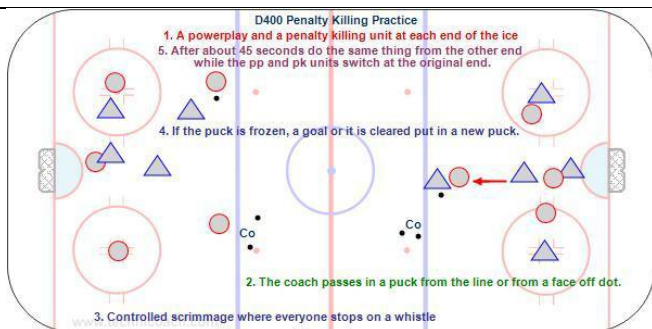
Key Points:

Practice options where every player gets a shot. Begin with a rotation attacking the seam between the D and the F and read what they give. If the D forces then the low play is available, if the F forces then the point is open. If the pk box is passive then there is a 2-1 at each corner, a 3-2 on each side and seams between players to attack. Force the pace by taking a shot by a different player every 3 seconds. Coach in each zone

Description:

- Line A at one end practice attack options.
- Line B at other end practice attack options. Both walk through pp 5-0.
- Line C in middle passing practice.
- On whistle line A dump the puck to the other end and breakout returning to the original end while group C replace group B at the far end and group B pass in the neutral zone.
- Repeat with group C breaking out and back and group B switch with group A who move to the middle.

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13 min.

D400 Penalty Killing Practice

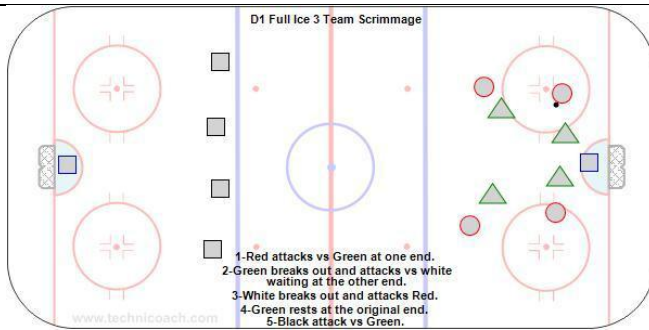
Key Points:

Closest player must pressure the puck in straight lines from the net out. Skate back when the puck is passed. Stick on the ice in passing lanes and stick on the puck when checking. Do not get tied up. Block shots.

Description:

1. A power play and a penalty killing unit at each end of the ice.
2. The coach passes in a puck from the line or from a face off dot.
3. Controlled scrimmage where everyone stops on a whistle.
4. If the puck is frozen, a goal or it is cleared put in a new puck.
5. After about 45 seconds do the same thing from the other end while the pp and pk units switch at the original end.

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12 min. 6 min. pp-pk, 6 min. 5-5

D1 Full Ice 3 Team Scrimmage

Key Points:

Give close support to the ball or puck. Defending team create speed through the neutral zone after the breakout. New defending team identify coverage when the attackers enter the zone.

Description:

Three teams play full court or full ice.

1-Red attacks vs Green at one end.

2-Green breaks out and attacks vs. Black waiting at the other end.

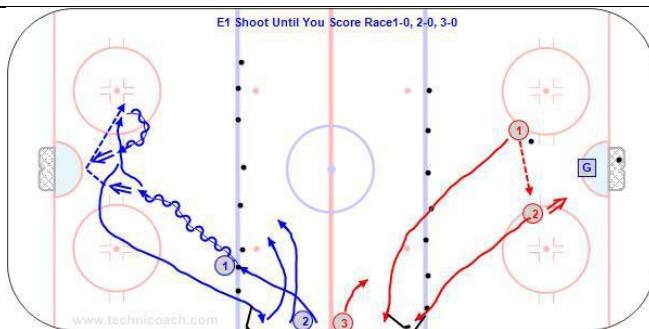
3-Black breaks out and attacks Red.

4-Green rests at the original end.

5-Black attack vs. Green.

They keep this rotation and play a game up to 5. Start another game at 0-0 but switch who they attack first i.e. now Green attacks Red and Red attack vs. Black and Black vs. Green. This rotation can be used to practice team play at full strength and power play and penalty kill.

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10 min.

E1 Shoot Until You Score Race 1-0, 2-0, 3-0

Key Points:

Players should attack quickly, pass early, shoot to up.

Description:

1. Place one puck on the bluelines for each player team.

2. One player leaves from the bench and must keep the puck.

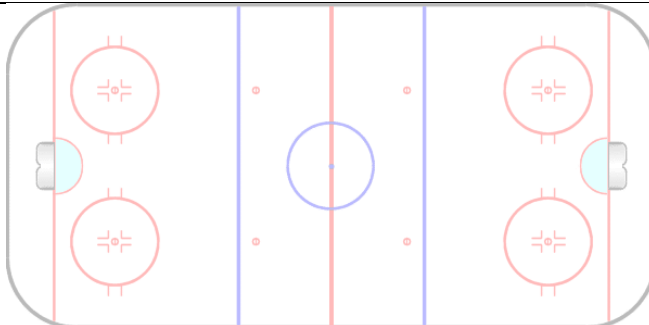
3. Scoring player skate hard to the bench and touch the puck.

4. Repeat after a goal and attack 3-0.

5. All three players rush back and touch the board.

6. The team that scores all the pucks first wins.

<http://www.hockeycoachingabcs.com/mediagallery/vic>



10 min.

Individual choice of skill work.