



Flyers

Practice Plan

Date: 11-12-13

Time: 16:00-17:15

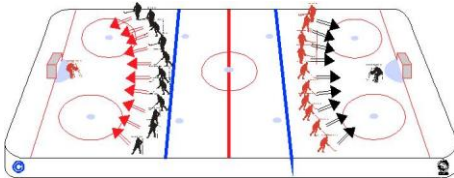
Venue: Southland

Lines:

Scoring practice, rebound, slap shot,
1-1 x 2, 2-2, 3-3, 4-4, 5-5

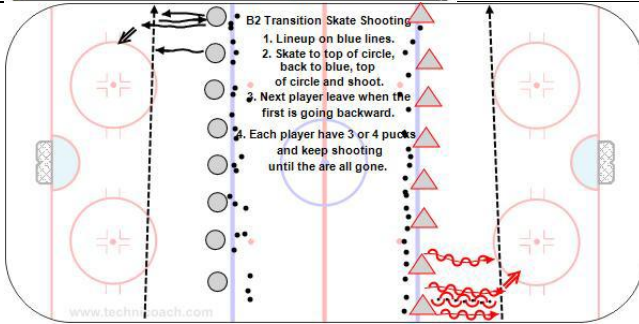
Notes:

Pass and shoot while skating
low 5 hole shots – follow the shot for rebound



6 min.

Shoot 5 shots each from the top of the circle to warm up goalies.



6 min.

B2 Transition Skate Shooting

Key Points:

Keep 2 hands on the stick and keep the feet moving. Hit the net.

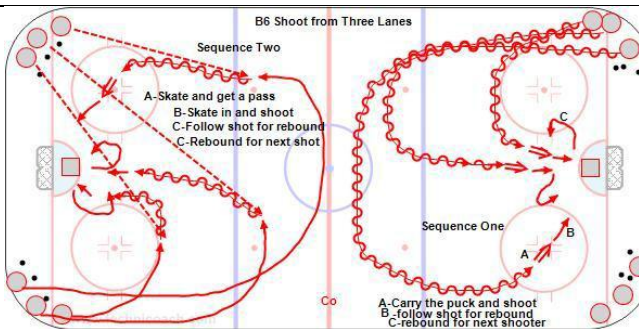
Description:

B2 Transition Skate Shooting

1. Lineup on blue lines.
2. Skate to top of circle, back to blue, top of circle and shoot.
3. Next player leave when the first is going backward.
4. Each player have 3 or 4 pucks and keep shooting until they are all gone.

(got this drill coaching with Tim Bothwell at the U of Calgary)

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5 min.

B6 Shoot from Three Lanes

Key Points:

Shoot with the feet moving, don't overhandle the puck and carry it in the triple threat position, follow the shot, rebound for the next shooter. On sequence two accelerate after taking the pass. Insist that they get the habit of following the shot for a rebound. Many players peel off toward the corner after shooting.

Description:

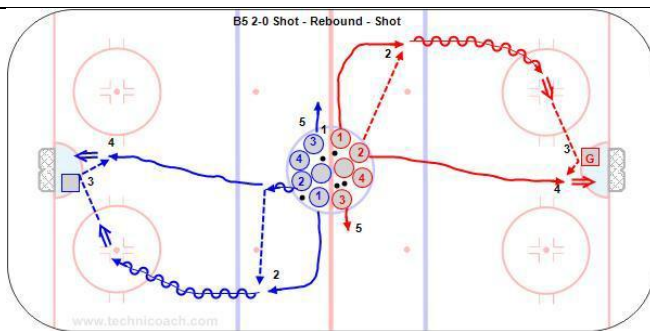
Players can all be in one corner or in both. After shooting switch corners.

Sequence One

- A - Carry the puck and shoot.
- B - Follow the shot for a rebound.
- C - Circle back and rebound for the next shooter.

Sequence Two

- A - Skate and get a pass from the opposite corner.
- B - Accelerate and shoot while moving.
- C - Follow the shot for a rebound.
- D - Rebound for the next shooter.



6 min.

B5 2-0 Shot - Rebound – Shot

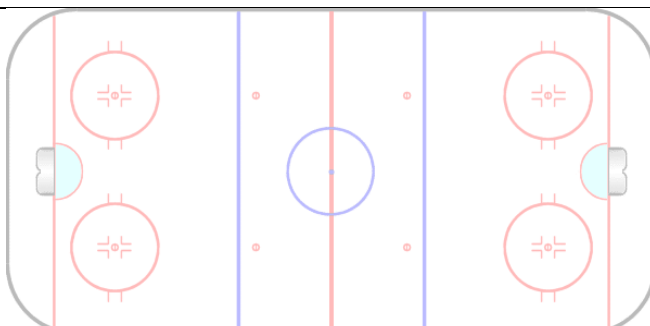
Key Points:

Shoot while skating and aim at the far pad. It is really a shot pass off the goalies pad when the shooter sees he has no openings and #2 is going hard to the net.

Description:

1. Start in the B5 formation with the players inside the middle circle.
2. Each #1 leave to the wide lane and get a pass from #2.
3. #1 Skate wide and shoot from outside the circle and shoot low to the far pad to create a rebound.
4. #2 go hard to the far post and be ready to shoot in a rebound.
5. Repeat the other way with each #3 leaving and getting a pass from #4.

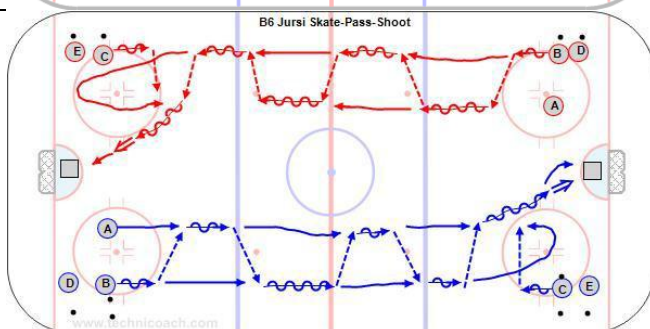
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5 min.

Change the above to 1-0 and shoot from below the circle at the 5 hole and follow the shot for a rebound.

Low shots = a second play. High shots seldom produce a second play.



6 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.
- # This can be done in tandem on both sides of the ice.

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8 min.

D100 Two 1 on 1 Games at Once

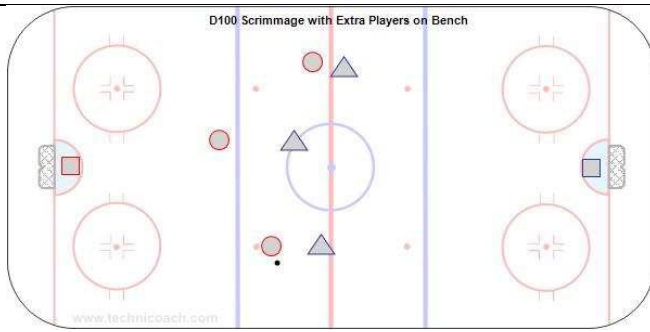
Key Points:

One coach should watch that the players won't collide. It is important to look behind and for the player with the puck to skate away from oncoming players. This is a great game for 1-1 and conditioning.

Description:

1. Players line up along the boards one group on each side of the red stripe.
2. One player of each team leave every 15".
3. Coach blow whistle each 15" and players play for 2 whistles (30")
4. Pass to a teammate when the second whistle blows.
5. Only two pucks on the ice and get the puck out of the net after a goal.
6. After scoring touch the red line before defending.
7. Keep score.

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D100 Scrimmage with Extra Players on the Side Boards

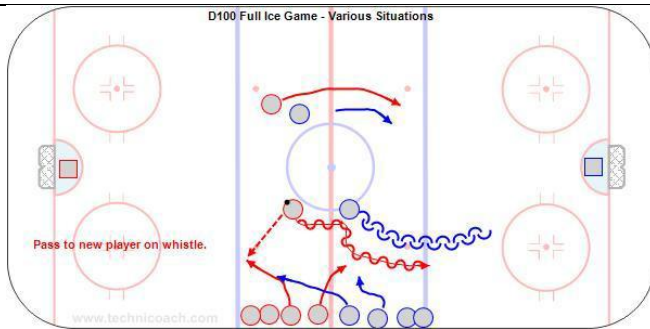
Key Points:

Play a full ice game with the extra players on the bench. Change on the whistle or on their own.

Pass back to the goalie when changing on the whistle.

Description:

1. Play from 1-1 to 6-5.
2. Change of the whistle or players change on the go.
3. Keep score.
4. If no face-offs then scoring team touch the red line before checking.



Play a tournament of 8 minute games including the above game. Keep score.

8 min. 2 on 2.

8 min. 3 on 3.

8 min. 4 on 4.

D100 Full Ice Game - Various Situations

Key Points:

Switch between all four game roles.

1-puck carrier.

2-puck support.

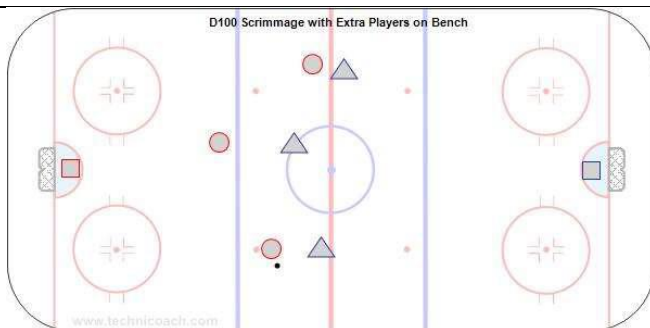
3-check puck carrier.

4-cover away from the puck.

Situations: offense, defense, loose puck.

Description:

1. Start with the players line up along the boards in the neutral zone.
2. Play situations from 1-1 to 4-4, including uneven situations like 2 on 3.
3. Play for 30" and pass to teammate on the whistle.
4. On a goal defenders must touch the red line.
5. Keep score.



8 min. Last game 5 on 5 and players change on their own. (8 per team)

D100 Scrimmage with Extra Players on Bench

Key Points:

Play a full ice game with the extra players on the bench. Change on the whistle or on their own.

Pass back to the goalie when changing on the whistle.

Description:

1. Play from 1-1 to 6-5.
2. Change of the whistle or players change on the go.
3. Keep score.
4. If no face-offs then scoring team touch the red line before checking.