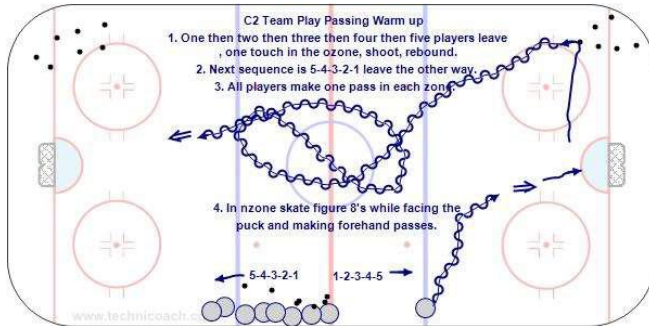




Flyers

Practice Plan

Date:	Time: 16:00-17:15	Venue: Max Bell 2
Lines:	Notes:	
Shooting low, rebounds, five hole, Low press pk	Team play review. 2-1-2 pinch on wide rim	



8 min.

C2 1-2-3-4-5-5-4-3-2-1 Pass and Shoot Warm-up

Key Points:

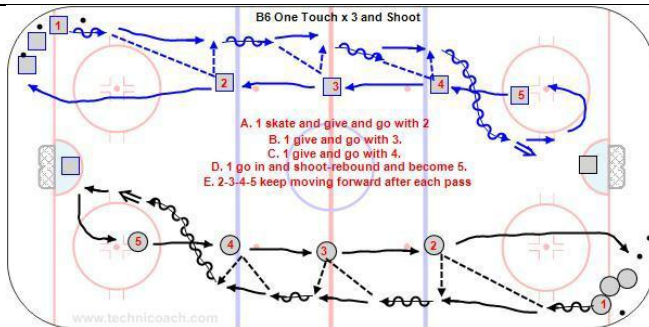
Face the puck and pass on the forehand. Stay in each zone until all players have made a pass.

Description:

1. One then two then three then four then five players leave, one touch in the ozone, shoot, rebound.
2. Next sequence is 5-4-3-2-1 leave the other way.
3. All players make one pass in each zone.
4. In neutral zone skate figure 8's while facing the puck and making forehand passes.

*When there is only one player do a figure eight or touch both knees.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20111103221612750>



8 min.

B6 One Touch x 3 and Shoot

Key Points:

One touch pass. Firm stick and follow through at the target. Both line move all the time.

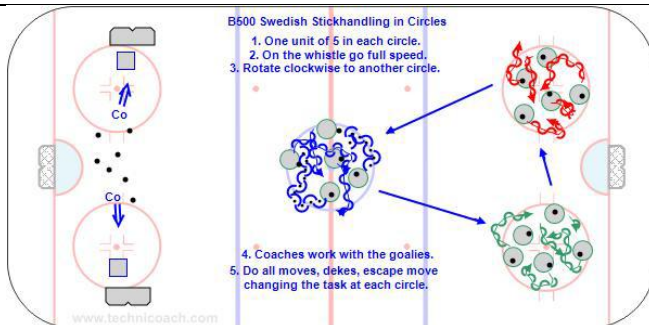
Description:

B6 from diagonal corners down each side of the ice. Start with one player at each line and one extra behind.

- A. 1 skate and give and go with 2.
- B. 1 give and go with 3.
- C. 1 give and go with 4.
- D. 1 go in and shoot-rebound and become 5.
- E. 2-3-4-5 keep moving forward after each pass.

Continue this flow from each side and then move to the other side and change directions.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120226094511455>



B500 Swedish Stickhandling in Circles

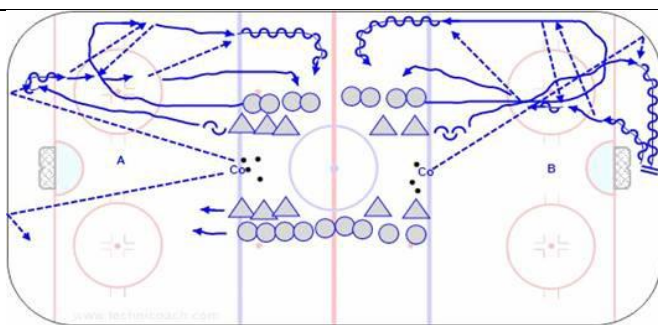
Key Points:

Make moves all around the body. Protect the puck, keep the head up.

Description:

1. One unit of 5 in each circle.
2. On the whistle go full speed.
3. Rotate clockwise to another circle.
4. Coaches work with the goalies.
5. Do all moves, dekes, escape moves changing the task at each circle.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20100415165806324>



12 min.

B5 Murdoch Breakout Routine A and B

Key Points:

This is a good routine to use at the start of practice instead of just skating around the ice aimlessly.

- Work for 5-10 min. and get in a lot of reps.
- D shoulder check on the way to the puck.
- Forwards funnel through middle lane and watch puck before swinging up the boards.

Description:

Wings and Defense

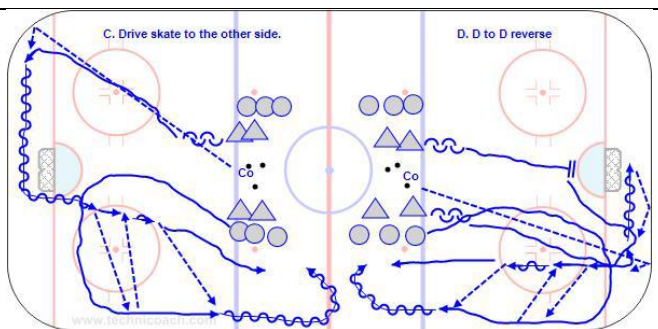
A. Coach shoots puck in and D gets the puck and passes to the wing who times his skating from inside to outside. D to W back to D and up to wing. Then repeat on the other side. All forwards take turns getting the pass on the wing.

B. Coach shoots the puck in and D skates back to get in while the wing times his skating from the middle to the outside lane.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20080720200745971>

The D drives the back of the net and stops and goes out the same direction making a counter pass to the wing, who returns the pass and gets another pass. Repeat on the other side.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20080720200745971>



B5 Murdoch Breakout Routine C and D

Key Points:

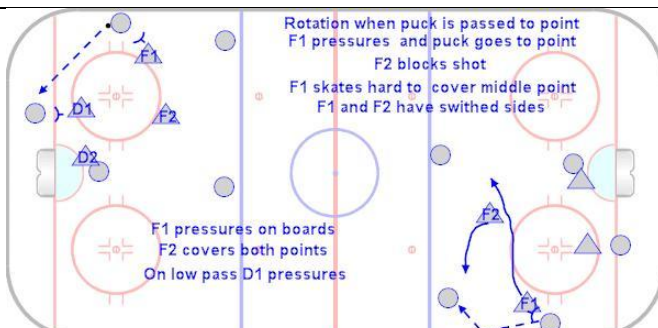
Defenseman Shoulder check on the way to read the forechecking pressure. Forwards read the play from the middle lane and time it so they are skating up the boards for the pass. If the forechecker follows you behind use the reverse.

Description:

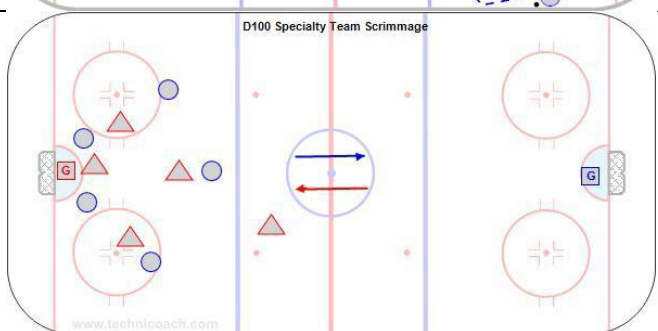
C. Coach dumps the puck in and the D gets in and drive skates hard to the back of the net and up the ice between the dots. Pass D to W to D to W.

D. Coach dumps the puck in and the D gets it and drive skates to the back of the net to draw the forechecker then passes back off the boards to the other D who has called reverse from the front of the net. D2 passes to W to D2 to W and out.

<http://www.hockeycoachingabcs.com/mediagallery/video.php?n=20080720200746400>



Review Low Press pk. And 2-1-2 forecheck with strong and weak side pinch.



D100 Specialty Team Scrimmage

Key Points:

In order to create the various situations that happen in a hockey game, play 5-on-5 and have players from one or both teams wait in the neutral zone. Extra players are on the bench.

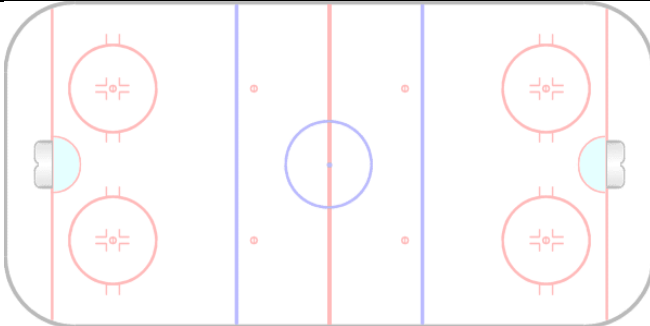
Description:

In order to create the various situations that happen in a hockey game, play 5-on-5 and have players wait in the neutral zone.

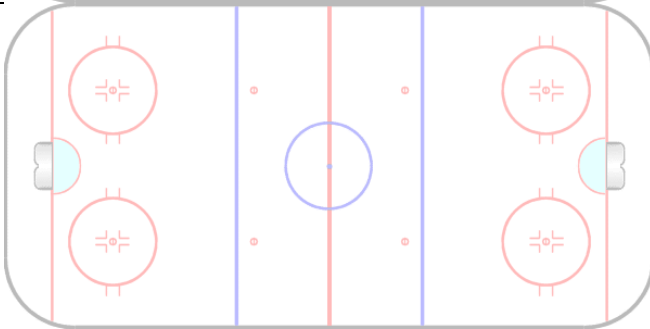
- 5-4 last forward back stay in nzone.
- 5-3 last two F or one F and one D stay.
- 4-4 one from each team in nzone.
- 4-3 one attacker and two defenders stay.
- 3-3 two from each team.

Practice the stretch pass and player coming out of the penalty box by passing to the player in the neutral zone.

Have players change on their own or if you have at least 20 skaters use the whistle. This can be a free flow or controlled scrimmage.



Explanation/Notes:



Explanation/Notes:
