



## Flyers

## Practice Plan

Date: 09-01-14

Time: 20:15-21:45

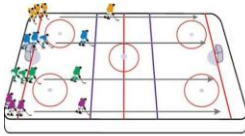
Venue: Norma Bush

### Lines:

5 D, 5 F and 2 G. Exam prep for gr.12's  
Point shots for the D with Blair.

### Notes:

Skill and good habits practice.  
F scoring and puck in the sweet spot.



10 min.

A2 Skating Warm-up for Edges and Balance Key Points: Good players can move in all directions efficiently because they use all edges and have great balance on the ice. Routines for skating, puck handling, shooting and passing are efficient ways for a coach to quickly review the foundation skills and allow the players to get a lot of reps and improve at their own rate. Description: A2 Formation - Players start at one end and skate to the other end. - inside edges - out and in using a snowplow. - inside edges - sculling one leg at a time on the inside edges. - outside and inside edges - slalom with the skates together and a good knee bend. - balance and edges - one length of the ice on each leg. Repeat the same sequence but skate Backward.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20110726073836113> The same warm up with 12-14 year olds.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20110423080435937>

10 min.

### A2 Russian Puck-Handling Warm-up with Shots

#### Key Points:

This can be done every time players go on the ice to expand their muscle memory. The point of these exercises is to increase the size of the reach with the stickhandling moves, and to separate the upper and lower body.

This is one of the most important exercises a player can do to develop puck handling skills. All the moves can also be practiced off ice with various kinds of balls and pucks.

10 min. Rule – must take 3 strides and then pass or shoot.

### D4 Players Breakout before Attacking

#### Key Points:

To transition from defense to offense all the players must come out over the blue line and stay on side when they turn back to attack.

The coach can designate modified rules for the game to work on either individual or team play skills.

#### Description:

1. One team attacks with the puck and tries to score.
2. The defending team must breakout over the blue line and then turn back and attack.

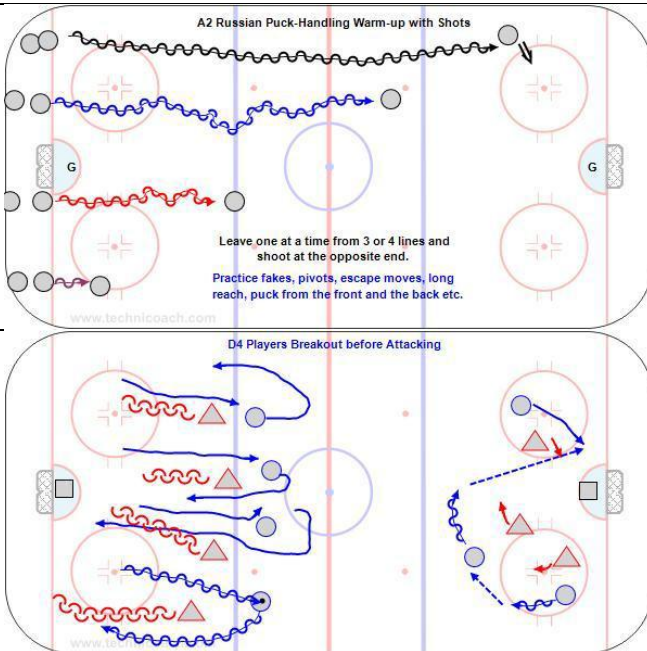
\*Individual skills can be worked on. i.e.

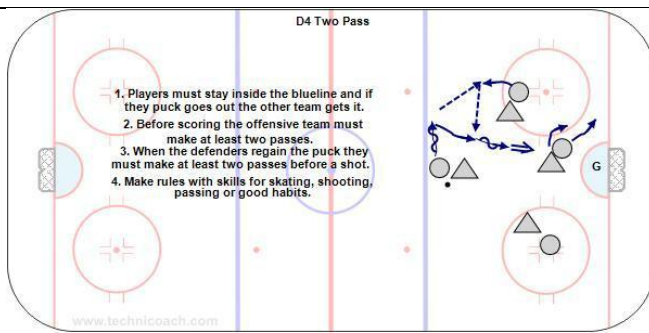
-Skating-only backward skating allowed.

-Team Play - goals come only on plays originating below the goal line.

-Individual Offensive skills - an escape move must be made when you get the puck.

- Individual Defense - sticks upside down until one shot is taken.



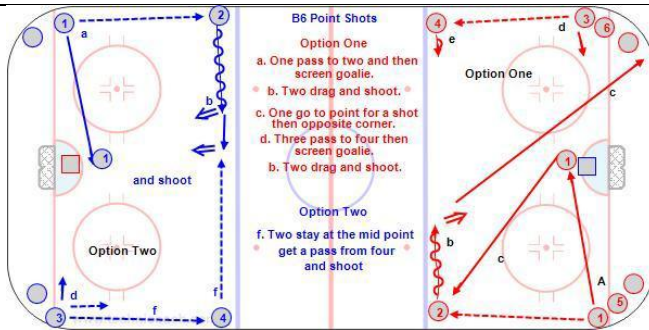


10min.

### D4 Two Pass – Player must make and escape move before a pass or shot.

**Key Points:** My favorite game to warm up the players at the start of practice. The quicker they make the passes after regaining the puck the more scoring chances they produce. The game is the template and then you can add skill or good habit rules to practice 'How to Play the Game.'  
**Description:**  
1. Players must stay inside the blue line and if they puck goes out the other team gets it. 2. Before scoring the offensive team must make at least two passes. 3. When the defenders regain the puck they must make at least two passes before a shot. 4. Make rules with skills for skating, shooting, passing or good habits.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20111005184904487>



20 min. D practice full slap shots with Blair

### B6 Point Shots

#### Key Points:

Skate forward inside the dot before pivoting to. Shoot low for a tip in or rebound. One time the second shot in option two. Hit the net. Everyone practice this skill.

#### Description:

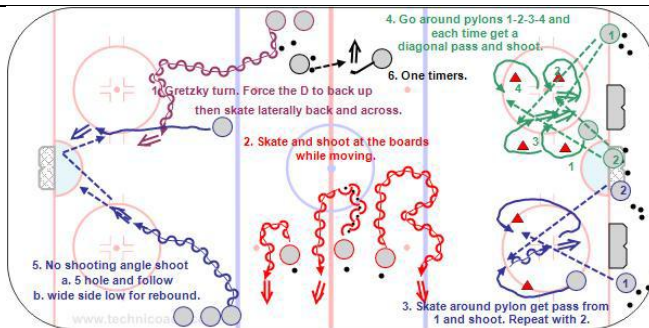
##### Option One

- One pass to two and then screen goalie.
- Two drag and shoot.
- One go to point for a shot then opposite corner.
- Three pass to four then screen goalie.
- Four drag and shoot.

##### Option Two

- Two stay at the mid point and get a pass from four and shoot before rotating.

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### Forwards practice scoring at the other end.

#### B200 Scoring Circuit

#### Key Points:

Make quick moves and shoot while skating. Sell a fake shot and shoot where the goalie CAME FROM not where he is GOING.

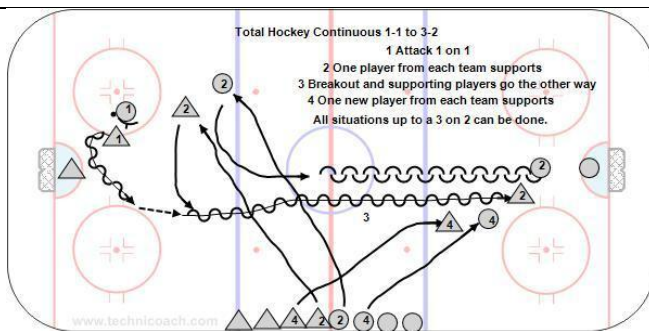
#### Description:

- Gretzky turn. Force the D to back up then skate laterally back and across.
- Skate and shoot at the boards while moving.
- Skate around pylon get pass from 1 and shoot. Repeat with 2.
- Go around pylons 1-2-3-4 and each time get a diagonal pass and shoot.
- No shooting angle shoot 5 hole and follow or far post low for a rebound.
- One timers.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20100412125453157>

#### Some scoring principles:

- Shoot where the goalie is coming from not where they are going.
- Cross the mid-line when possible to force the goalie to move across.
- Shoot where the goalie ain't.
- Keep the puck in the sweet spot, triple threat position in middle of the blade. Don't dust the puck off first.

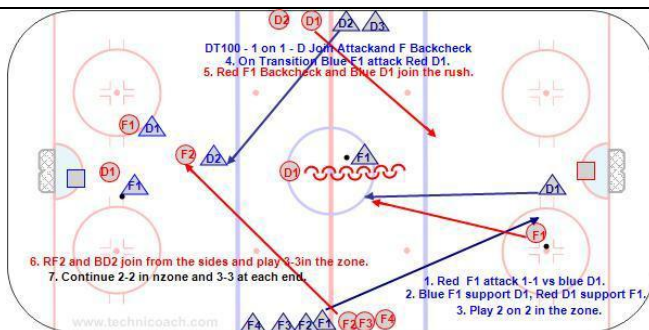


10 min.

**DT100 Continuous 1-1 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 regroup can be added.

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10 min. – Everyone play F and D.

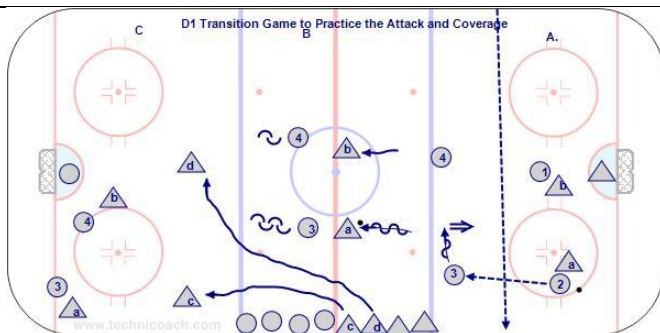
**DT100 Continuous 1 on 1 D - Join Attack F Backcheck Key Points:**

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. Start with 1-1 and then 2-2

**DT100 Transition Game of Support, Defend, Attack, Rest**

**Key Points:**

This is a great full ice transition game to practice offense and defense in all three zones. I have done this the last 2 practices with my team and my skills group. The coach can decide what to focus on each time you do it. Instead of stopping the game talk to the players when they come back to the line. You can do this from 1-1 to a 3-3. I will put a modification that adds other nuances to the game at another date.

Point men only get one second with the puck to shoot or pass. Defenders cover the low players and ignore the pointmen.

**Description:**

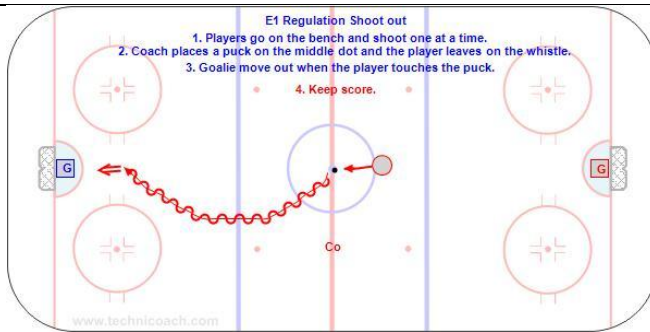
A. 1 and 2 attack vs a and b and are supported on the blue line by 3 and 4. The pointmen cannot go farther than the top of the circle. When the puck goes to the point a and b control the sticks of 1 and 2.

Attackers cycle, screen, tip, drive the net. Defenders work on low coverage and B.O.

B. When a and b breakout over the blue line 1 and 2 are finished and there is a 2 on 2 in the nzone with a and b attacking 3 and 4.

C. After the puck crosses the blue line c and d support a and b from the point.

<http://www.hockeycoachingabcs.com/mediagallery/video.php?n=20111028075900881>



10 min.

### Regulation Shoot-out

Start on the whistle and the goalie start on the goal line.

Elimination – scorers get a another shot at the end until only one remains.