



## Flyers

## Practice Plan

Date: 10-01-14

Time: 16:00-17:15

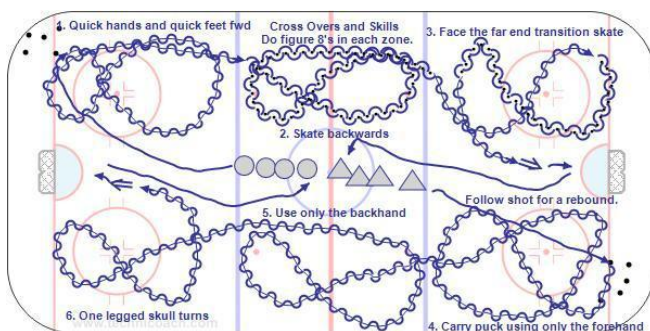
Venue: Max Bell 2

Lines:

Passing flat, skating with the puck and loose

Notes:

Shoulders. Good habits. 1-1, escape moves



10 min.

### B6 or B4 Crossover Skating and Puckhandling

#### Key Points:

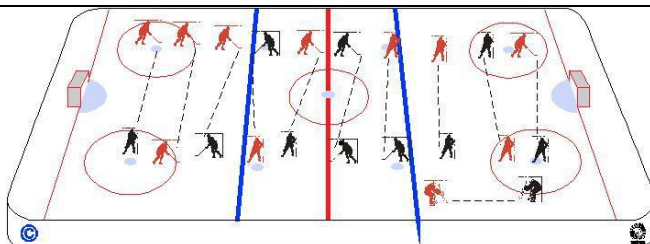
This is a great skating and puck handling warm up drill. Many variations can be used with the puck or in skating tasks. Do a different skill in each zone. Keep the feet moving it is crossover in large #8's and not tight turns. You can also do as a B6 and start out of opposite corners.

#### 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.
6. Crosby turns.

<http://www.hockeycoachingabcs.com/mediagallery/video.php?n=2012041815512444>



8 min.

### B3 Partner Passing

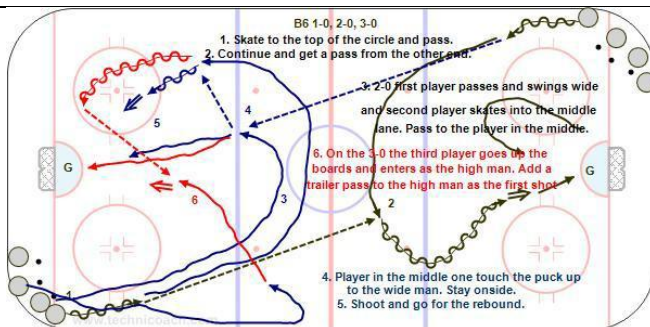
#### Key Points:

Partner pass starting standing and then skating back and forth. Wrist passes, snap passes, saucer. Go from forehand to backhand and backhand to forehand. Add tight turns. Players could also pass two pucks at once.

#### Description:

Players face each other in two lines skating cross ice. Focus on flat passes with the puck rotating toward the toe. Take pass with stick blade straight on ice.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080720235041115>



7 min.

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

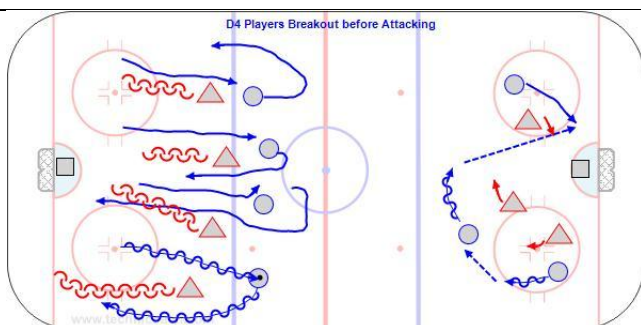
#### Key Points:

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.

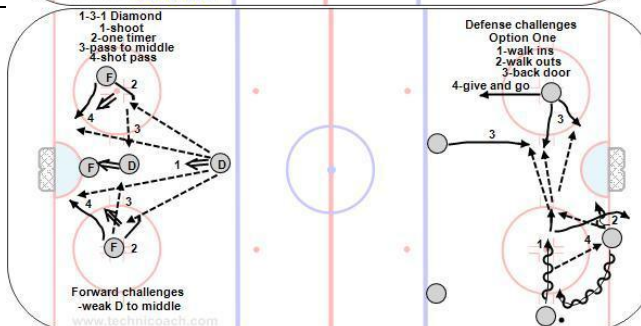
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15 min.

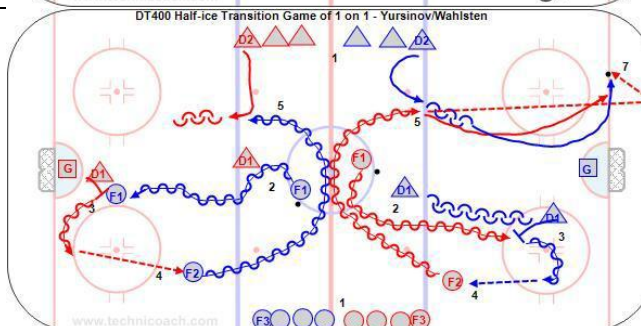
**D4 Two games at once 5 min each**

1. 3 hard strides before you can pass or shoot.
2. 3 passes and must face the play when passing.
3. Escape move before passing.



10 min.

**Whites at one end and greens at the other. Go through the power play options with extra players giving passive resistance.**



15 min.

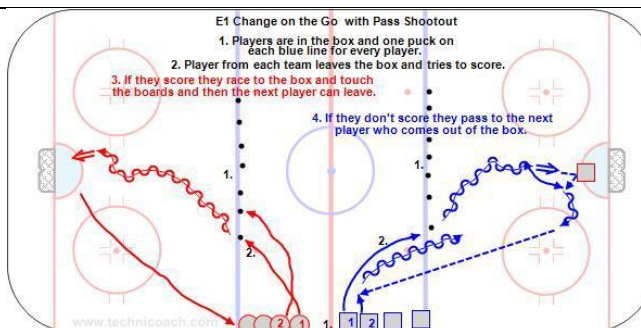
**DT400 Transition Game of 1 on 1 - Yursi-Juuso IIHF Symposium**  
First play 1-1 and then play 1-1 with a dump in so the D practices escape moves to make the pass.

**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.
- <http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20131203153607732>

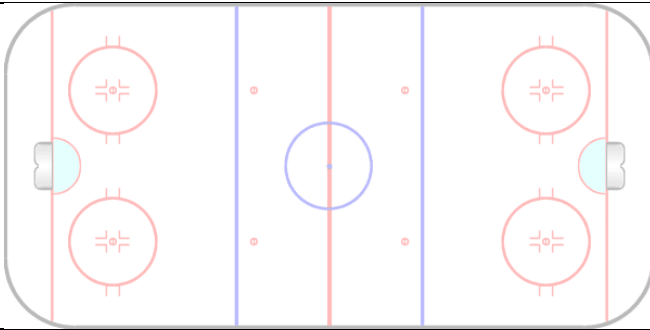


10 min.

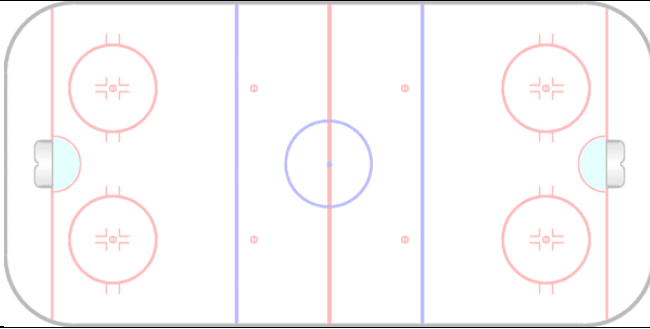
**E1 Change on the Go with Pass Shootout**

**Key Points:** Players should work on selling the fake, change of pace and making the goalie move first. The goalie must time his retreat into the net to keep good angles on shots and cover the goal line on dekes. **Description:** 1. Players are in the box and one puck on each blue line for every player. 2. Player from each team leaves the box and tries to score. 3. If they score they race to the box and touch the boards and then the next player can leave. 4. If they don't score they pass to the next player who comes out of the box. 5. Losing team do something for every goal they lose by. \*To make it realistic the goalie should practice starting from the goal line and coming out.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120415181657595>



**Explanation/Notes:**



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