



Flyers

Practice Plan

Date: 15-01-14

Time: 20:15-21:45

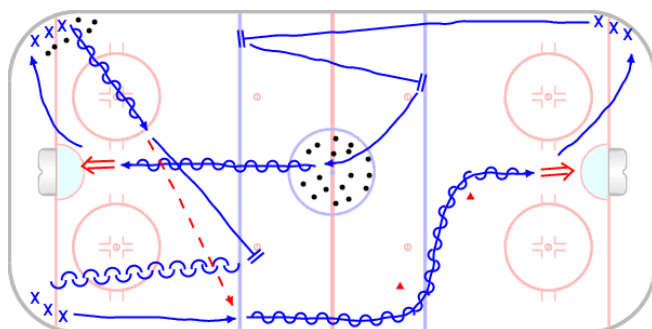
Venue: Norma Bush

Lines:

Defensive technique, shoot, pass, 1-1, 2-1,

Notes:

2-2, passing



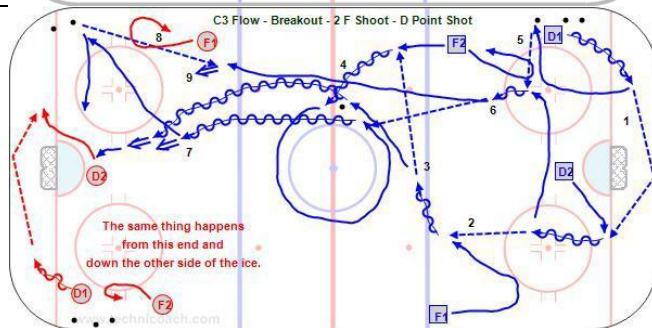
10 min.

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.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20121031084114911>



10 min.

B600 Flow - Breakout - 2 F Shoot - D Point Shot

Key Points:

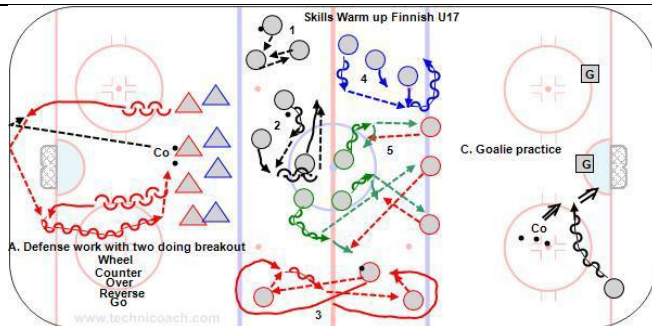
Pass hard, keep skating all the time. Pass and follow the pass. Screen, rebound.

Description:

This happens the same time from each end.

- 1 - D1 pass behind to D2.
- 2 - F1 get breakout pass from D2.
- 3 - F1 skate to big ice and pass to F2.
- 4 - F2 drop pass to F1 who attacks and shoot
- 5 - D1 pass to D2.
- 6 - D2 pass to F2 who skated around circle.
- 7 - F2 attack and shoot..
- 8 - D2 follow attack and get a pass from F1.
- 9 - D2 take a point shot and F1 screen.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140115151610936>



17 min. TJ with D Bax and Tom F.

B Skills Warm up Finnish U17

Key Points:

This is a great way to warm everyone up at the start of a practice. Defense do the various breakout options and read where the pressure is coming from. Pass the puck back to the coach and move thru everyone. Forwards pass with good technique and eye contact. Goalie coach work on technique and rebound control.

Description

A. Defense work with two doing breakout options vs one forechecker.

B. Forward lines of 3 work in the neutral zone.

1 - Stationary pass with eye contact.

2 - Pass while moving always face puck.

3 - #8 around partners give and go.

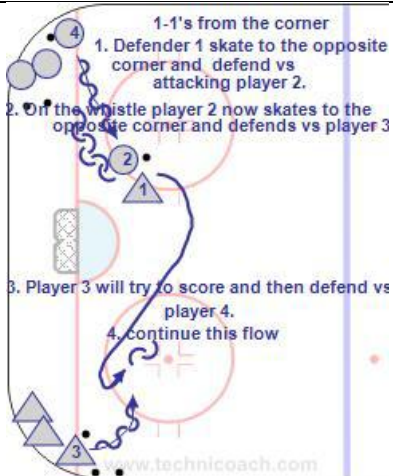
4 - Keepaway 2-1 in four areas.

5 - Two lines move and pass to other two lines on the blue line.

6 - Two lines of 3 pass while skating on one side of the neutral zone.

C. Goalies work with coach at one end.

<http://www.hockeycoachingabcs.com/mediagallery/video.php?n=20120418122055838>



12 min. **TJ important points on gap control**

B6 1-1's from the Corner

Key Points:

This is a drill the Russian Olympic coach Vladimir Jursinov used. You can do 2-1 and 2-2 as well. Stay D side stick on the puck, body on body and keep a tight gap within a stick length.

Description:

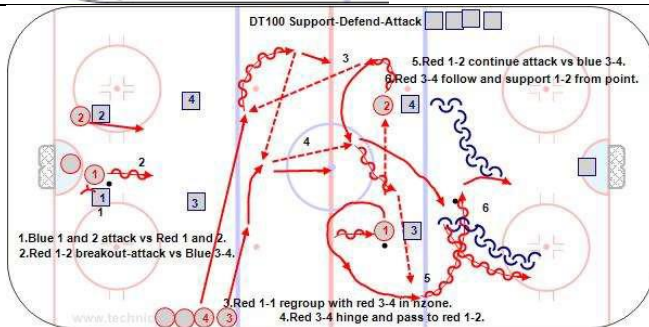
1-1's from the corner

1. Defender 1 skate to the opposite corner and defend vs attacking player 2.

2. On the whistle player 2 now skates to the opposite corner and defends vs player 3.

3. Player 3 will try to score and then defend vs player 4 and continue this flow.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2013052209072488>



13 min.

DT100 Support-Defend-Attack - TJ talk about sealing sticks to the outside and boxing out.

Key Points:

When the attackers pass back hinge before passing up ice.

Pass while skating.

Follow the pass up the ice and join the attack.

Defenders should close the gap when the attackers regroup.

Description:

1. Blue 1 and 2 attack vs Red 1 and 2.

2. Red 1-2 breakout-attack vs Blue 3-4.

3. Red 1-1 regroup with red 3-4 in nzone.

4. Red 3-4 hinge and pass to red 1-2.

5. Red 1-2 continue attack vs blue 3-4.

6. Red 3-4 follow and support 1-2 from point.

10 min.

C3, Low 2-2 F from Corner - TJ important points

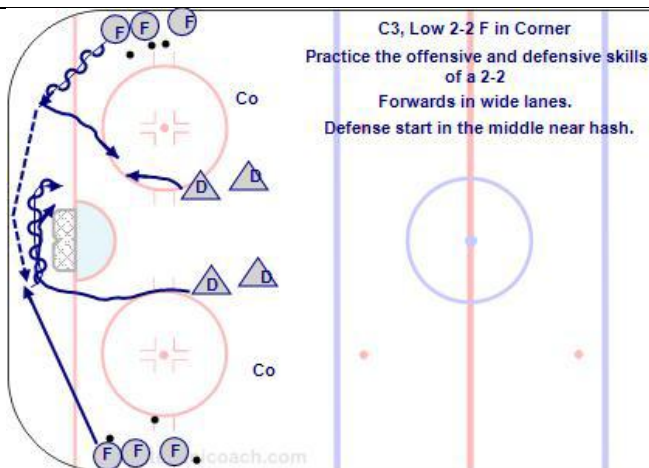
Key Points:

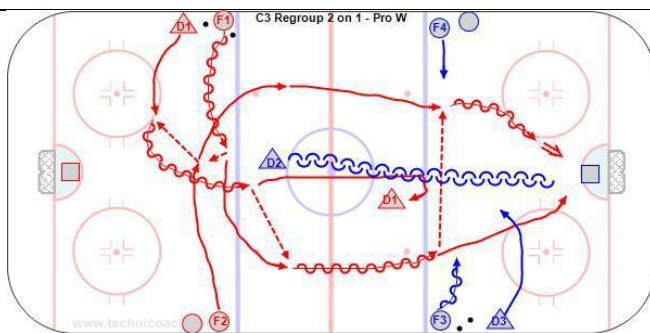
Forwards must attack on the whistle with speed and protect the puck. Defenders must play from the net side and communicate. Play about 5-10 seconds.

Description:

Practice the offensive and defensive skills of a 2-2 with the forwards wide and starting from deep in the corners and attacking from below the goal line. The D has to communicate while seeing the puck and their man. Forwards protect the puck, cross and fight for rebounds.

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10 min. **TJ – points on playing a defensive 2 on 1.**

C3 Regroup 2 on 1 - Pro W

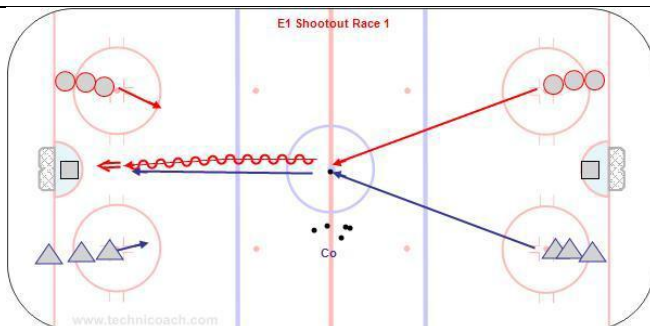
Key Points:

One high one low, one fast one slow. Make the first pass early. Pass on the forehand is preferable. Shoot and crash the net. Deny a breakaway and allow the poorest shot possible. Take the stick of the wide player after the shot. It is really a 2-2 D+G.

Description:

1. Start from the four blue lines.
2. F1 leave with the puck and cross and drop to F2.
3. F2 pass back to D1 who skates up ice and pass to F1 or F2.
4. F1-F2 attack 2-1 vs. D2 and D1 follow to the far blue line.
5. F3 and F4 repeat the other way and attack 2-1 vs. D1.
6. Continue this flow end to end.

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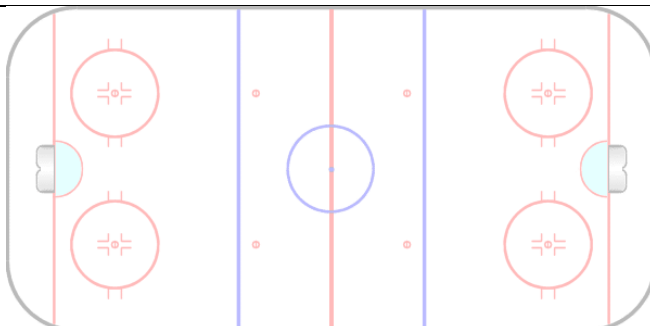
8 min.

E1 Shootout Race 1 Key Points Players must have one skate on the dot at the start. No hooking or tripping. Skate to get D side and get the puck. *This is a great contest for puck protection, battling, scoring and a good anaerobic conditioning exercise. Keep score with one colour vs the other.

Description

1. Players are lined up behind the face of dots at each end.
2. A player from each team race for the puck which the coach puts on the middle dot.
3. Protect the puck and try to score vs backchecking opponent.
4. Another puck on the dot and repeat the other way.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080723063235226>



Explanation/Notes: