



Flyers

Practice Plan

Date: 17-01-14

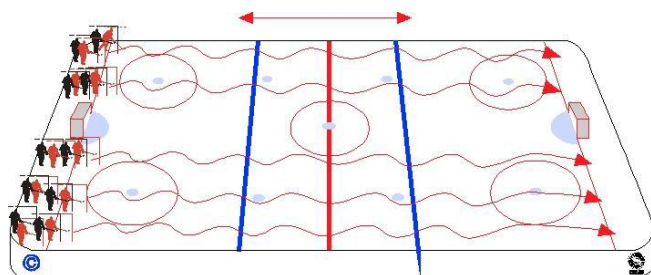
Time: 16:00-17:15

Venue: Max Bell 2

Lines:

Notes:

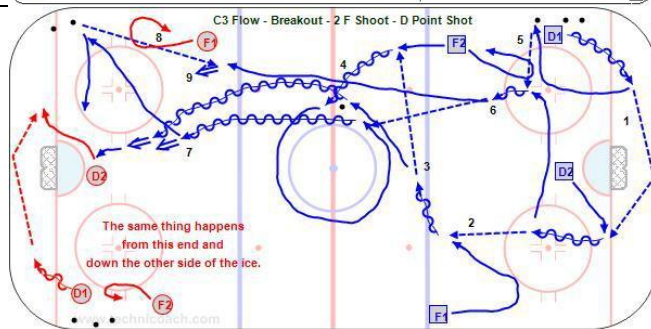
10 min.



A200 Big Moves _ Russian Warm-up

Key Points:

Increase the size of the moves by reaching as far as possible with the puck. Separate the movement of the upper and lower body by skating away from the puck. Players must be able to handle the puck under control around and through their body.



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.

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10 min.

C3 Regroup 2 on 1 - Pro W

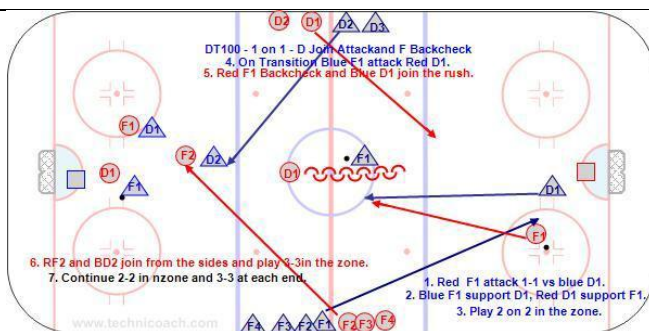
Key Points:

One high one low, one fast one slow. Make the first pass early. Pass on the forehand is preferable. Shoot and crash the net. D 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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10 min.

DT100 Continuous 1 on 1 D - Join Attack F Backcheck

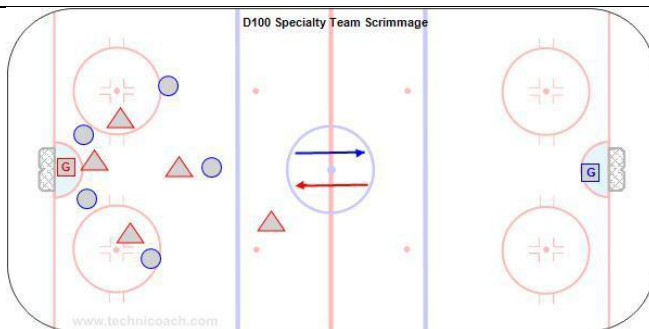
Key Points:

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.

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.

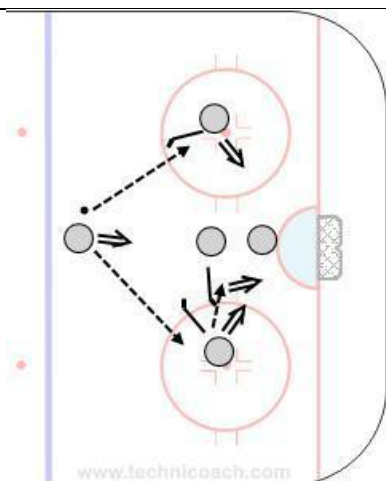
Description:

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.

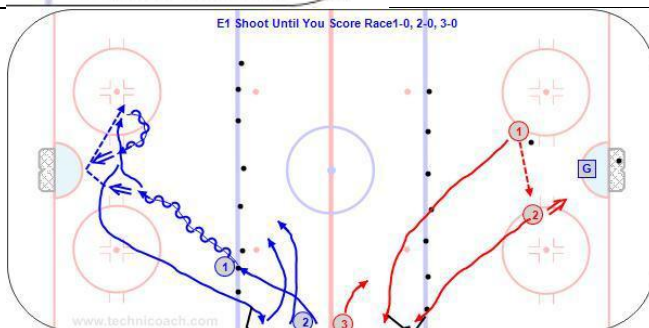


15 min. Natalie at other end with goalies.

T2 D400 - Power Play 5-4 - Pro Start with an overload

and rotate into a 1-3-1 Diamond. - Move to off-wing shooting positions on the sides. - Low player screen when the puck is high. - Second low player be in a shot pass position on high pucks. - Second low player move to the mid slot when the puck is low or in the middle, he can also stay in the middle as a short passing option, one time shooter, screen and deflect point shots.

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10 min.

E1 Shoot Until You Score Race 1-0, 2-0, 3-0

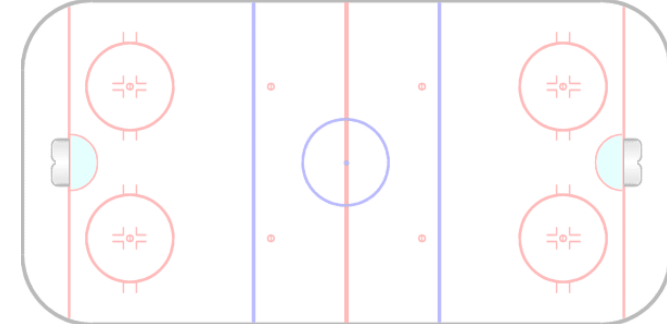
Key Points:

Players should attack quickly, pass early, shoot to score. Goalies must battle and never give up.

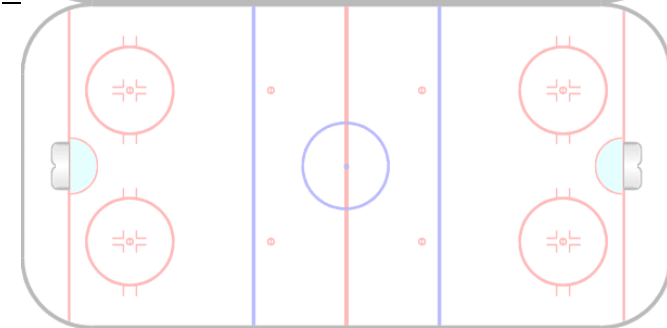
Description:

1. Place one puck on the bluelines for each player on the bench according to the largest team.
2. One player leaves from the bench and must keep shooting until a goal is scored.
3. Scoring player skate hard to the bench and touch the boards with the stick and a player joins him/her and they attack 2-0.
4. Repeat after a goal and attack 3-0.
5. All three players rush back and touch the boards and then repeat.

6. The team that scores all the pucks first wins.



Explanation/Notes:



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