



Flyers

Practice Plan

Date: 21-01-14

Time: 16:00-17:30

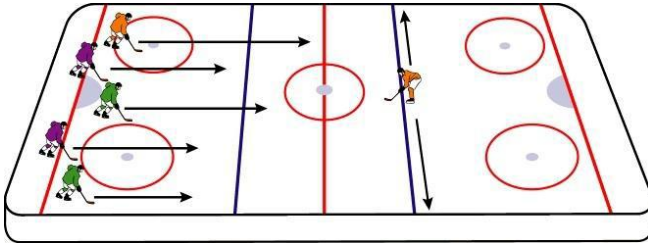
Venue: Max 2

Lines:

Game situations, individual skills, 1-1 to 4-4

Point shots, battling

Notes:



10 min.

Big moves individually the first 4 minutes.

A2 Puck Dog and Pass Dog

Key Points:

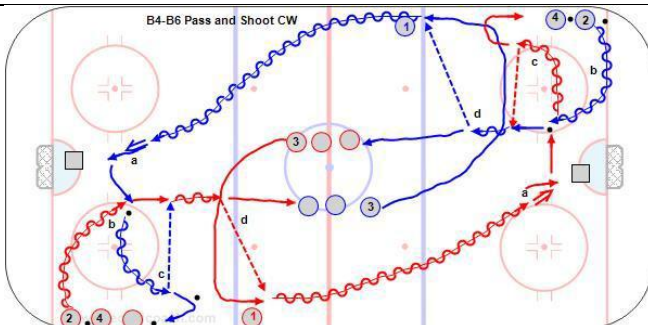
Encourage the players to use moves and fakes, change of pace and to protect the puck.

Description:

This game has the players line up at the end of the rink in the A2 formation. Each player has a puck. One player (who is 'it') is at the blue line and calls out 'British Puck-dog.' The players stickhandle the puck, trying to get to the end without being checked. If a player loses the puck, she becomes 'it' and is in the middle checking. The last player with a puck wins.

Another option is Pass Dog where partners must make at least one pass in each zone and get to the other end without losing the puck.

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8 min.

B4-B6 Pass and Shoot ProW

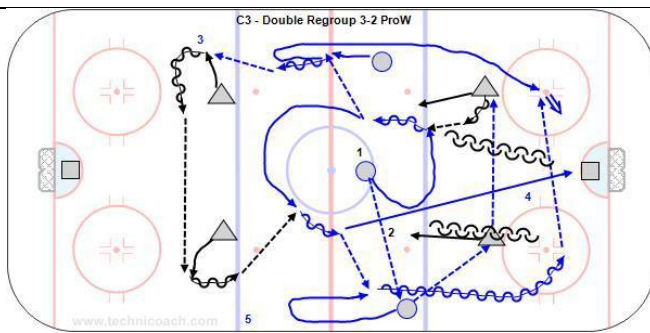
Key Points:

Face the puck and give a target. Shoot while skating and accelerate in corners.

Description:

- Start - 1 skate down the boards and shoot and follow the shot for a rebound.
- 2 leave from corner then cross and drop to 1.
- 1 carry the puck wide and pass back to 2.
- 2 pass wide to 3.
- 3 shoot and cross with 4.
- After passing 1 go to corner, 2 to the centre circle.

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10 min.

C3 - Double Regroup 3-2 Pro W

Key Points:

Snap the puck around with hard accurate passes and then regroup with each D. Work on passing to the middle into the 'Big Ice' where there are more options. Practice everything with speed.

Description:

1. Start with 3 forwards and two sets of D in the neutral zone.
2. Pass the puck between the 3 F and 2 D until the whistle.
3. Regroup with both sets of D.
4. Attack the original D 3 on 2.
5. 3 new F's pass with 2 D who were on the ice while the 2 new D come on.
6. Regroup with original 2 D on the whistle then again with the other D.
7. Focus on passing to the middle to start the attack.
8. Attack with speed and focus on the middle drive and not the slower trailer play.

9. New group start passing around while the 3 on 2 is played out.

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10 min.

D100 Two 1 on 1 Games at Once

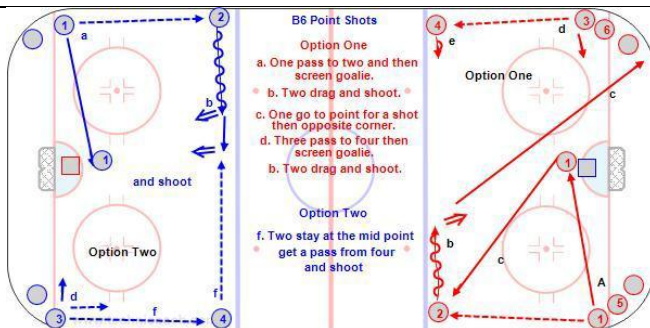
Key Points:

One coach should watch that the players won't collide. It is important to look behind and for the player with the puck to skate away from oncoming players. This is a great game for 1-1 and conditioning.

Description:

1. Players line up along the boards one group on each side of the red stripe.
2. One player of each team leave every 15".
3. Coach blow whistle each 15" and players play for 2 whistles (30")
4. Pass to a teammate when the second whistle blows.
5. Only two pucks on the ice and get the puck out of the net after a goal.
6. After scoring touch the red line before defending.
7. Keep score.

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10 min.

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:

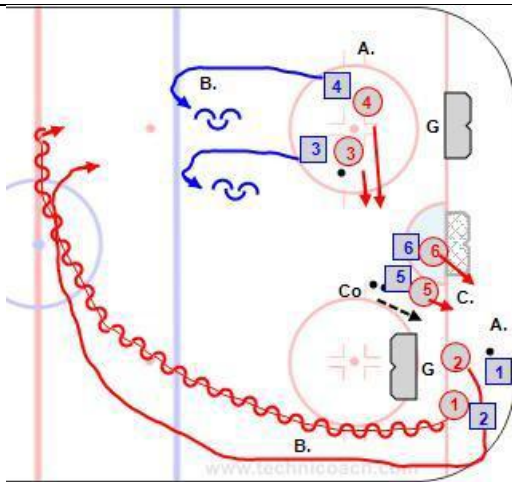
Option One

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

Option Two

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

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10 min.

DT400 Multiple Situations in Small and Smaller Area

Key Points:

This SAG goal is to practice READING Game Situations by constantly changing the situation from 1-3 on offense or defense at once. Set one net up on the goal line below the face-off dot facing up ice and the other net facing the corner just inside the circle. The game is continuous and the coach shoot in a new puck on a goal.

Description:

A. Blue 1 and 2 attack Red 1 and 2 in the corner and Blue 3 and 4 attack Red 3 and 4 from the red line.

B. Coach whistles and Red 1 and 2 carry the puck out to the red line and attack the other net vs. Blue 3 and 4.

C. Coach shoots in a new puck and Red 5 and 6 attack vs. Blue 1 and 2 in the corner. Red 3 and 4 return to the line.

Option:

Vary the number of players from 1 to 3 and switch up who starts on offense half way through the game. 1-1, 2-2, 1-2, 2-2, 1-3, 2-3, 3-3, 3-2, 3-1.

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10 min.

D500 Nets Back to Back with Jokers

Key Points: Jokers can only have the puck 1 second and then must pass or shoot. You can add that they must move sideways or back when they get the puck.

Description: Place the nets back to back at the red line. - Half the team play and half are jokers. Shifts 30" - 60". - When the team gets the puck on defense they must pass to a joker before they can score. Jokers can move around on the perimeter.

If you have only one goalie then it is a great conditioning - skating drill for the goalie to play for both teams and skate around to the other goal.

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8 min.

D200 Multiple Jokers Each Side Key Points:

Key Points:

Practice the 4 Game Playing Roles.

1 - Player with the puck.

2 - Player supporting the puck carrier.

3 - Player checking the puck carrier.

4 - Player covering away from the puck.

Description:

1. Play from 1-1 to 5-5.

2. Passes to the jokers on the side are allowed.

3. Jokers may pass or shoot.

4. Pass to a Joker on the whistle.

5. New players skate behind their net on a change.

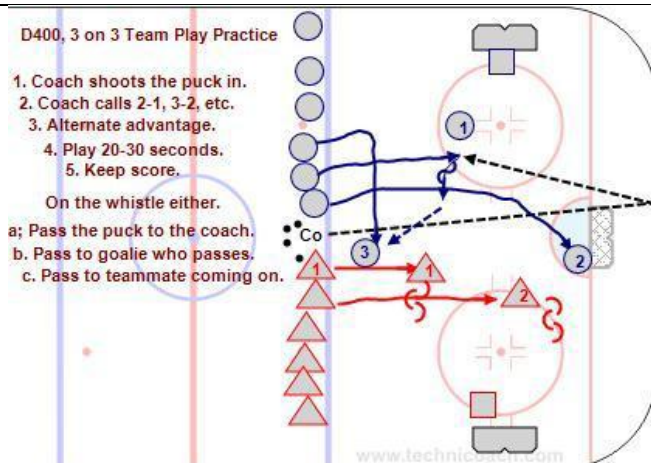
6. Variations:

a. Send out uneven teams.

b. Give and go with a Joker who can join the game to either even the teams or add up to a designated number of players.

7. Keep score and use short shifts.

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8 min.

D200 Cross Ice Uneven Situations

Key Points:

Play 1-2, 1-3, 2-3 to work on both offensive and defensive out number situations.

Stress good habits and moving the puck to a player in better position.

The coach can also implement modified rules to create situation. i.e. goals must come from one timers.

Description:

1. Coach shoots the puck in.

2. Coach calls 2-1, 3-2, etc.

3. Alternate advantage.

4. Play 20-30 seconds.

5. Keep score.

On the whistle either.

a. Pass the puck to the coach.

b. Pass to goalie who passes to a team mate coming on.

c. Pass to team mate coming on. You could also simply leave the puck.

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8 min.

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

Key Points:

Players should attack quickly, pass early, shoot to up.

Description:

1. Place one puck on the bluelines for each player team.

2. One player leaves from the bench and must keep shooting up to 3 shots or until a goal is scored.

3. Scoring player skate hard to the bench and touch 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 board.

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