



Flyers

Practice Plan

Date: 22-01-14

Time: 20:15-21:45

Venue: Norma Bush

Lines:

13 skaters one goalie. Exam week.

Middle drive, passing, shots, competition

Notes:

3 min. 7 min. Skate Big Moves then Edges

A2 Skating Warm-up for Edges and Balance Key Points: Good players can move in all directions efficiently because they and 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.

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10 min.

B5 Regroup 3-0, Middle Drive-Pro

Key Points:

Defense move quickly and hinge the pass up the middle. Pass hard. Centre give the stick and skates as a flat target. Middle drive hard to the net.

Description:

1. All the players are inside the middle circle.
2. Red D1 get a pass from a Red F2.
3. Red D hinge and pass D1 to D2.
4. D2 pass to F2 supporting in the middle.
5. F2 pass to F1 on the strong side.
6. F1 gain blueline and pass wide to F3.
7. F2 middle drive skating hard to the net.
8. F3 shoot and all crash the net for a rebound.
9. Blue repeat in the other direction.

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10 min.

B202 Luhowy Puckhandling and Passing Circuit

Key Points:

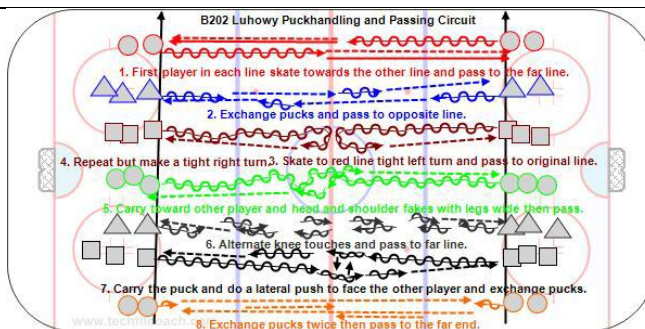
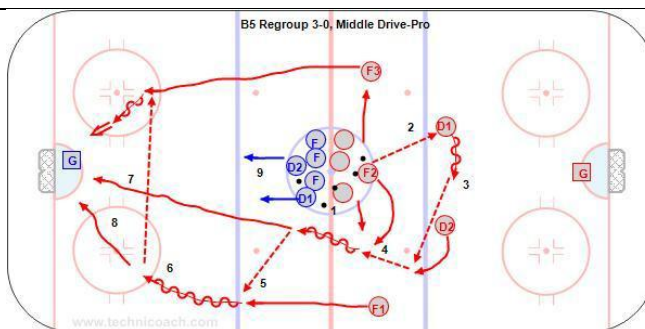
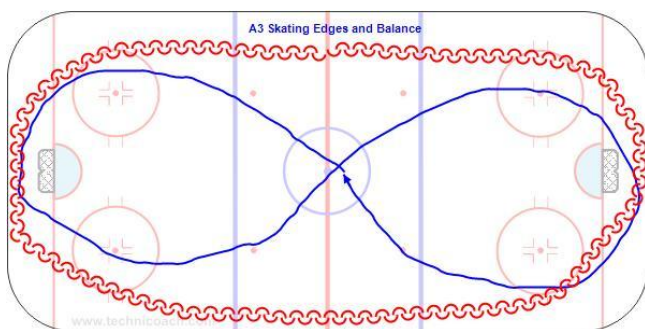
Control the puck and “lock and load” when you carry the puck; meaning move it from in front to your side. Keep a strong skating position with the knees bent and head up.

Description:

Line up behind the top of the circle with 2 or 3 players facing 2 or 3 players at the other end.

Have between 2 and 4 groups depending on the number of players. A group of 4 is the smallest.

1. First player in each line skate towards the other line and pass to the far line.
2. Exchange pucks and pass to opposite line.





10 min.

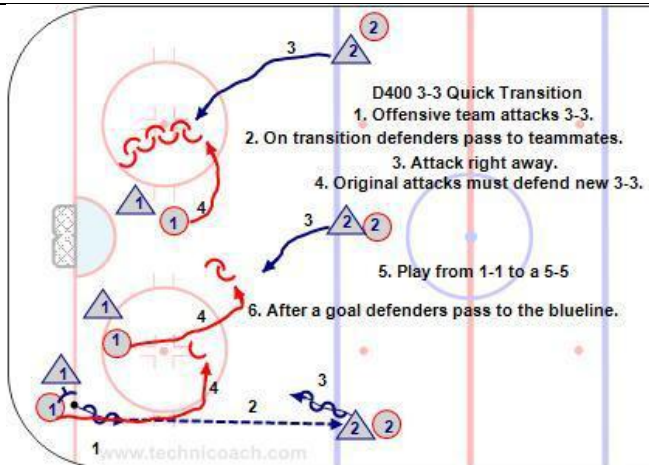
D400 The Best Player Win Game

Key Points:

- Battle hard for the puck.
- Protect the puck.
- Get a shot and fight for the Rebound.

Description:

1. Players line up outside the blue line. They can be in 3 teams and keep score or just everyone vs everyone.
2. Coach fires the puck in and whoever gets the puck tries to score vs the other two.
3. If another player gets the puck he tries to score; including rebounds.
4. On whistle pass back to the coach and race out.
5. 20-30 second shifts.



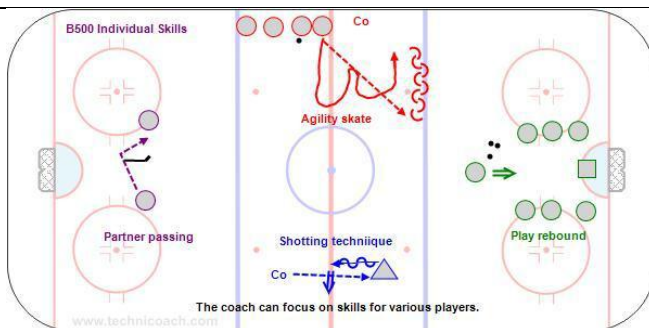
10 min.

DT400 Game of Quick Transition

Key Points: The resting players attack right away when they get a pass and the original attackers must communicate and cover one attacker each.

Description: 1. Offensive team attacks 3 on 3. It can be 1-1, 1-2, 2-1, 2-2 or 2-3 also if the coach wants to practice these situations. Upt to 5-5 is possible. 2. On transition to offense the defenders pass to their teammates waiting behind the blue line. 3. Attack right away (don't have to wait for teammates to get onside in this game.) 4. Original attackers now defend and communicate with each other on how to stop the attack. 5. After a goal the defenders is allowed to pass to the new attackers.

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Key Points:

Divide the ice into stations and practice individual technique. The coach can focus on skills for various players.

Description:

1. Coach pass to defenseman who moves and shoots at the red stripe on the boards.
2. Player agility skate with turns and pivots then get a pass.
3. Saucer pass with a partner.
4. Play rebound with the goalie.

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10 min. –Do this after the skating warm up
Do this second drill.

T2 B6 3-0 Attack Options – Pro

Key Points:

Go hard to the net without the puck with the stick ready for rebounds or deflections. Stop at the net. Shoot low to the far pad to create rebounds. Attack with speed. Read whether the defense gives you the ice behind or in front of you.

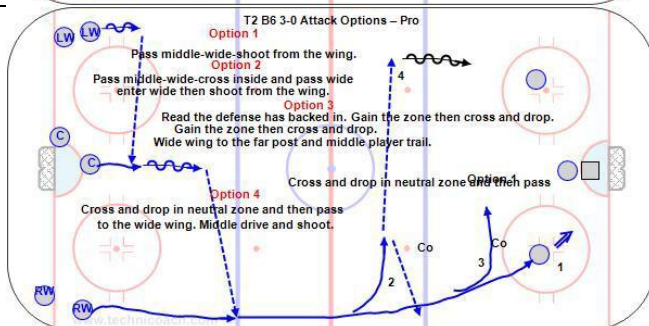
Description:

1. Line up in three rows at the goal like and start with a puck from one side.

2. Pass to the middle then the far wing.

Option 1

Pass middle-wide-shoot from the wing.



Option 2

Pass middle-wide-cross inside and pass wide and enter wide then shoot from the wing.

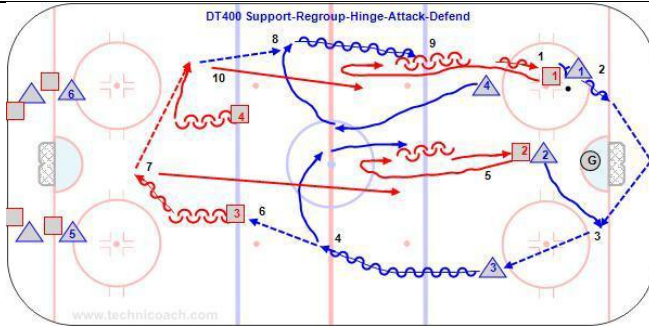
Option 3

Read the defense has backed in. Gain the zone then cross and drop. Wide wing to the far post and middle player trail.

Option 4

Cross and drop in neutral zone and then pass to the wide wing. Middle drive and shoot.

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12 min. Start 2 on 2 then 3 on 3 and stress middle drive.

DT400 Support-Regroup-Hinge-Attack-Defend

Key Points:

New players give defenders support from the top of the circles as if they were wingers. If the puck is carried above there they can.

Description:

1. Red 1-2 attack Blue 1-2.
 2. Blue 1-2 defend.
 3. Pass to Blue 3-4 after a turnover or goal.
 4. Blue 3-4 breakout the other direction.
 5. Red 1-2 follow the play as defenders
 6. Blue 3-4 regroup with Red 3-4.
 7. Red 3-4 hinge at least once.
 8. Red 3-4 pass to Blue 3-4.
 9. Blue 3-4 attack vs Red 1-2.
 10. Red 3-4 follow attack to support Red 1-2.
 11. Blue 5-6 move to nzone ready to regroup with Red 3-4.
- Continue this rotation of support-regroup-hinge-attack-defend.

10 min.

E1 Speed Scoring 2-1 to 2-2 – Finland

Key Points:

The purpose is to attack as quickly as possible and pass and shoot while skating.

Description:

1. Start from one end and when everyone is gone go the other way.
2. Attackers 1 and 2 leave from above the hash marks.
3. Defender 1 is inside the top of the circle with his stick upside down start forward and turn to back skating.
4. Defender 2 start from below the circle and back check.
5. Attacker 1 and 2 race down the ice to score and only ONE PASS is allowed.
6. Keep score.

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