



Flyers

Practice Plan

Date: 24-01-14

Time: 16:00-17:15

Venue: Max Bell 2

Lines:

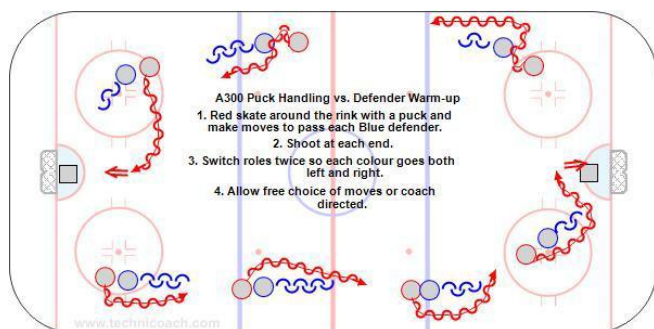
Passing, shooting, agility, puck handle

Penalty kill 4-3, regroup, 1-1, 2-1, 4-2, 4-4

Notes:

Escape moves, point shots, power play 5-4

4-5, 5-4



A300 Puck Handling vs. Defender Warm-up

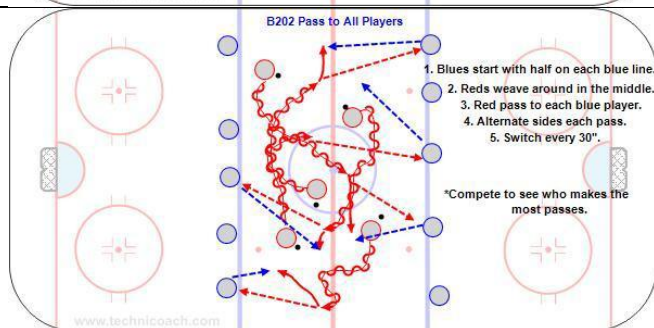
Key Points:

Defend passively and allow the attacker to make moves.

Description:

1. Red skate around the rink with a puck and make moves to pass each Blue defender.
2. Shoot at each end.
3. Switch roles twice so each colour goes both left and right.
4. Allow free choice of moves or coach directed.

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B202 Pass to All Players

Key Points:

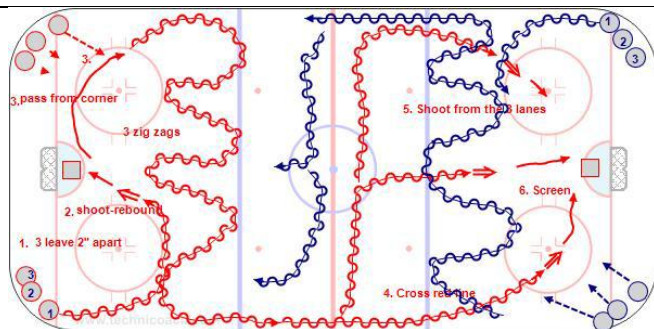
Give and go pass. Give a target and make eye contact before passing.

Description:

1. Blues start with half on each blue line.
2. Reds weave around in the middle.
3. Red pass to each blue player.
4. Alternate sides each pass.
5. Switch every 30".

*Compete to see who makes the most passes.

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B6 - 3 Shots, 3 Zig zags, 3 Shots

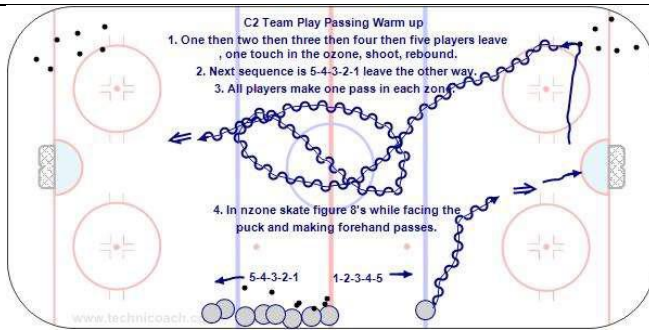
Key Points:

3 Leave from diagonal corners about 2" apart, skate around circle then shoot, get a pass from the other corner, skate 3 zig-zags between the blue line and the top of the circles the fill the 3 lanes and shoot.

Description:

1. Make sure to leave about 2 seconds between shooters so the goalie has time to get set. Start with a pass.
2. Follow the shot for a rebound before getting the pass.
3. Do skills while zig zagging 3 times such as;
 - a. carry the puck with the hands and feet moving all the time.
 - b. carry the puck only using the forehand side of the stick.
 - c. only use the backhand side of the stick.
 - d. transition skate facing the far end forward to backward to forward.
 - e. skate backward.
 - f. 360 degree turns.

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C2 1-2-3-4-5-5-4-3-2-1 Pass and Shoot Warm-up

Key Points:

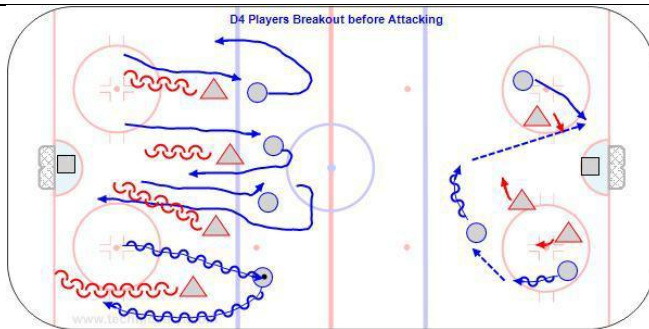
Face the puck and pass on the forehand. Stay in each zone until all players have made a pass.

Description:

1. One then two then three then four then five players leave, one touch in the zone, shoot, rebound.
2. Next sequence is 5-4-3-2-1 leave the other way.
3. All players make one pass in each zone.
4. In neutral zone skate figure 8's while facing the puck and making forehand passes.

*When there is only one player do a figure eight or touch both knees.

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D4 Players Breakout before Attacking - 3 passes and players must make an escape move.

Key Points:

To transition from defense to offense all the players must come out over the blue line and stay on side when they turn back to attack.

The coach can designate modified rules for the game to work on either individual or team play skills.

Description:

1. One team attacks with the puck and tries to score.
2. The defending team must breakout over the blue line and then turn back and attack.

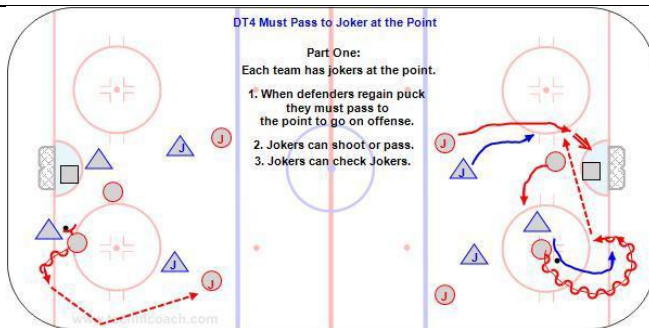
*Individual skills can be worked on. i.e.

-Skating-only backward skating allowed.

-Team Play - goals come only on plays originating below the goal line.

-Individual Offensive skills - an escape move must be made when you get the puck.

- Individual Defense - sticks upside down until one shot is taken.



DT4 Each Team Pass to Joker at Point

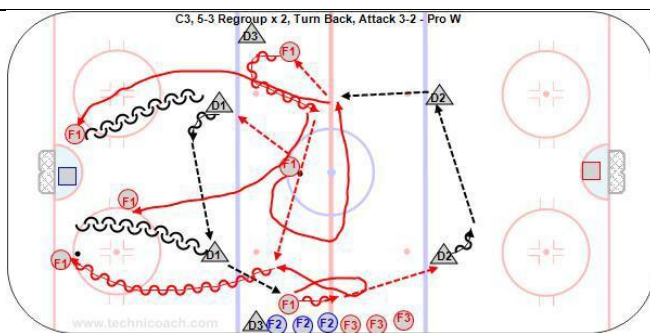
Key Points:

Player at the point must get open for a pass and quickly make a play. Defender get on the defensive side to block a shot and stay with the point man if he carries the puck.

Description:

1. One zone game and each team has one or two jokers at the point.
2. To transition to offense you must pass to the point.
3. Progression is to add the rule that all goals must come from point plays such as shots, tip-ins, redirects, shot passes, screen, rebounds. This causes the players at the point to skate and get the puck through and the player covering to stay defensive side and block shots and passes.

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C3, 5-3 Regroup x 2, Turn Back, Attack 3-2 - Pro W

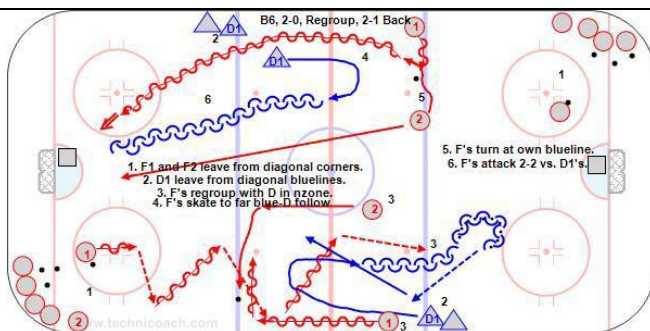
Key Points:

F's give a target and face the puck. D's hinge and drive skate with the puck. Create a 2-1 on offense. Fight for rebounds. D control sticks in the slot and deflect attack.

Description:

1. Two D start at each blue line.
2. F1's regroup with D1's.
3. F1's regroup with D2's.
4. F1's turn back before crossing the blue line.
5. F1's attack 3-2 vs. D1's.
6. D3's replace D1's.
7. Repeat with F2's regrouping with D2's.

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B6, 1-0 or 2-0, Regroup, 1-1 or 2-1 Back

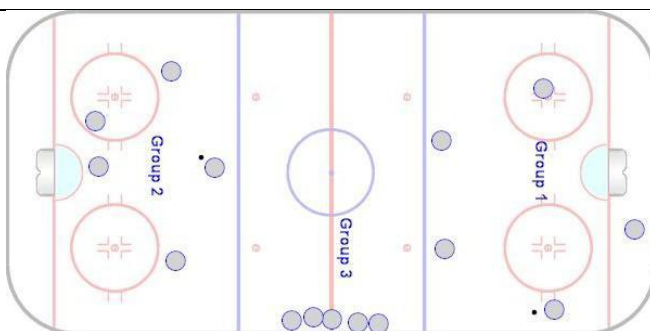
Key Points:

Forwards pass to the outside and skate to the middle with the puck. Face the puck all the time. D pivot with the puck. D work with the goalie and only give away poor shots. Forwards attack with speed and make the first play early. One high one low; one fast one slow.

Description:

1. F1 and F2 leave from diagonal corners.
2. D1 leave from diagonal bluelines.
3. F's regroup with D in nzone.
4. F's skate to far blue-D follow.
5. F's turn at own blueline.
6. F's attack 2-2 vs. D1's.

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T2 Kingston Power Play and Team Play Rotation

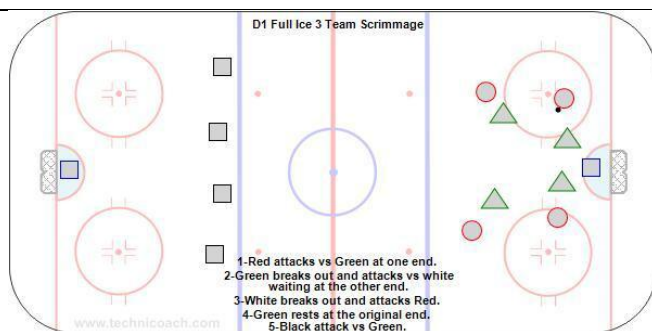
Key Points:

Practice options where every player gets a shot. Begin with a rotation attacking the seam between the D and the F and read what they give. If the D forces then the low play is available, if the F forces then the point is open. If the pk box is passive then there is a 2-1 at each corner, a 3-2 on each side and seams between players to attack. Force the pace by taking a shot by a different player every 3 seconds. Coach in each zone

Description:

- Line A at one end practice attack options.
- Line B at other end practice attack options. Both walk through pp 5-0.
- Line C in middle passing practice.
- On whistle line A dump the puck to the other end and breakout returning to the original end while group C replace group B at the far end and group B pass in the neutral zone.
- Repeat with group C breaking out and back and group B switch with group A who move to the middle.

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D1 Full Ice 3 Team Scrimmage – PP and PK. Leave one F in Nzone while defending.

Key Points:

Give close support to the ball or puck. Defending team create speed through the neutral zone after the breakout. New defending team identify coverage when the attackers enter the zone.

Description:

Three teams play full court or full ice.

1-Red attacks vs Green at one end.

2-Green breaks out and attacks vs. Black waiting at the other end.

3-Black breaks out and attacks Red.

4-Green rests at the original end.

5-Black attack vs. Green.

They keep this rotation and play a game up to 5. Start another game at 0-0 but switch who they attack first i.e. now Green attacks Red and Red attack vs. Black and Black vs. Green. This rotation can be used to practice team play at full strength and power play and penalty kill.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=2012013110134174>