



Flyers

Practice Plan

Date: 28-01-14

Time: 16:00-17:30

Venue: Max Bell 2

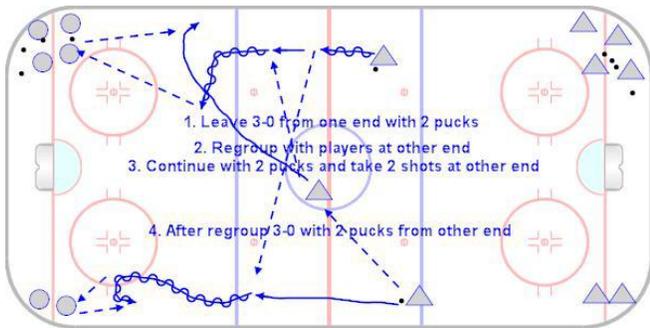
Lines:

Notes:

Passing, shooting while moving, 1-1, 2-1, 2-2

3-3, 3-3, 5-5, Angling, gap control

16 skaters, 2 goalies



3 min. big moves then 7 min. weave

B6 3-0 With Multiple Pucks

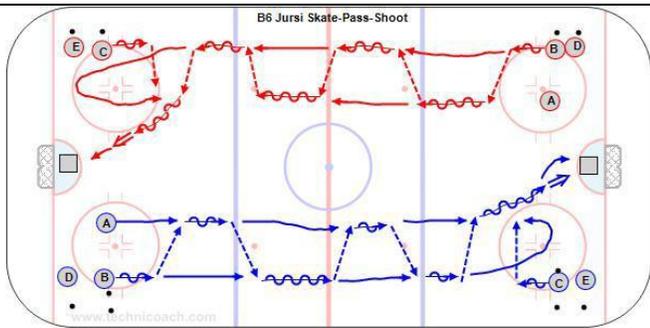
Key Points:

This is an exercise to overload the nervous system. Make eye contact before passing and make good firm passes.

Description:

1. Players are in 3 lines below the goal lines in each end.
2. Pass 2 pucks while filling the 3 lanes and then regroup with players at the far end and pass the 2 pucks back to the original end and then shoot both on the net, allowing the goalie to get set between shots.
3. Group at the opposite end leave after they have passed to the original group.
4. When the players are good with 2 pucks progress to passing 3 pucks.

* A good routine is to pass 3 pucks the first turn, then 2 pucks, then a 3 man weave with one puck, then add one defense and regroup with him, then add 2 defense and regroup with them and then add another regroup passing first time to one of the D and second time to the other.



8 min.

B6 Jursi Skate-Pass-Shoot

Key Points:

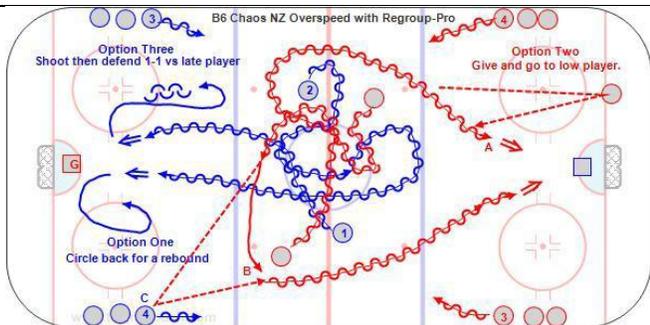
This is a drill that Russian Olympic coach Vladimir Jursinov used when I was coaching with him in Austria. The goal is to get players to practice passing and shooting while they skate. Puck handling-passing-shooting should be seamless.

Description:

1. A and B skate down the ice in passing while skating.
2. A is on the inside and continues on with a shot while skating.
3. B pivots facing the puck and continues the other direction passing to C.
4. B shoots and C partners with D the other way.

This can be done in tandem on both sides of the ice.

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8 min.

B6 Chaos NZ Overspeed with Regroup-Pro

Key Points:

Players skate as fast as possible weaving through each other in the middle. Try various moves and dekes with the head up. Whistle about every 7 seconds.

Description:

1. Players line up against the boards at the top of the circle.
2. On the whistle skate into the nzzone and make moves at top peed.

Options:

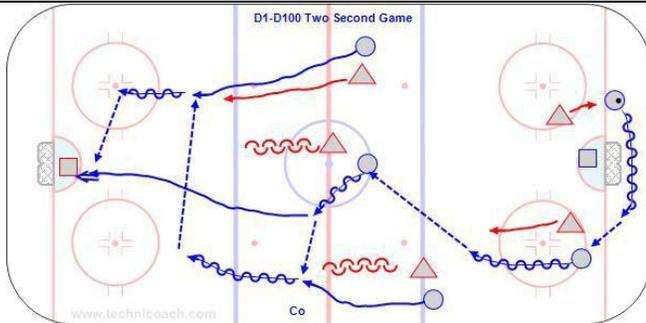
A. Skate in and shoot then rebound.

B. Skate to far blue line then in and shoot.
 C. Pass to opposite line then skate and shoot

Other options:

- 1-Circle back for rebound.
- 2-Give and go with a player on the goal line.
- 3-Defend 1-1 vs. the next second shooter.
- 4-Screen and tip for next shooter.

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10 min.

D1-D100 Two Second Game – 8 on 8

Key Points:

Supporting players must give close support plus depth and width. Puck carrier must skate hard to open ice and use escape moves, drive skating and cut backs to create passing lanes.

*This game can be played full, cross, half ice.

Great game for on ice awareness, passing skills and offensive support and defensive coverage.

Description:

1. Play full ice with either all the players on the ice at once or in shifts.
2. Players can be in possession of the puck for a maximum of 2 seconds.
3. Stress that when you get the puck the order of priorities should be:

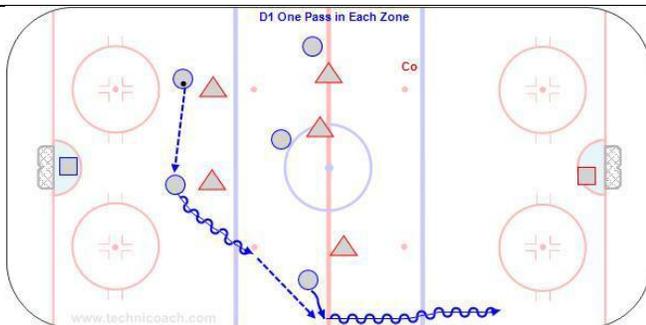
A-Make a play.

B-Regroup.

C-Gain a zone.

3. When over 2 seconds the other team gets the puck (coach monitor).

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10 min.

D1 One Pass in Each Zone

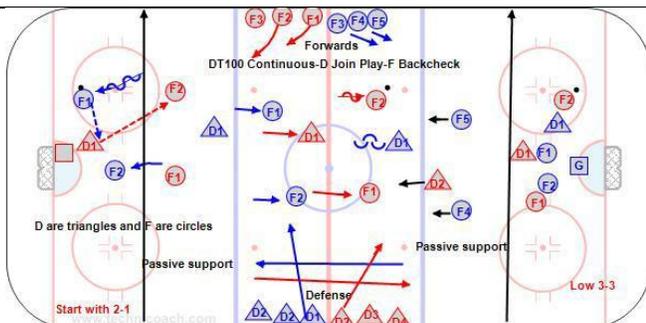
Key Points:

Close support, skate to open ice with the puck, give a target.

Description:

1. Play full ice either in shifts or all on the ice at once.
2. There must be at least one pass made in each zone. If not the other team gets the puck.
3. Controlled scrimmage so everyone stop on the whistle for coach input.
4. With shifts in a D100 game pass back to the goalie on the whistle.

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15 min. Start 1-1 then 2-1, then 2-2

DT100 Continuous - D Join Play - F Backcheck

Key Points:

On transition all the players must go from offense to defense and defense to offense.

Sequence: Forwards - give passive support - attack - backcheck - defend - make breakout - rest.

Defense - give passive support - defend - join attack - forecheck - rest.

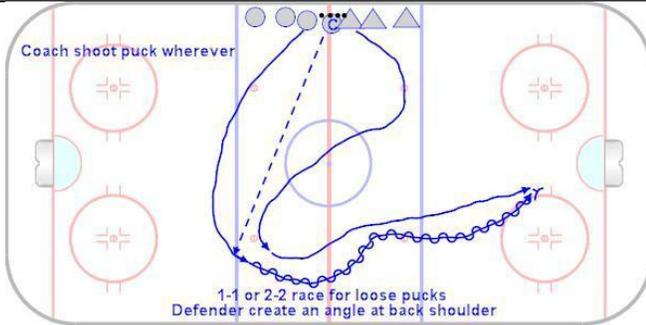
Description:

In the diagram the F are circles and D are triangles. Positions are labelled.

1. Blue F1 and F2 attack vs Red D1.

2. Red F1 and F2 and Blue D1 give passive support above circles. (as in a Erkka)

3. On transition, after a goal or frozen puck red D1 pass up to red F1 or F2.
4. Red F1 and F2 attack vs Blue D1.
5. Original attackers blue F1 and F2 backcheck and original defender red D1 join the attack.
6. Play 3-3 in the zone
7. Blue F3 and F4 and red D2 wait above circles to transition the other way and blue D1 join the attack while red F1 and F2 backcheck
8. Red D2 and blue F3 and F4 support from above the circles ready to go the other way. Continue this rotation.

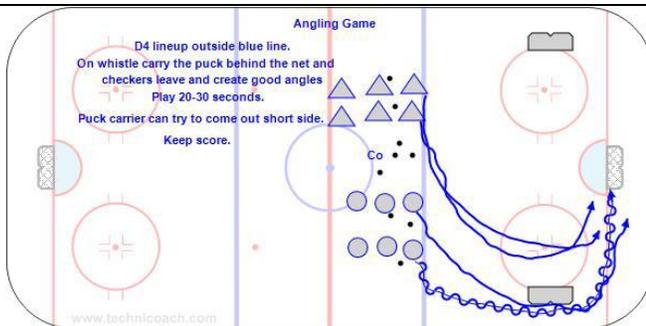


10 min.

C2 Angling Drill Key Points: Defensive player first force the play wide and approach the puck carrier from a little behind in a line with the back of the inside shoulder. Create the checking angle and then finish the check with this angle preventing the puck carrier from cutting in or back. *No Penalties and insist on Good Checking Angles. **Description:**

1. Players line up along the boards in the neutral zone.
2. Coach shoot a puck toward one side near the boards and the players race for it and try to score.
3. The checking player tries to regain the puck and score on the other net. After one scoring chance return to the line up.
4. When the puck is near one goal shoot another puck for the next two players.

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8 min.

D200 Angling game

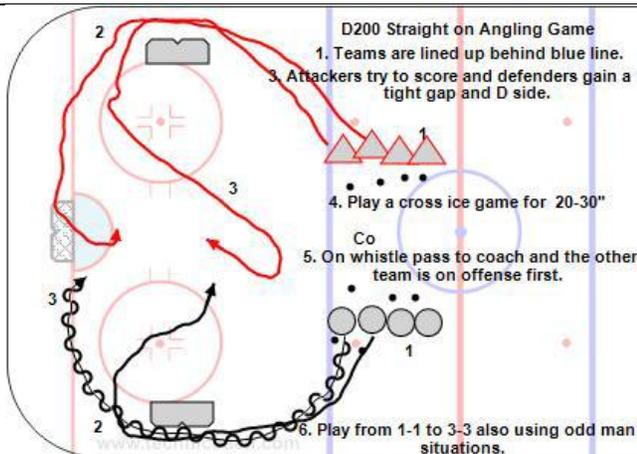
Key Points:

Checkers create an angle on puck carrier and take away their time and space with body on body and stick on the puck.

Description:

1. D200 lineup outside blue line.
2. On whistle carry the puck behind the net and checkers leave and create good angles.
3. Play 20-30 seconds.
4. Puck carrier can try to come out short side.
5. Keep score. Play to a certain score and losing team do something like push ups. Play a short series.

<http://www.hockeycoachingabcs.com/mediagallery/video.php?n=20111005185904685>



8 min.

D200 Straight on Angling Game

Key Points:

Both teams go behind their net on the whistle. Defenders close the gap and maintain the defensive side.

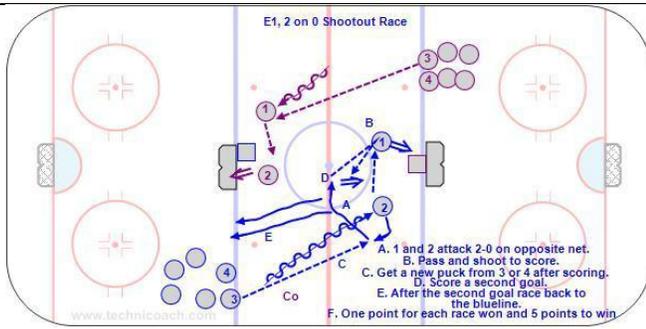
Description:

D200 Straight on Angling Game

1. Teams are lined up behind blue line.
2. On the whistle each team skates behind their net.
3. Attackers try to score and defenders gain a tight gap and D side.
4. Play a cross ice game for 20-30"
5. On whistle pass to coach and the other team is on offense first.

6. Play from 1-1 to 3-3 also using odd man situations.

<http://www.hockeycoachingabcs.com/mediagallery/video.php?n=20111005190114923>



8 min.

E1, 2 on 0 Shootout Race

Key Points:

Work on shooting one timers and scoring on rebounds. Good habits like face the puck, give a target with the stick on the ice.

Description:

A. 1 and 2 attack 2-0 on opposite net.

B. Pass and shoot to score.

C. Get a new puck from 3 or 4 after scoring.

D. Score a second goal.

E. After the second goal race back to the blue line.

F. One point for each race won and 5 points to win the game.

<http://hockeycoachingabc.com/mediagallery/media.php?f=0&sort=0&s=20101223080124158>