



Flyers

Practice Plan

Date: 29-01-14

Time:

Venue:

Lines:

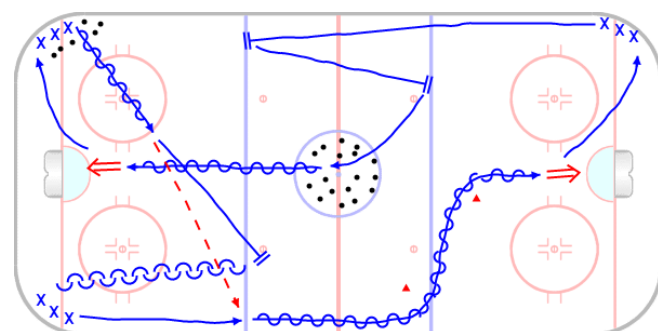
Guest coach: Cassie Campbell

One timers, point shots

Shootout,

Notes:

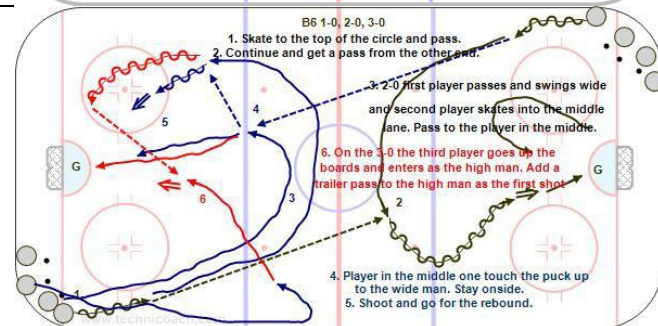
Skills, tight gaps, 1-1, 2-1, 2-2, 3-3, battling,



20 min.

5 min. introduction

15 min. skill circuit Cassie:
Forehand and backhand passes, saucer pass, quick shot in front



8 min.

B6 1-0, 2-0, 3-0 Small Horseshoe

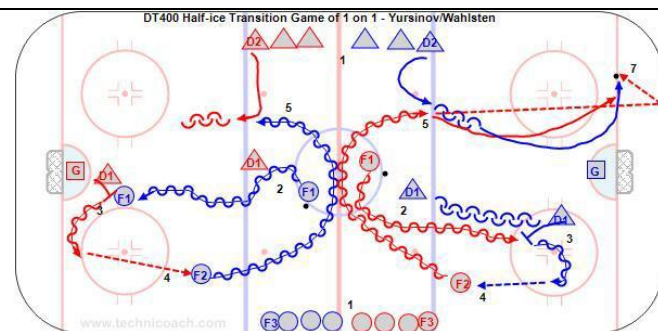
Key Points:

This is a great timing drill with good flow for early in the practice. Pass hard and get your top hand away from your body. Call for the pass. Give your stick and skates as a target.

Description:

1. Skate to the top of the circle and pass.
2. Continue and get a pass from the other end.
3. 2-0 first player passes and swings wide and second player skates into the middle lane. Pass to the player in the middle.
4. Player in the middle one touch the puck up to the wide man. Stay outside.
5. Shoot and go for the rebound.
6. On the 3-0 the third player goes up the boards and enters as the high man. Add a trailer pass to the high man as the first shot.

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12 min. - 6 min. 1 on 1 and 6 min. 2-1

DT400 Transition Game of 1 on 1 - Yursi-Juuso IIHF Symposium

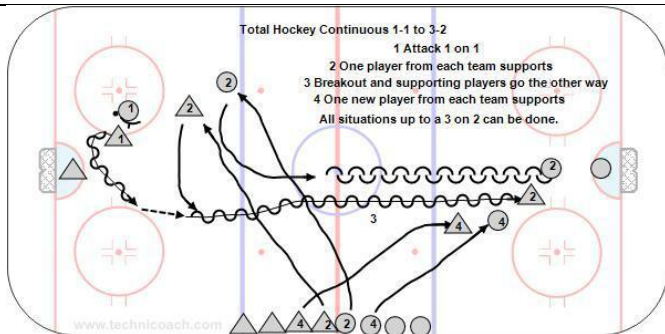
Key Points:

Defender must maintain a tight gap and stay of the defensive side. Attacker use moves to beat the defender, fight for rebounds and loose pucks. On the dump-ins the create good checking angles.

Description:

1. Divide the team into two colours and opposite forwards and defense play against each other at both ends.
2. F1 attack vs. D1 after skating through the middle circle.
3. Fight for rebounds and loose pucks.
4. On transition pass to F2 at the top of the circle.
5. F2 skate through the middle circle and attack vs. D2.
6. Add a regroup with the forward circling back.
7. Add a neutral zone dump-in and the D and F fight for the loose puck.

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12 min.

DT100 Total Hockey: Continuous 1-1 to a 3-2

Key Points:

The support can be either passive or active.

Once the new players are in the neutral zone the original players go back to line, unless a regroup is added.

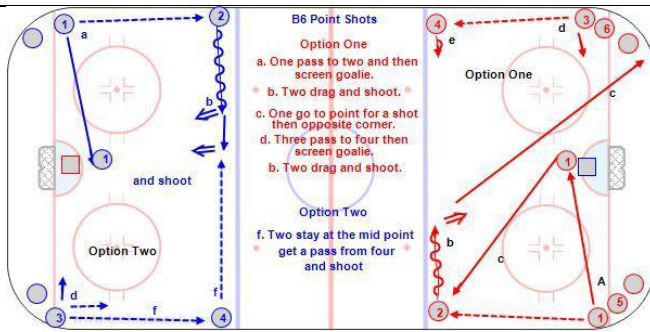
Description:

1. DT100 formation along the boards in the nzone.
2. Start with a 1-1 and when the puck crosses the blue line each player gets support from the lineup on the boards.
3. Various situation up to a 3-2. i.e. A 2-1 thru the nzone with the defender getting 2 and attacker 1 supporting player makes a 2-1 in nzone and 3-3 at each end.

Change the supporting players to create various situations. Players learn to play in all situations offensive and defensive situations.

The game can also be played using designated positions.

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10 min.

B6 Point Shots – screen, tip – D Shoot

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:

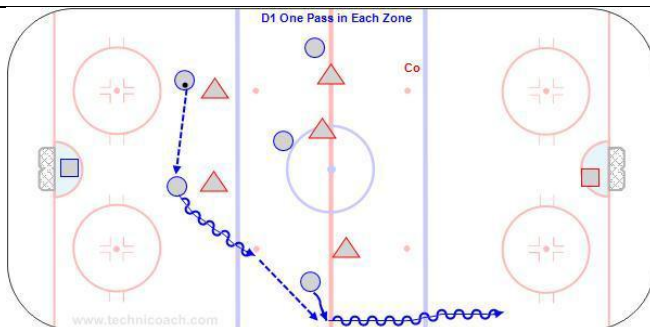
Option One

- 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. 5 min. with a dump in and forecheck.

D1 One Pass in Each Zone

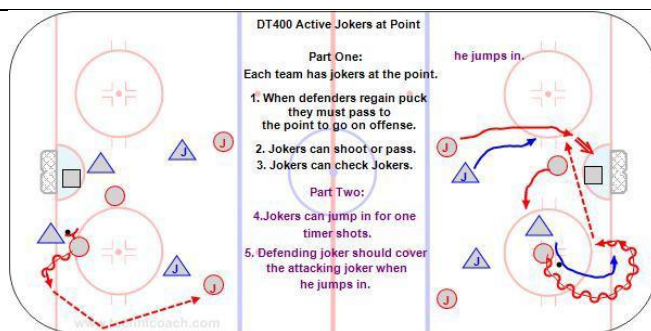
Key Points:

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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12 min.- 2 games of 4-4 – 2 nets on goal line at one end.

DT400 Active Jokers at Point

Key Points

Each team has two jokers at the point. Introduce the game allowing jokers to check jokers and then add that jokers can come in for one timer shots.

This transition game creates three situations. In the first part the players at the point must get open and take a shot or make a pass. The defender practices covering the point. In the second part add that the jokers at the point can come in for a one timer shot

Description:

Part One: Each team has jokers at the point.

1. When defenders regain puck they must pass to the point to go on offense.

2. Jokers can shoot or pass.

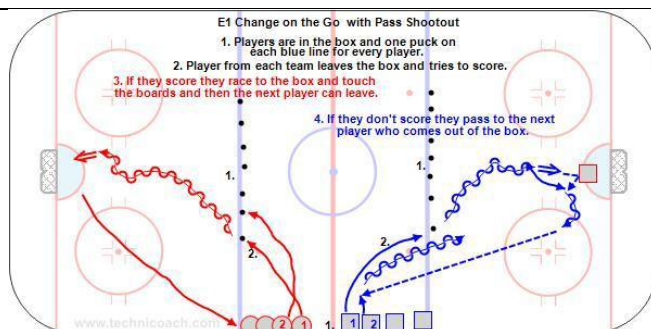
3. Jokers can check the opponents Joker.

Part Two:

4. Jokers can jump in for one timer shots.

5. Defending joker should cover the attacking joker when he jumps in.

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10'

E1 Change on the Go with Pass Shootout Key Points: Players should

pace and making the goalie move first. The goalie must time

his retreat into the net to keep good angles on shots and

cover the goal line on dekes. **Description:** 1. Players are

in the box and one puck on each blue line for every player.

2. Player from each team leaves the box and tries to score.

3. If they score they race to the box and touch the boards and then the next player can leave.

4. If they don't score they pass to the next player who comes out of the box.

5. Losing team do something for every goal they lose by.

*To make it realistic the goalie should practice starting from the goal line and coming out.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2>