



Flyers

Practice Plan

Date: 04-02-14

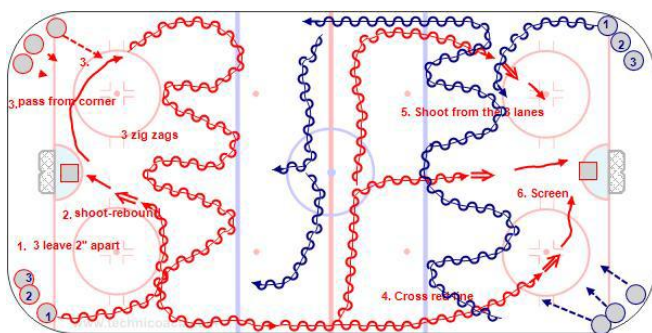
Time: 16:00-17:30

Venue: Max Bell 2

Lines:

Warm up and tournament.

Notes:



10 min. First 3 PH Wup

B6 – 3 Shots, 3 Zig zags, 3 Shots

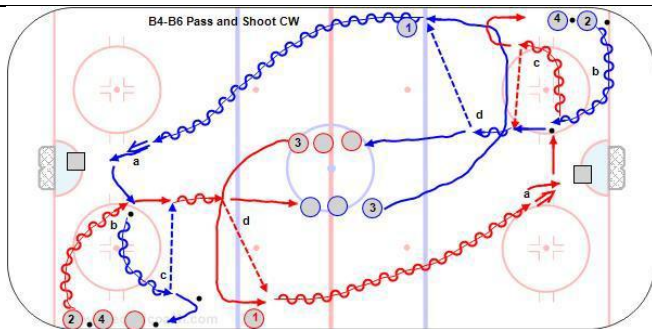
Key Points:

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.
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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10 min. Change side after 5'

B4-B6 Pass and Shoot ProW

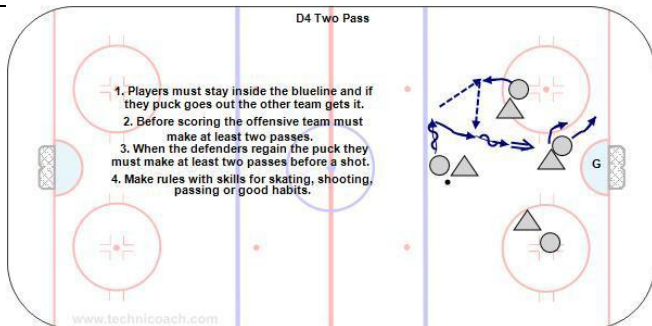
Key Points:

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

Description:

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

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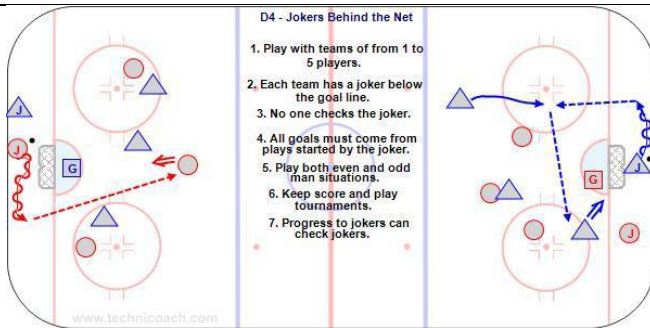
12' Tournament Green vs. White 2 Games. 2 x 6'

D4 Two Pass gm 1 only 4 hand gm 2 escape moves

Key Points: My favorite game to warm up the players at the start of practice.

Description: 1. Players must stay inside the blueline and if they puck goes out the other team gets it. 2. Before scoring the offensive team must make at least two passes. 3. When the defenders regain the puck they must make at least two passes before a shot. 4. Make rules with skills for skating, shooting, passing or good habits.

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7 min. red pinnies

D4 - Jokers Behind the Net

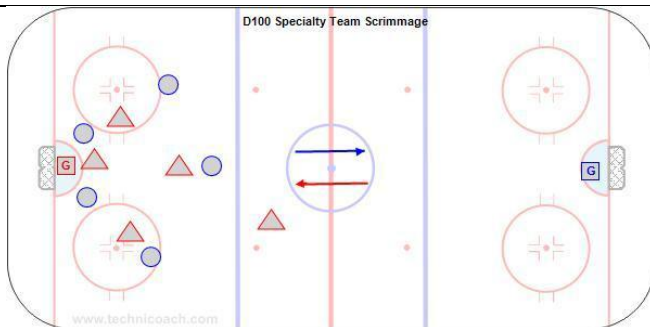
Key Points:

Move when they get the puck. Try to make passes for one timer shots. Either the puck or the player moves. Game works on Role One with the puck and Role Two supporting the puck.

Description:

1. Play with teams of from 1 to 5 players.
2. Each team has a joker below the goal line.
3. No one checks the joker.
4. All goals must come from plays started by the joker.
5. Play both even and odd man situations.
6. Keep score and play tournaments.
7. Progress to jokers can check jokers.

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8' min.

D100 Specialty Team Scrimmage

Key Points:

In order to create the various situations that happen in a hockey game, play 5-on-5 and have players from one or both teams wait in the neutral zone. Extra players are on the bench.

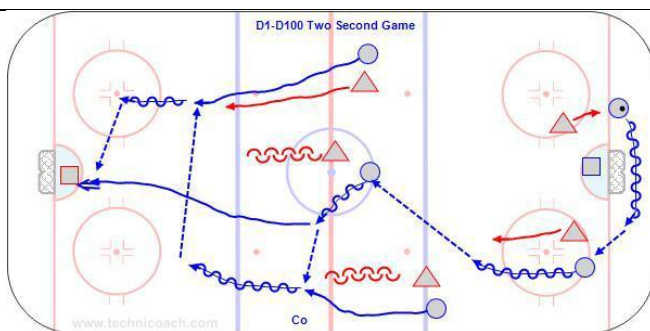
Description:

In order to create the various situations that happen in a hockey game, play 5-on-5 and have players wait in the neutral zone.

- 5-4 last forward back stay in nzone.
- 5-3 last two F or one F and one D stay.
- 4-4 one from each team in nzone.
- 4-3 one attacker and two defenders stay.
- 3-3 two from each team.

Practice the stretch pass and player coming out of the penalty box by passing to the player in the neutral zone.

Have players change on their own or if you have at least 20 skaters use the whistle. This can be a free flow or controlled scrimmage.



8'

D1-D100 Two Second Game

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.

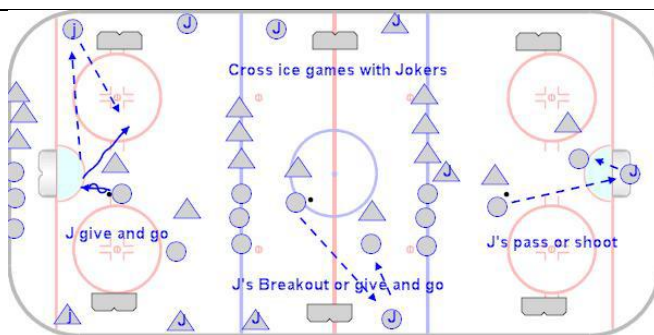
*This game can be played full, cross, half ice.

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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15' 3 games

D200 Cross Ice Games with Jokers

Key Points:

Jokers can only pass or shoot and cannot join the attack. Defenders don't check the jokers but cover the pass receivers. To make it more gamelike the jokers must move when they get the puck instead of just standing there.

Description:

Play cross ice with the extra players lines up on the sides.

Game One

Jokers behind the offensive net must be passed to before shooting. Great for give and go as well as one timer practice.

Game Two

When the defending team gets the puck they must regroup with the jokers behind their net. Use one or two jokers and practice the breakout. Jokers may pass to each other.

Game Three

Jokers on the side can be passed to and must return the pass or shoot. This is great for puck support as well as the defenders covering pass receivers.

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8 min.

D200 3-3 with 3-2-1 Pucks

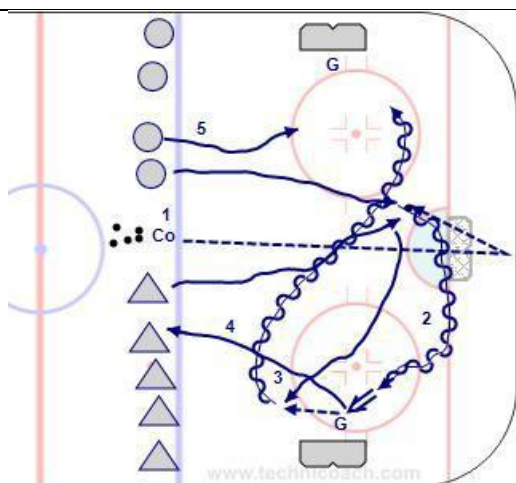
Key Points:

- Players can only shoot when the goalie is ready.
- No empty net goals.
- Situation continually changes as goals are scored and players have to read odd and even man numbers.

Description:

1. Players line up outside the blue lines.
 2. Coach shoots in 3 pucks.
 3. Players race for pucks and battle to score and defend.
 4. Leave puck in the net after a goal and play with 2 pucks then 1 puck.
 5. Pass pucks remaining to teammates on whistle.
 4. Hustle out of the zone on the whistle and play 20-30 seconds only.
 6. Count the pucks in the net after to determine the winning team.
- *Option is to pass to teammates on the blue line. Another option is to skate behind the nets to start.

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8 min.

E1 D200 Shootout Game

Key Points:

As soon as there is a rebound or goal the defender pick up the puck and attack the other way.

Description:

1. Coach dumps the puck in and players race for it.
2. Puck carrier try to score defender defend.
3. On rebound or goal defender attack other way.
4. Shooter must get outside of the blue line.
5. When teammate outside then first player in the line backchecks.

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