



Flyers

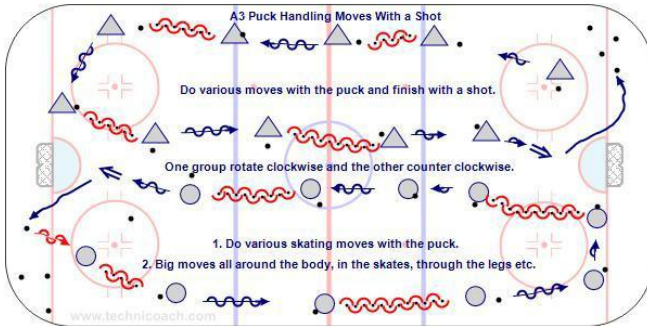
Practice Plan

Date: 07-02-14

Time: 16:00-17:15

Venue: Max Bell 2

Lines:	Notes:
Edges, puck handling, angling, penalty kill	Power play, Full ice specialty teams,
Goalie practice, 3-3 Joker at the Point	Weave
Guest coach: Rich Preston	



10 min.

A300 Edges and Puck Handling with a Shot

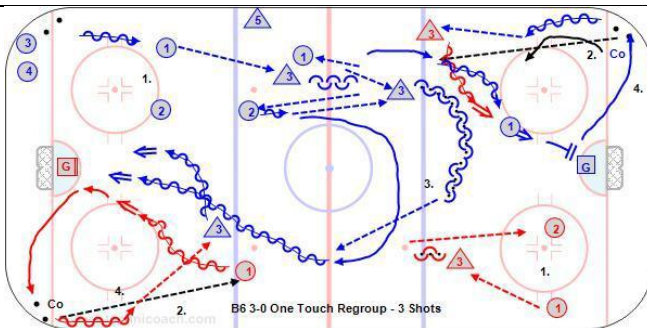
Key Points:

Move the puck all around the body in two circles going opposite directions. Finish with a shot. Use all of the edges and big moves reaching as far as possible.

Description:

1. Dark group skate down half the rink with a puck and shoot from the middle and white group skate the opposite way and shoot on the other net.
2. Skate on all of the edges and use big moves by reaching the opposite. i.e. Skate left and reach as far as you can to the right.
3. The players skating down the middle finish with a shot and then get a new puck.
4. Exercises are done while zig-zagging in and out.
 - a. Forward skate and alternate on the front inside edges.
 - b. Backward skate and alternate on the inside edges.
 - c. Skate forward and cross-over alternating on the outside edges.
 - d. Skate backward and cross-over alternating on the outside edges.
 - e. Open hip turn each way.
 - f. Slalom and reach as far as possible with the puck the opposite way.

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10 min. – 4 on each side.

B6 3-0 One Touch Regroup - 3 Shots

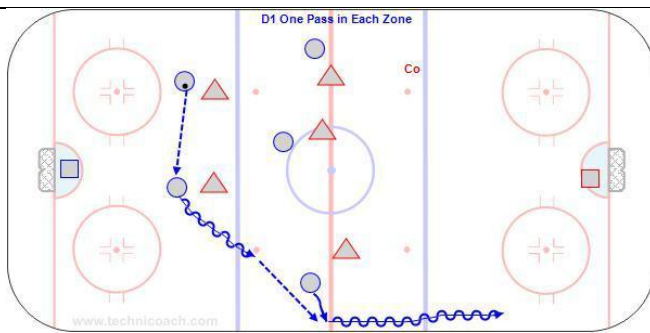
Key Points:

Face the puck and one touch two passes to start. Shoot while skating and follow the shot for a rebound. This is done out of diagonal corners at the same time.

Description:

1. F1 and F2 leave from the corner and exchange the puck twice with the D1.
2. F1 continue and get a pass from coach in the corner shoots and screens.
3. D1 pivot and Pass to F2 who shoots and screens.
4. Red F1 cycle out of the corner and pass to Blue D1 who shoots from the point.

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10 min.

D1 One Pass in Each Zone

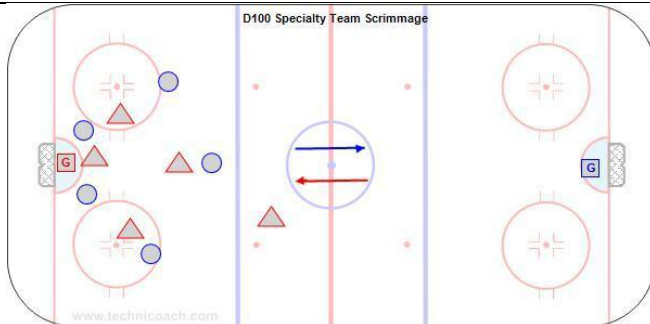
Key Points:

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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10'

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.

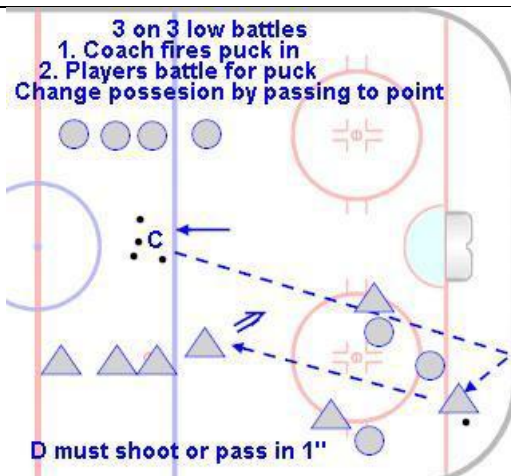
Description:

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.



12 min. one game at each end.

DT400 3-3 Krusel Battling Game - ProW

Key Points: Battle for loose pucks, screen the goalie, shot passes, cycle, man on man, tie up sticks, tip, low zone play.

Description: 1. Line up with the face-off dots and 1 to 3 players race for a loose puck on the whistle.

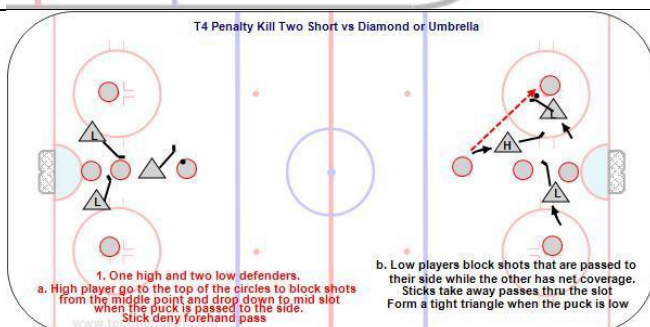
2. Pass to the point to transition to offense.

3. Point player must shoot or pass within 2 seconds.

4. If a point pass goes out the other pointman gets the puck.

5. No whistles, change on their own.

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10 min.

T4-D400 Penalty Killing 4-5 - Pro

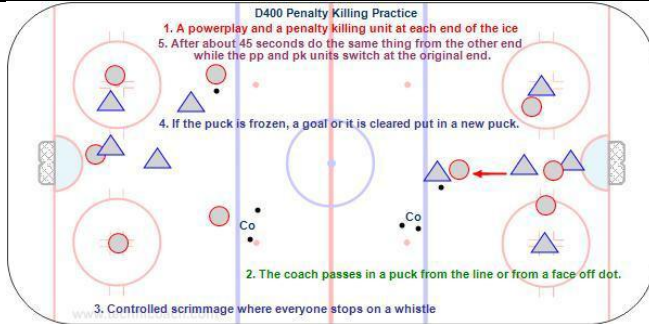
Key Points: Skate in straight lines from the net out. Sticks must deny the most dangerous pass. Stick on the puck when checking. Block shots.

Description: 1. Practice specialty teams at both ends and rotate pp and pk when the puck is at the other end. 2. Coach spot a new puck when the original is out of play. 3. Closest defender check the puck carrier.

Pressure when they see numbers or poor control and stay with player when they skate with the puck. Contain is there is complete control in the triple threat position. 4. Skate in straight lines from the net out. 5. Priority is to deny shots from the point and the slot.

6. On passes from mid-point to a player at the side the middle checker should drop straight back and not chase the 7. Overload

the strong side and give them the player who is two passes away but deny the cross ice pass with sticks in the passing lane.
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10'

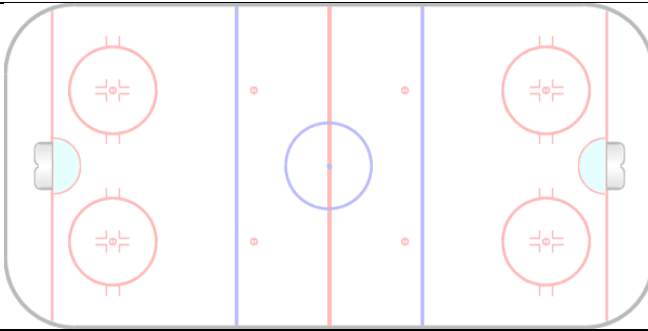
D400 Penalty Killing Practice – At one end rotate in.

Key Points:

Closest player must pressure the puck in straight lines from the net out. Skate back when the puck is passed. Stick on the ice in passing lanes and stick on the puck when checking. Do not get tied up. Block shots.

Description:

1. A powerplay and a penalty killing unit at each end of the ice.
2. The coach passes in a puck from the line or from a face off dot.
3. Controlled scrimmage where everyone stops on a whistle.
4. If the puck is frozen, a goal or it is cleared put in a new puck.
5. After about 45 seconds do the same thing from the other end while the pp and pk units switch at the original end.



Explanation/Notes: