



Flyers

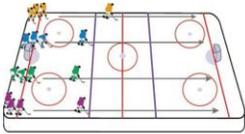
Practice Plan

Date: 13-02-14

Time: 20:15-31:45

Venue: Norma Bush

Lines:	Notes:
Goalies with coach for the first 45 min.	Skating, passing, puck handling
Power play 5-4, 5-3, low 3-3, dzone review	Dzone face-off and breakout



8'

A2 Skating Warm-up for Edges and Balance

Key Points: Good players can move in all directions efficiently because they and use all edges and have great balance on the ice. Routines for skating, puck handling, shooting and passing are efficient ways for a coach to quickly review the foundation skills and allow the players to get a lot of reps and improve at their own rate.

Description: A2 Formation - Players start at one end and skate to the other end. - inside edges - out and in using a snowplow. - inside edges - sculling one leg at a time on the inside edges. - outside and inside edges - slalom with the skates together and a good knee bend. - balance and edges - one length of the ice on each leg. Repeat the same sequence but skate Backward.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20110726073836113> The same warm up with 12-14 year olds.

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8'

B500 Puck Protection in Circles

Key Points:

Shield the puck with your body. Protect the puck before checking another player.

Description:

- Faceoff circles are the battle zones.
- 5 or 6 players at each faceoff circle.
- 3 or 4 players handle a puck inside the circle while 2 or 3 wait outside the circle.
- Protect the puck and also knock the other players puck out of the circle.
- When eliminated rotate to the next clockwise circle to change opponents.
- Waiting player enter the circle when someone is eliminated.
- Put a time limit on the exercise.
- Those who move the fewest times are the winners.

8'

B202 Pass to All Players

Key Points:

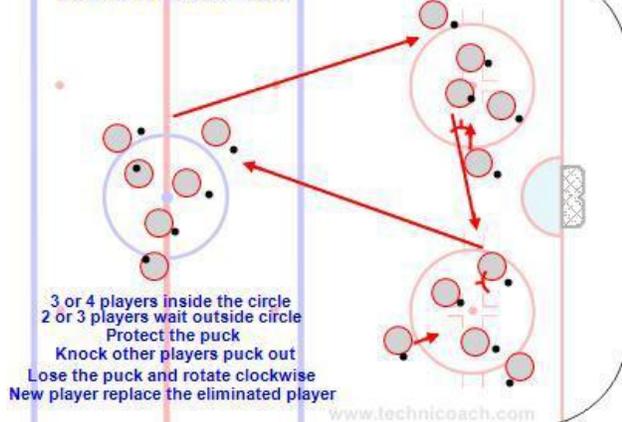
Give and go pass. Give a target and make eye contact before passing.

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".
 6. Backhands only, 1" with puck. Escape moves
- *Compete to see who makes the most passes.

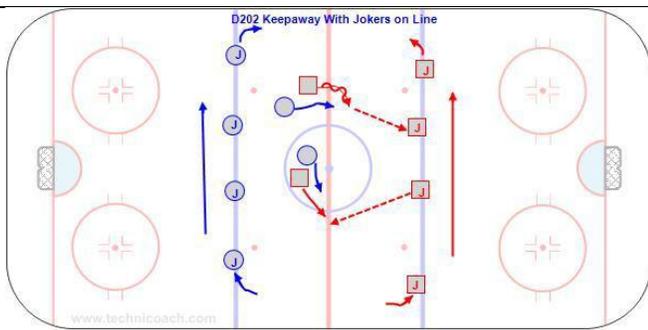
<http://www.hockeycoachingabcs.com/filemgmt/index.php?id=99>

B500 Puck Protection - Dean



B202 Pass to All Players





8'

D202 Keep-away With Jokers on Line

Key Points:

Protect the puck, use fakes and change the type of passes and the situation.

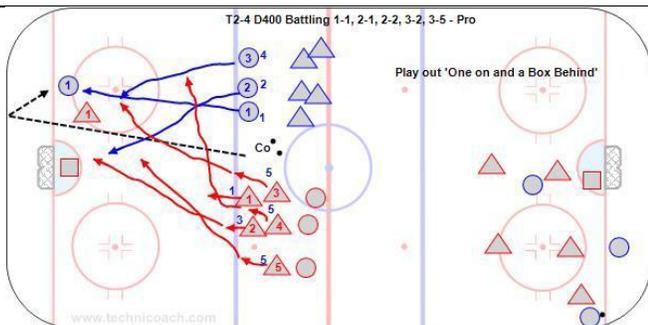
This is a great game to practice puck support, getting open, passing and puck protection.

Description:

1. Active players are in the middle.
2. Jokers are lined up along the blue lines.
3. Passes to Jokers are allowed.
4. Play even situations up to 3-3.
5. Vary the situations 2-1, 3-1, 3-2. Rule: only 1" with the puck.
6. On whistle leave from one end and return to the line-up at the other end.

* Award one point for making 5 consecutive passes and keep score.

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10'

T2-4 D400 Battling 1-1, 2-1, 2-2, 3-2, 3-5 – Pro

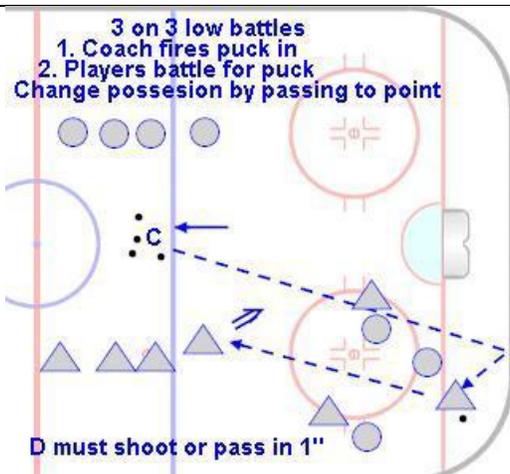
Key Points:

This is a pro drill that works on the low attack and defenders coming into the zone and identifying coverage.

Description:

1. It starts 1-1.
2. Another attacker joins making it 2-1.
3. A defenseman joins making it 2-2.
4. Another attacker join for a 3-2.
5. Three defending forwards come in and make it 3 on 5 and defend with 'one on and box behind'.
6. F1 plays the low 3-3, F2 mid slot, F3 puck side point until the play ends.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140108160938392>



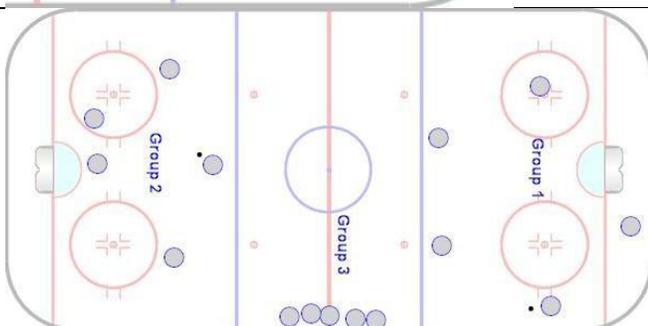
10'

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. Either leave the puck in the zone or pass to the coach on a whistle.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20131008150727357>



15'

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:

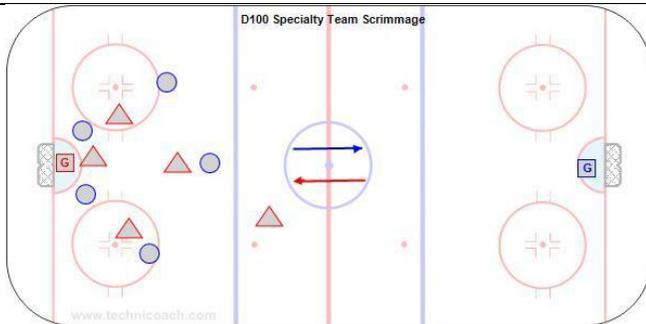
- Line A at one end practice attack options.
- Line B at other end practice attack options. Both walk through pp 5-0.
- Line C in middle passing practice.
- On whistle line A dump the puck to the other end and breakout returning

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.

Introduce Spread 5-3 pp to top line. F's behind goal line

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20121022102206766>



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.

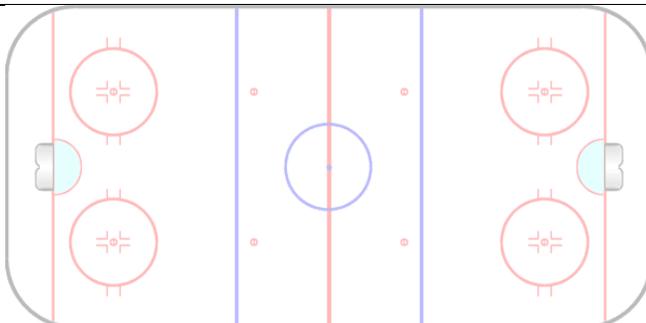
Description:

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.

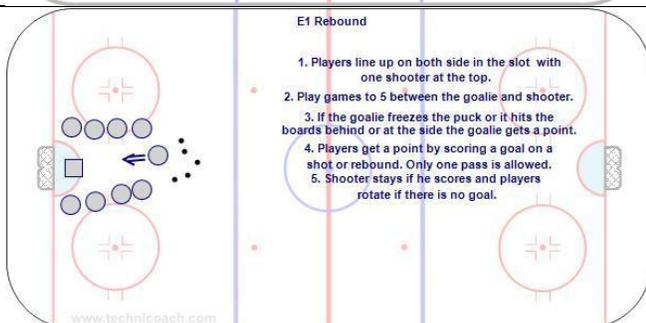
Practice the stretch pass and player coming out of the penalty box by passing to the player in the neutral zone.

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.



8'

Go over D zone face-off alignment and wide breakout.



7'

E1 Rebound Game at Each End

This is a scoring contest that seems to be loved by players of all ages everywhere in the hockey world.

Key Points: Make quick shots and one timers and goalie read the play.

Description: 1. Players line up on both side in the slot with one shooter at the top. 2. Play games to 5 between the goalie and shooter. 3. If the goalie freezes the puck or it hits the boards behind or at the side the goalie gets a point. 4. Players get a point by scoring a goal on a shot or rebound. Only one pass is allowed. 5. Shooter stays if he scores and players rotate if there is no goal.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080723202833407>

Team meeting in empty dressing room to
Mostly player input.

Get ready for the weekend play-off series.