



Flyers

Practice Plan

Date: 16-02-14

Time: 17:30-18:45

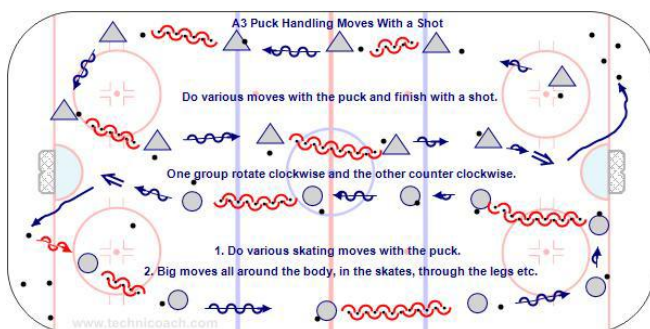
Venue: Rose Kohn

Lines:

Taking bad passes, give and go, quick
Triple threat position, see the ice, point shots
Offensive Playing habits, puck handle all

Notes:

Thinking, puck support, shoot while skating,
Screen, tip, rebound, breakaways, Good
Around the body



A3 Puck Handling Moves With a Shot

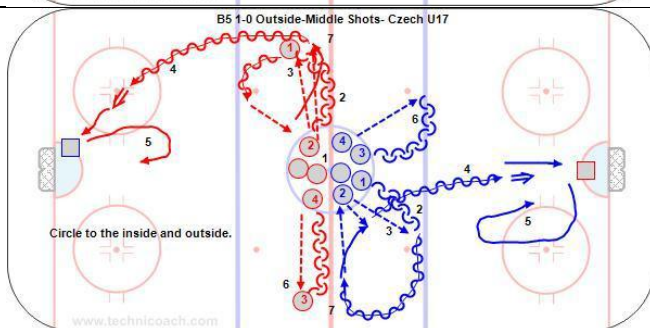
Key Points:

Do various moves with the puck and finish with a shot.

Description:

One group rotate clockwise and the other counter clockwise.

1. Do various skating moves with the puck.
2. Big moves all around the body, in the skates, through the legs etc.



B5 1-0 Outside-Middle Shots - Czech U17

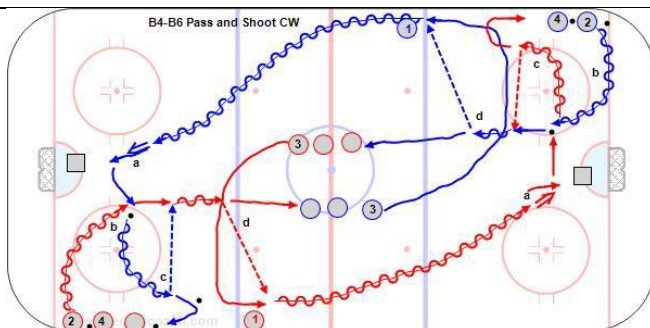
Key Points:

Keep skating, give a target and pass hard and pass while moving. Hit the net and follow the shot. Rebound for the next shooter.

Description:

1. All players and pucks are in the middle.
2. One player leave from each side.
3. Player 2 pass to player 1 who circles between the red and blue line.
4. Player 1 skate in and shoot after the third pass.
5. After shooting player 1 circle back and rebound for the next shooter.
6. Alternate sides and player 3 leaves after the first pass.
7. Circle left and right so shots come from both in the middle and the outside lanes.

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B4-B6 Pass and Shoot Pro W

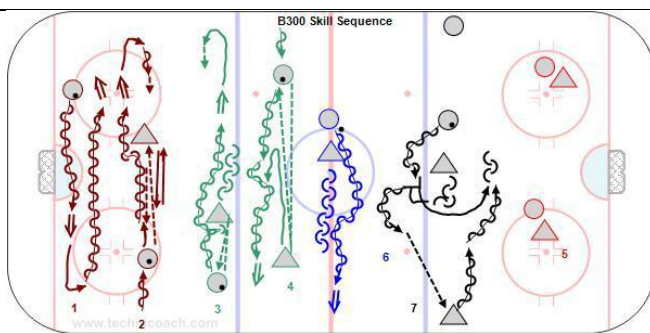
Key Points:

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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B3 Passing and Partner Practice – Review how to take bad passes and then practice with a partner.

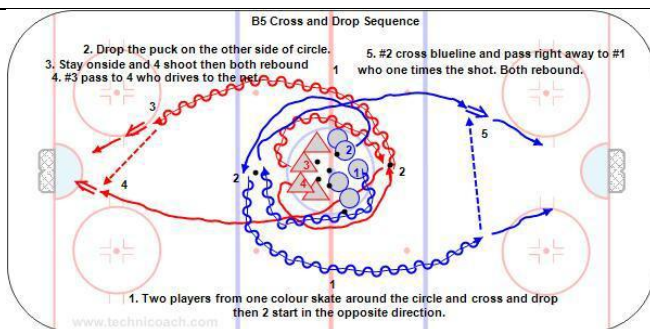
Key Points:

This is a great formation for partners to work together on passing or puck handling. If the puck is too far ahead reach with the top hand and blade flat on the ice. If the puck is in the feet adjust by sliding the hand down and blade in the mid body or take it with the skate.

Description:

1. Partner pass stationary and then skating. Incorporate going around each other as well.

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B5 Cross and Drop Sequence Key Points: Players are inside the middle circle. Two players skate around and cross and drop then 2 from the other group leave. Leave the puck when dropping and the second player skate behind. Return to line from the wide lanes to avoid collisions.

Description: 1. Two players from one colour skate around the circle and cross and drop then 2 start in the opposite direction.

2. Drop the puck on the other side of circle.

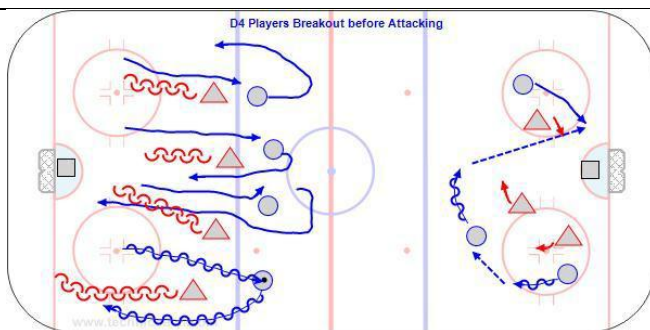
3. Stay onside and 4 shoot then both rebound

4. #3 pass to 4 who drives to the net.

5. #2 cross blueline and pass right away to #1 who one times the shot. Both rebound.

Options: a. One, two or three players leave at a time
c. Give + go with last shooters from the goal line. Start by passing across early and that player pass to the goal line who pass to the other attacker. Pass from goal line after shooting.

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Review how to reach over the blue line with the puck to prevent off-sides and how to stay onside.

D4 Players Breakout before Attacking

Key Points:

To transition from defense to offense all the players must come out over the blue line and stay on side when they turn back to attack.

The coach can designate modified rules for the game to work on either individual or team play skills.

Description:

1. One team attacks with the puck and tries to score.

2. The defending team must breakout over the blueline and then turn back and attack.

*Individual skills can be worked on. i.e.

4 x 5' games. 4-4 at each end.

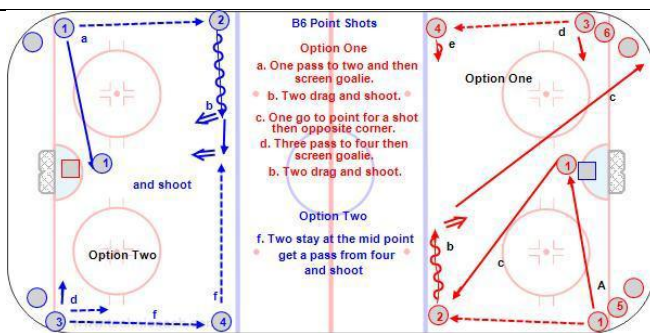
Game one: focus on staying onside.

Game two: two seconds only with the puck.

Greens switch ends.

Game three: two seconds only plus goals must be scored with a give and go play.

Game four: : two seconds only plus goals must be scored with a give and go play and the players must face the play when passing (no blind back hands)



B6 Point Shots

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

- One pass to two and then screen goalie.
- Two drag and shoot.
- One go to point for a shot then opposite corner.
- Three pass to four then screen goalie.
- Four drag and shoot.

Option Two

- Two stay at the mid point and get a pass from four and shoot before rotating.

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The video has only the pass and shot with defensemen but with the whole team add the screen and the one timer.



D100 One Pass in Each Zone: 4 on 4 with extra players on bench and change on their own.

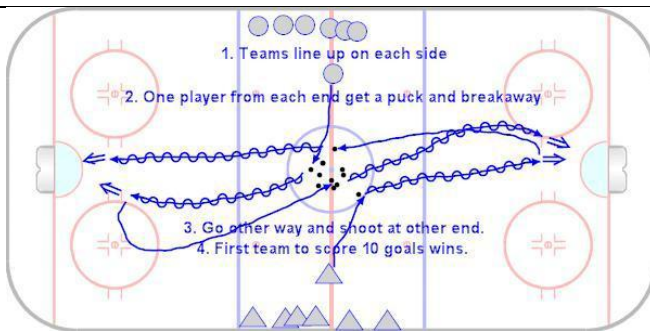
Key Points:

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

Description:

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

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E1 Two Shot Shootout

Key Points: Players should come in and make a hard move and shoot. The general rule on a breakaway is if the goalie is out far deke and if he backs in shoot.

Description: 1. Teams lines up across from each other and the pucks are in the middle circle.

2. One player from each team leaves and shoot at opposite ends.

3. The same players turn back and get another puck from the middle and shoot at the other end.

4. Continue until all the players have shot and keep score. You can also decide the winner by saying the most goals in a certain time or the first team to 10 or another total wins.

- Players that score no goals do 2 laps, those who score one goal skate one lap and those who score on both shots zero laps.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20110324144209198>