



Flyers

Practice Plan

Date: 18-02-14

Time: 16:00-17:30

Venue: Max Bell 2

Lines:

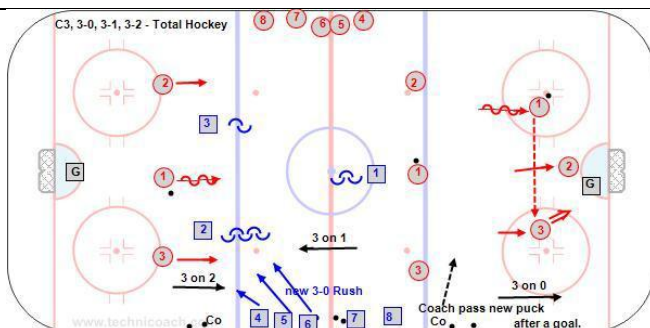
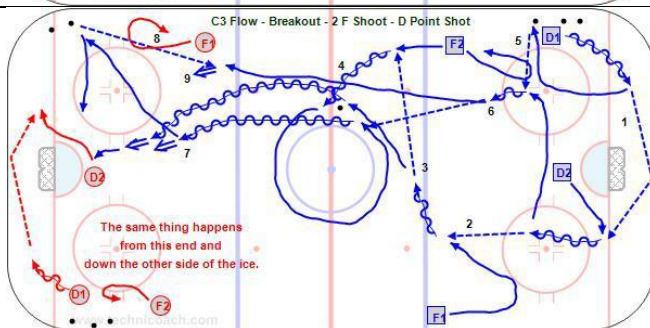
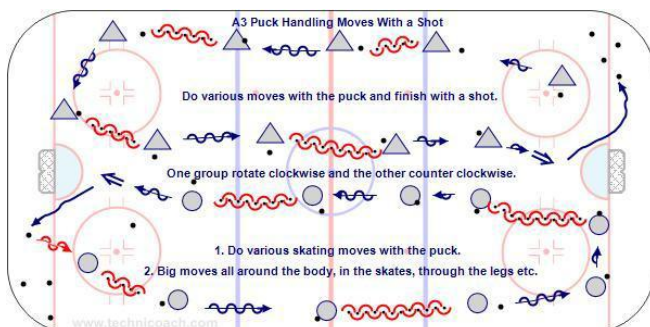
Man on man defense in all games.

1-1, 2-2, 3-3, 4-4

Notes:

3-0, 3-1, 3-2, D to D, shoot, point shots,

16 skaters and 2 goalies.



10'

Start with 3 min. of individual puck handling.

A300 x 2 Skating and Puck Handling Warm-up with Shots

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.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20121031084114911>

10'

C3 Flow - Breakout - 2 F Shoot - D Point Shot

Key Points:

Pass hard, keep skating all the time. Pass and follow the pass. Screen, rebound.

Description:

This happens the same time from each end.

- 1 - D1 pass behind to D2.
- 2 - F1 get breakout pass from D2.
- 3 - F1 skate to big ice and pass to F2.
- 4 - F2 drop pass to F1 who attacks and shoot
- 5 - D1 pass to D2.
- 6 - D2 pass to F2 who skated around circle.
- 7 - F2 attack and shoot..
- 8 - D2 follow attack and get a pass from F1.
- 9 - D2 take a point shot and F1 screen.

<https://skydrive.live.com/redir.aspx?cid=bd6fa116988317e9&resid=BD6FA116988317E9!2741&parid=BD6FA116988317E9!114&authkey=!AGK6-mGaaS6CQoc>

12'

C3, 3-0, 3-1, 3-2 - Total Hockey

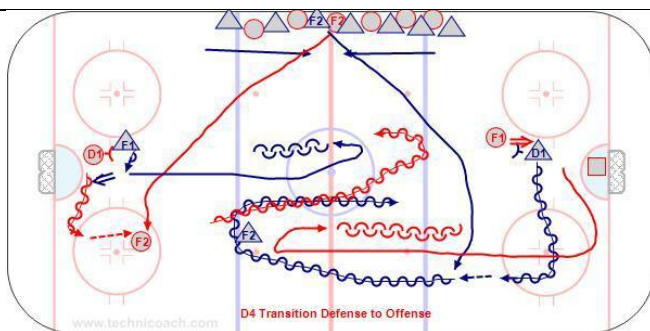
Key Points:

Attack with a middle drive and speed. Hit the net and drive for rebounds. Only allow one pass on the 3-0. Attack with speed and make plays early while defenders delay the attack.

Description:

1. One group on each side in the neutral zone.
2. Everyone attacks and defends.
3. Play rebounds until a goal or the puck is behind the net or outside the dots.
4. Coach pass new puck if a goal is scored.
5. One defender follow the rush on 3-0 and two follow the 3-1 rush.
6. Keep score.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2013012209054791>



10'

DT400 1-1, 2-2, Support-Attack-Defend

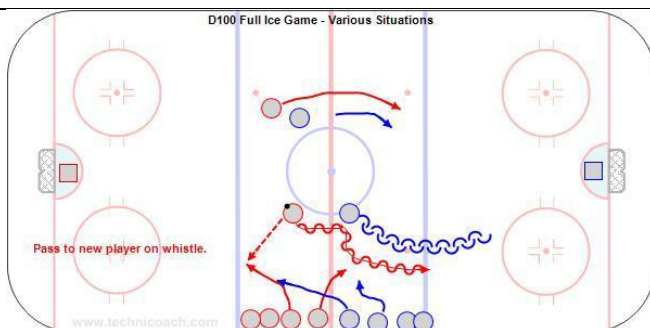
Key Points:

Defending player stay on the defensive side. Supporting player give a target for the pass and get into an open lane.

Description:

1. F1 attack D1 at each end. 2. Players line up on the boards with the first player in line D1 supporting the defense. 3. The coach can determine whether the supporting defender is passive or active. 4. On a turnover or a goal the breakout pass is made to the supporting defender from D1 to F2. 5. Carry the puck to the red line or if the team has a full ice practice, carry the puck to the far blue line. 6. F2 Attack vs. the original attacker

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20090726104059741>



15'

D100 Full Ice Game - Various Situations Stress Man on Man Defense

Key Points:

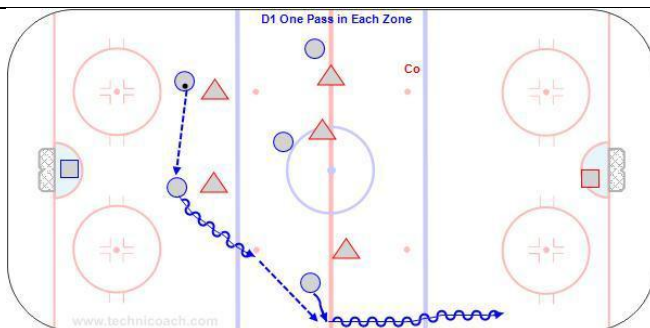
Switch between all four game roles.

- 1-puck carrier.
- 2-puck support.
- 3-check puck carrier.
- 4-cover away from the puck.

Situations: offense, defense, loose puck.

Description:

1. Start with the players line up along the boards in the neutral zone.
2. Play situations from 1-1 to 4-4, including uneven situations like 2 on 3.
3. Play for 30" and pass to teammate on the whistle.
4. On a goal defenders must touch the red line.



13'

D1 One Pass in Each Zone – Give and Go Goals Only

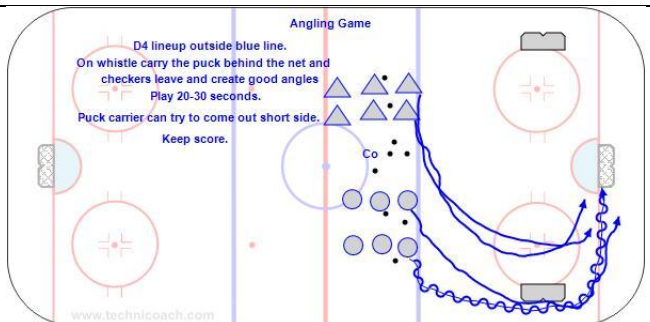
Key Points:

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.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2011032414361323>



6'

D200 Angling game

Key Points:

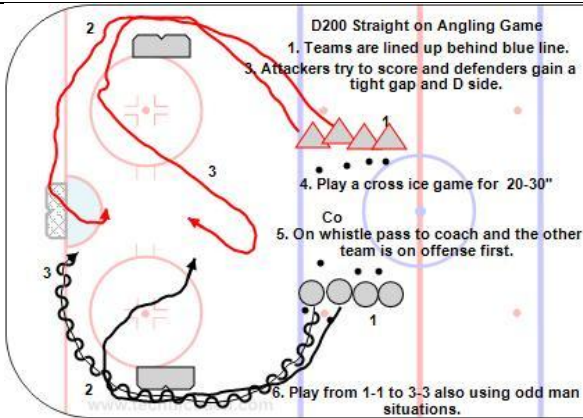
Checkers create an angle on puck carrier and take away their time and space with body on body and stick on the puck.

Description:

1. D200 lineup outside blue line.
2. On whistle carry the puck behind the net and checkers leave and create good angles.
3. Play 20-30 seconds.

4. Puck carrier can try to come out short side.
5. Keep score. Play to a certain score and losing team do something like push ups. Play a short series.

<http://www.hockeycoachingabcs.com/mediagallery/video.php?n=20111005185904685>



6'

D200 Straight on Angling Game

Key Points:

Both teams go behind their net on the whistle.
Defenders close the gap and maintain the defensive side.

Description:

D200 Straight on Angling Game

1. Teams are lined up behind blue line.
2. On the whistle each team skates behind their net.
3. Attackers try to score and defenders gain a tight gap and D side.
4. Play a cross ice game for 20-30"
5. On whistle pass to coach and the other team is on offense first.
6. Play from 1-1 to 3-3 also using odd man situations.

<http://www.hockeycoachingabcs.com/mediagallery/video.php?n=20111005190114923>

6'

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 inside then first player in the line backchecks.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20130109085731126>

