



Flyers

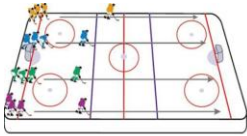
Practice Plan

Date: 19-02-14

Time: 20:15-21:45

Venue: Norma Bush

Lines:	Notes:
First 45 min. one goalie only. Practice.	Man on Man Defense is the theme of the



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

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Talked with players and explained how when you have the puck you should dogged and fake like in tag. Make the one chasing you lean one way and you go the other. We then played the se three games.

A2 Bull Dog, Puck Dog and Pass Dog

Key Points:

Encourage the players to use moves and fakes, change of pace and to protect the puck.

Description:

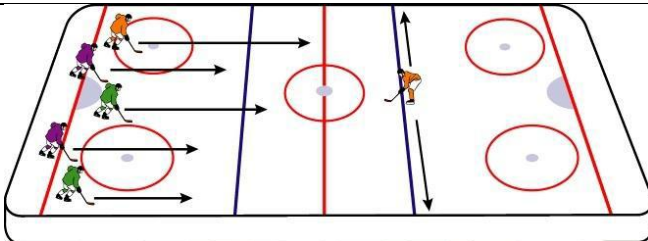
This game has the players line up at the end of the rink in the A2 formation.

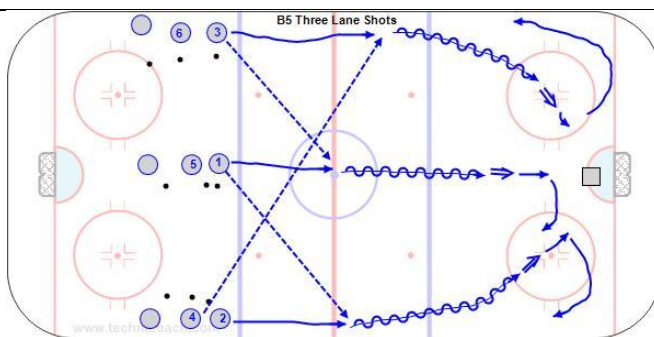
-First with no puck or stick.

-Each player has a puck. One player (who is 'it') is at the lue line and calls out 'British Puck-dog.' The players stickhandle the puck, trying to get to the end without being checked. If a player loses the puck, she becomes 'it' and is in the middle checking. The last player with a puck wins.

-Another option is Pass Dog where partners must make at least one pass in each zone and get to the other end without losing the puck.

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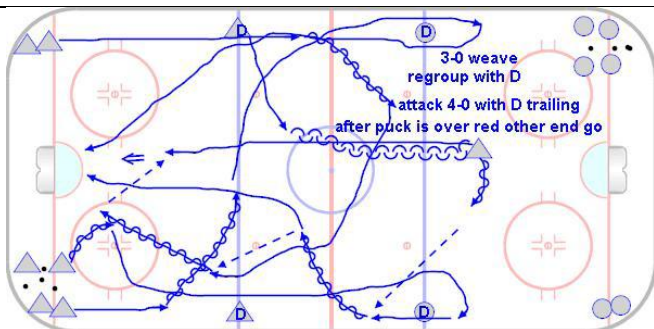
B5 Three Lane Shots

Key Points:

Shoot before the top of the circle. Follow the shot a few strides for the good habit and then return to the line on the outside so you don't get hit with a shot.

Description:

1. Line up in three lanes.
2. Start with 1 pass to 2.
3. Allow 2 to cross the blue line and then 1 leave and get a pass from 3.
4. Wait for 1 to cross the blue line then 3 leave and get a cross ice pass from 4.
5. Repeat 5 to 4, 6 to 5, 7 cross ice to 6.
6. Restart sequence with the first pass 1 to 3.



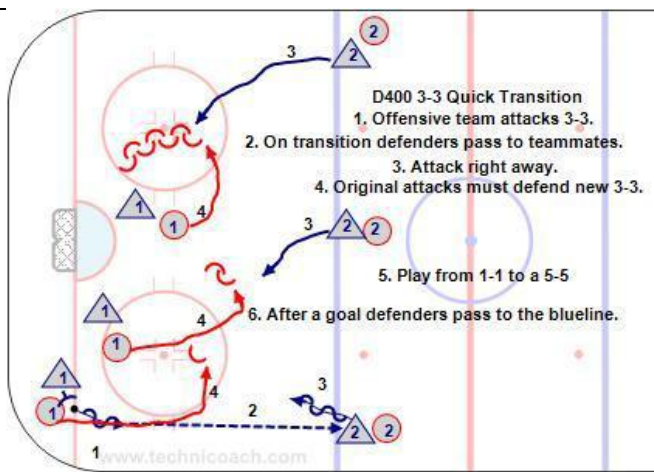
B6 3-0 Weave With D Regroup-one goalie-go one way only

Key Points:

- Skate with the puck to the big ice between the dots and then pass.
- Pass and follow your pass.
- Stay wide until you get the pass.

Description:

1. Half the forwards at each end in three lines behind the goal line with the 2 D waiting at the bluelines. Whites at one end and Blues at the other.
2. Middle player start by skating toward the strong side and pass to the wing and follow the pass skating behind the new puck carrier.
3. Wing skate to the big ice between the dots and pass to the far wing then follow the pass.
4. Wide wing skate to the big ice and pass to the original centre who is now in the opposite wide lane.
5. The D are skating backwards thru the middle zone and the puck is passed back to him for a regroup the other direction.
6. On regroup one player supports on the strong side boards, one mirrors the puck in the middle lane and one is in the wide lane.
7. D hinge D to D and makes the pass and follow the attack into the zone.
8. Instead of passing to the D dump it in and practice breakouts.



The teaching point is Man to Man Defense.

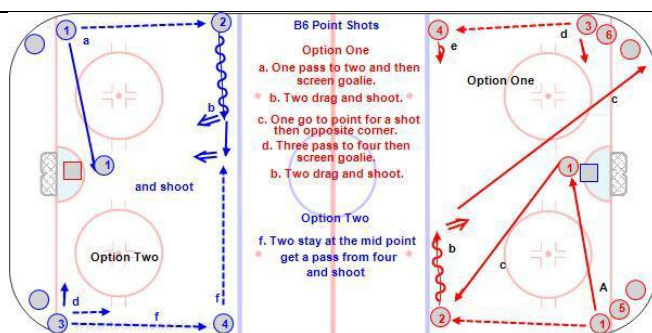
DT400 Game of Quick Transition

Key Points: The resting players attack right away when they get a pass and the original attackers must communicate and cover one attacker each.

Description:

1. Offensive team attacks 3 on 3. It can be 1-1, 1-2, 2-1, 2-2 or 2-3 also if the coach wants to practice these situations. Upt to 5-5 is possible.
2. On transition to offense the defenders pass to their teammates waiting behind the blue line.
3. Attack right away (don't have to wait for teammates to get onside in this game.)
4. Original attackers now defend and communicate with each other on how to stop the attack.
5. After a goal the defenders is allowed to pass to the new attackers.

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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:

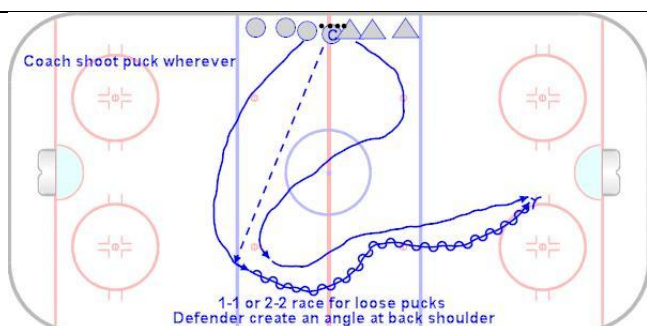
Option One

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

Option Two

- f. Two stay at the mid-point and get a pass from four and shoot before rotating.
- G. D shoot and then go to the net and get a pass from the opposite corner and take another shot.

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C2 Angling 1-1 Wally

Key Points:

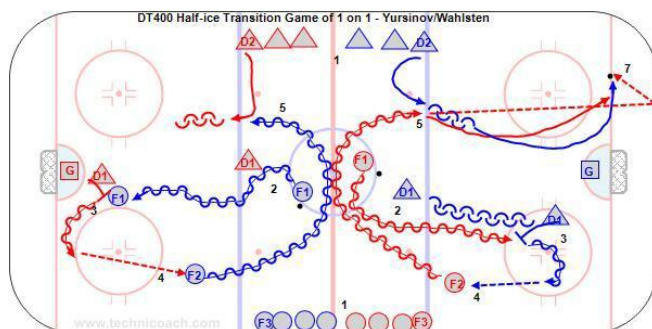
Defender create an angle from inside to cut the ice in half, deflect the play wide, angle at the back of the inside shoulder with the stick on the puck and finish. Second checker mirror from a little behind.

Description:

1. Coach shoot the puck across the ice on the attacking teams half or dump it softly.
2. Red 1 race for the puck and attack the Blue net.
3. Blue 1 and 2 tag up at the blue line then arc slightly behind the puck carrier to cut the ice in half.
4. Blue 1 close the gap approaching toward the back shoulder with body on body and stick on the puck.
5. Blue 1 rub out Red 1 and Blue 2 pick up the puck.
6. Blue 1 and 2 attack the other way while Red 1 back checks.
7. Repeat with Blue 3 on offense vs. Red 1-2.

** This can also be done as a 1-1 drill to teach the concepts of angling - deflect-steer-angle-finish with body on body and stick on the puck.*

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DT400 Transition Game of 1 on 1 - Yursinov-Juuso IIHF Symposium

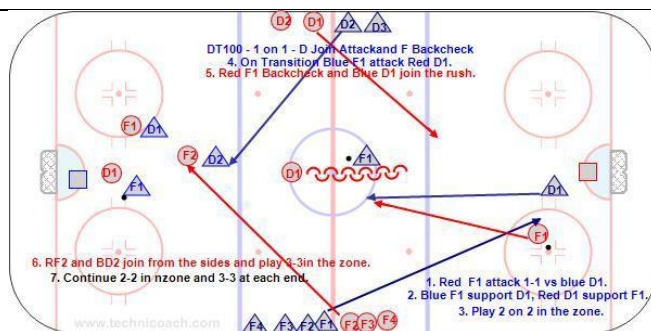
Key Points:

Defender must maintain a tight gap and stay of the defensive side. Attacker use moves to beat the defender, fight for rebounds and loose pucks. On the dump-ins the defender must read where the checker is coming from and the attacker create good checking angles.

Description:

1. Divide the team into two colours and opposite forwards and defense play against each other at both ends.
2. F1 attack vs. D1 after skating through the middle circle.
3. Fight for rebounds and loose pucks.
4. On transition pass to F2 at the top of the circle.
5. F2 skate through the middle circle and attack vs. D2. 6. Add a regroup with the forward circling back.
7. Add a neutral zone dump-in and the D and F fight for the loose puck.

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DT100 Continuous 1 on 1 D - Join Attack F Backcheck

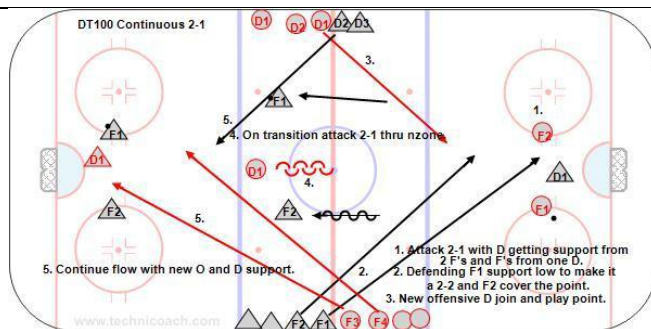
Key Points:

Forwards cover D and D cover F's. One D should join the attack to create triangles and one forward backcheck. Play tight gaps and attackers create 2 on 1's on the rush. Play 5-5 at each end.

Description:

1. Forwards line up on one side and defense on the other.
2. Start with a 1 on 1 attack Blue F1 vs. Red D1.
3. When the puck enters the zone defensive Red F1 support Red D1 and Blue D1 support Blue F1.
4. On transition Red D1 join new attack and Blue F1 backcheck
5. If the puck is dumped out with no possession the offensive team regroup and attack again.
6. Red F1-D1 now go 2 on 2 in the other direction vs. Blue D1-F1.
7. Blue F2 support Blue D1- F1 and Red D3 support attacking Red F1-D1.
8. This rotation continues with a 3-3 in each zone.

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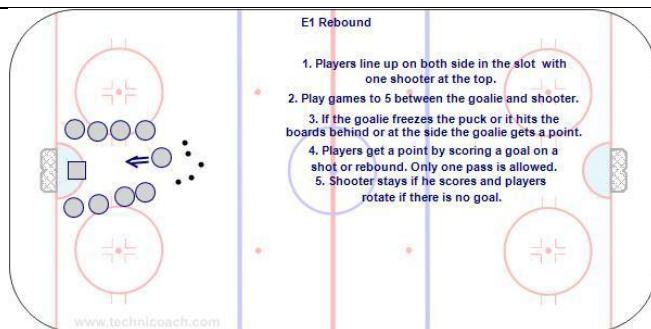


DT100 Continuous 2-1 with 85ers This is an 85 born team with Mason Raymond and Jeremy Colliton, who are in the NHL. Ryan Duncan who won the Hobey Baker is also one of the players. Aaron Lee and three other players are also still playing pro. All but one of these boys played at least Jr. A. Many major jr. and many NCAA Div. 1. I get choked up thinking about these kid's because of what happened after the last tournament we played in Vancouver. I started to go around the room and shake their hands to say goodbye and good luck. Instead of shaking hands the first boy got up and hugged me and my assistant coaches and then the whole team did the same thing. Great memory.

Key Points: New players don't leave the line-up until the puck enters the offensive zone. On dump outs no one change but go back and regroup with the same players. Changes occur when the puck is over the offensive blue line or controlled over the defensive blue line.

Description: 1. Attack 2-1 with D getting support from 2 F's and F's from one D. 2. Defending F1 support low to make it a 2-2 and F2 cover the point. 3. New offensive D join and play point. 4. On transition attack 2-1 thru nzone. 5. Continue flow with new O and D support. -Continue the flow of 2-1 in nzone and 3-3 at each end. -Dump-ins and regroups can be added.

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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.

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