



## Flyers

## Practice Plan

Date: 21-02-14

Time: 16:00-17:15

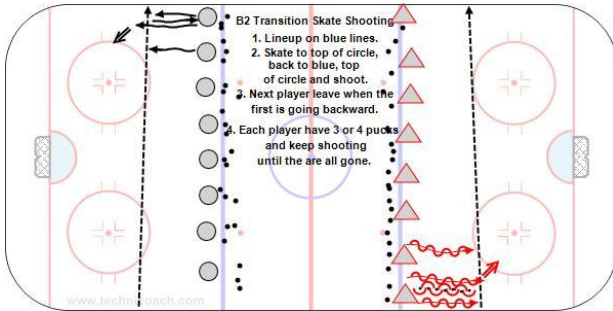
Venue: Max Bell 2

### Lines:

Team play review, breakout and regroup, Dump-in and forecheck

### Notes:

Passing, shooting, timing, 1-1, 2-1, 2-2,



5'

#### B2 Transition Skate Shooting

##### Key Points:

Keep 2 hands on the stick and keep the feet moving. Hit the net.

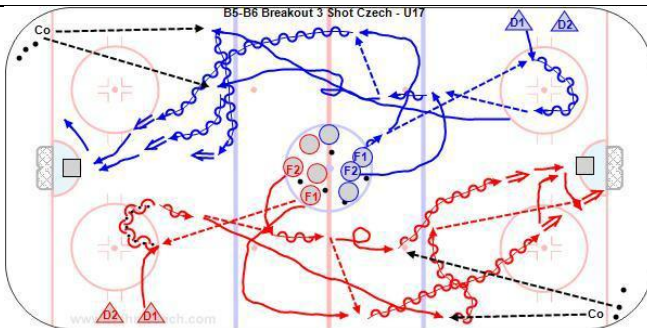
##### Description:

#### B2 Transition Skate Shooting

1. Lineup on blue lines.
2. Skate to top of circle, back to blue, top of circle and shoot.
3. Next player leave when the first is going backward.
4. Each player have 3 or 4 pucks and keep shooting until they are all gone.

(got this drill coaching with Tim Bothwell at the U of Calgary)

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=2012041815512444>



7'

#### B5-B6 Breakout 3 Shot Czech - U17

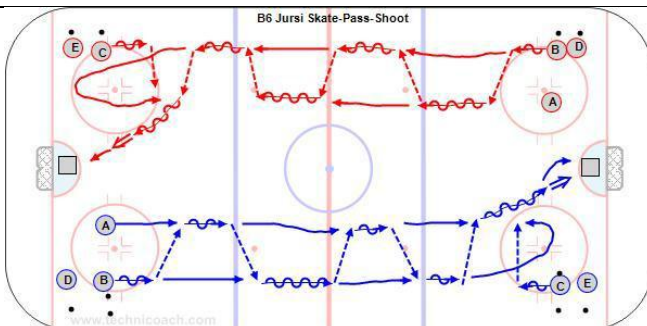
##### Key Points:

Shoot while moving and hit the net. Follow shot for a rebound and then screen. Give a target and then hustle back to the lineup on the whistle.

##### Description:

1. Forwards in the middle and Defense at each end.
2. F1 pass to D1 who drive skates.
3. F1 and F2 get open for a breakout pass.
4. D1 pass to F1.
5. F1 pass to F2 who attacks-shoots-screens.
6. F1 spin then get a pass from the coach and shoot.
7. D1 get a pass from the coach and take a point shot or shot pass while F1 screens and F2 is ready for a shot pass.
8. Do this from both sides.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20130115154630289>



7'

#### B6 Jursi Skate-Pass-Shoot

##### Key Points:

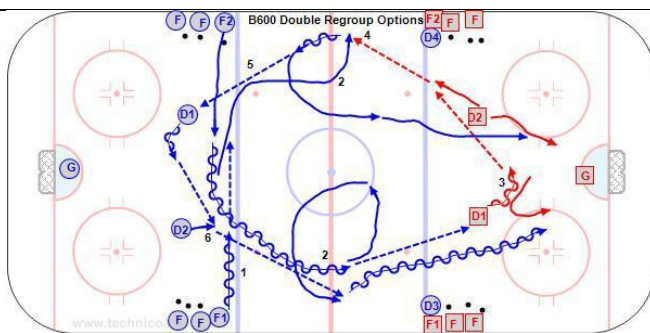
This is a drill that Russian Olympic coach Vladimir Jursinov used when I was coaching with him in Austria. The goal is to get players to practice passing and shooting while they skate. Puck handling-passing-shooting should be seamless.

##### Description:

1. A and B skate down the ice in passing while skating.
2. A is on the inside and continues on with a shot while skating.
3. B pivots facing the puck and continues the other direction passing to C.
4. B shoots and C partners with D the other way.

# This can be done in tandem on both sides of the ice.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120227085711281>



10'

### B600 Double Regroup Options

#### Key Points:

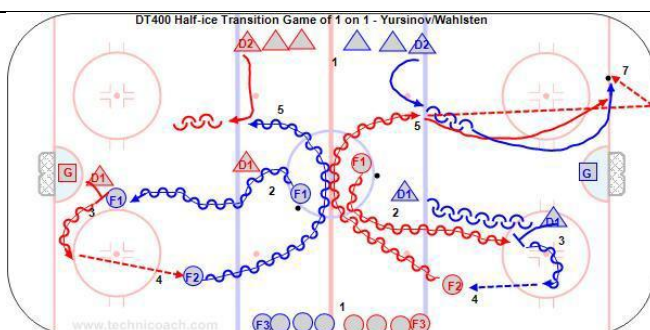
Regroup with each D and support from about a half zone away. Give a target and face the puck. Pass hard and always give strong side wall support and middle support.

#### Description:

1. Blue F1 leave and pass to F2.
2. Cross and regroup with Red D1 and D2
3. Red D1 hinge and Pass to D2.7
4. Red D2 pass to Blue F1 or F2.
5. Blue F's regroup with Blue D1 or D2.
6. Blue D's hinge and pass to Blue F.
7. Blue F's attack the far net vs either zero, one or two D.

\*Options: vary the amount of F up to 3 or D up to 2. Add a dump in instead of a second regroup to work on breakouts or even a forecheck.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120301090901108>



10'

### DT400 Transition Game of 1 on 1, 2-1, 2-2 - Yursi-Juuso IIHF

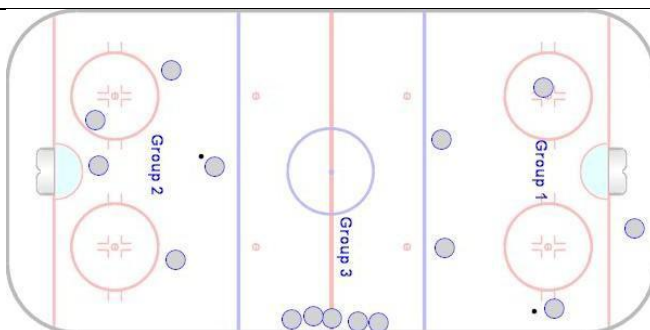
#### Key Points:

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.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20131203153607732>



15'

### T2 Kingston Power Play and Team Play Rotation

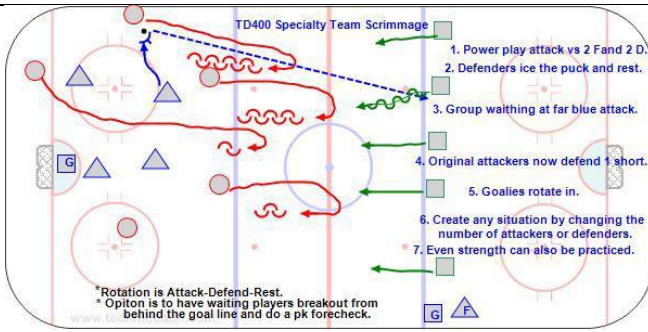
#### Key Points:

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.

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



15'

## T2-4 Three team scrimmage

5-4

5-3

5-5

Review each system then play it.

## TD400 Specialty Team Scrimmage

### Key Points:

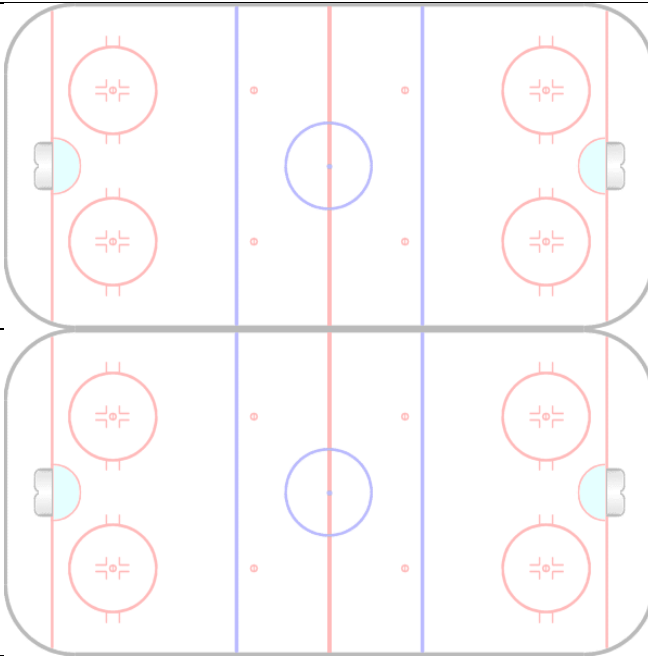
Rotation is Attack-Defend-Rest. Number the players so they know when to not defend. In even numbered situations you can require the defenders to breakout into the neutral zone before passing.

### Description:

1. Power play attack vs 2 Fand 2 D.
2. Defenders ice the puck and rest.
3. Group waiting at far blue attack.
4. Original attackers now defend 1 short.
5. Goalies rotate in.
6. Create any situation by changing the number of attackers or defenders.
7. Even strength can also be practiced.

\*Option is to have waiting players breakout from behind the goal line and do a pk forecheck.

## 5'Free choice.



## Explanation/Notes: