



Flyers

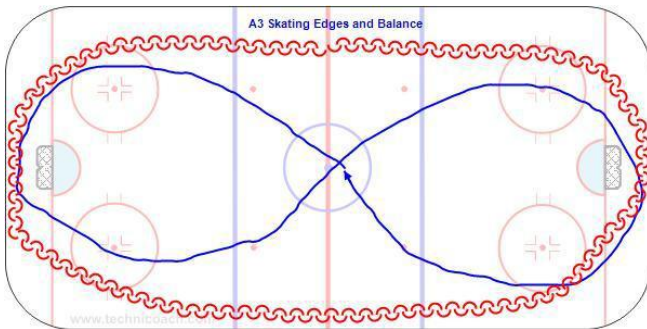
Practice Plan

Date: 11-12-12

Time: 16:00-17:30

Venue: Max Bell 2

Lines:	Notes:
Nzone regroup, point shots, screen, tip	1-1,2-2, 3-3, 2-1, balance and edges
Puck handling, transition	



6 min.

A3 Skating Edges and Balance

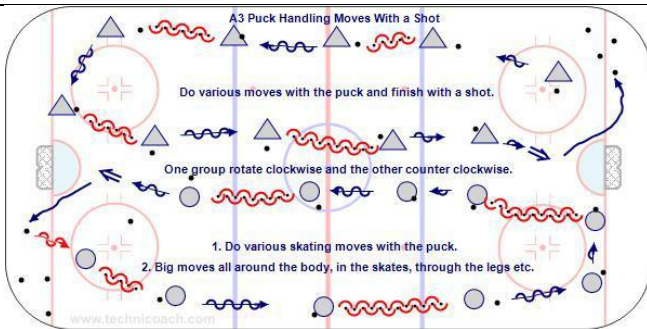
Key Points:

Skate forward, backward, pivot, Good to just go around when backward. Full speed 8's can be dangerous. A guy I play with collided with his best friend doing the big 8 and his friend died as a result of hitting his head on the ice.

Description:

1. Player lead or the coach call out the technique.
2. Skate forward and backward.
3. Striding, crossovers, transition forward to backward, backward to forward.
4. Side to side smooth transition.

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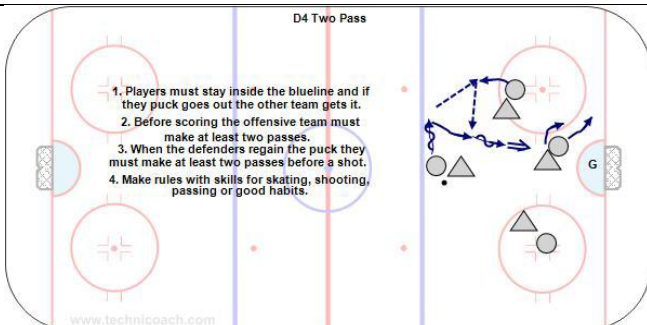
6 min.

A300 Edges and Puck Handling with a Shot

Description:

1. Dark group skate down half the rink with a puck and shoot from the middle and white group skate the opposite way and shoot on the other net.
2. Skate on all of the edges and use big moves by reaching the opposite. i.e. Skate left and reach as far as you can to the right.
3. The players skating down the middle finish with a shot and then get a new puck.
4. Exercises are done while zig-zagging in and out.
 - a. Forward skate and alternate on the front inside edges.
 - b. Backward skate and alternate on the inside edges.
 - c. Skate forward and cross-over alternating on the outside edges.
 - d. Skate backward and cross-over alternating on the outside edges.
 - e. Open hip turn each way.
- f. Slalom and reach as far as possible with the puck the opposite way.

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8 min.

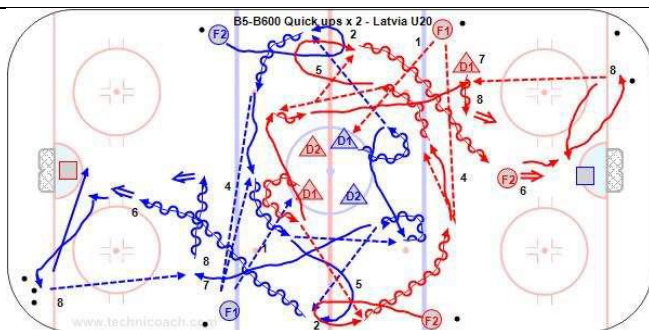
D4 Two Pass Rules - forehand only and 3 strides

Key Points:

My favorite game to warm up the players at the start of practice. The quicker they make the passes after regaining the puck the more scoring chances they produce

Description:

1. Players must stay inside the blueline and if they puck goes out the other team gets it.
2. Before scoring the offensive team must make at least two passes.
3. When the defenders regain the puck they must make at least two passes before a shot.
4. Make rules with skills for skating, shooting, passing or good



habits.

10 min.

B5-B600 Quick ups x 2 - Latvia U20

Key Points:

Forward face the puck and defense get between the dots before passing.
Do everything with the feet moving.

Description:

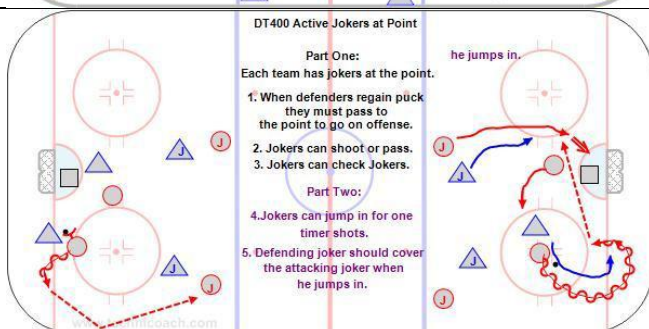
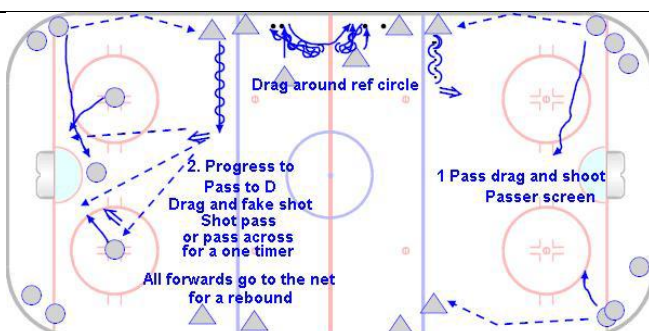
- 1 - F1 pass to D1.
- 2 - F2 get open on boards and get pass from D1.
- 3 - F2 give and go with F1.
- 4 - F2 pass to D1 on the other side.
- 5 - F2 get open for return pass from D1.
- 6 - F2 attack and shoot.
- 7 - D1 follow for a pass to the point.
- 8 - F2 get a puck from corner and pass to D1.
- 9 - D1 shoot while F2 screen.

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15 min.

Sean-Kevin - D Shooting

Tom – Tom – F screen, tip, one timers.



8 min.

DT400 Active Jokers at Point

Key Points

Each team has two jokers at the point. Introduce the game allowing jokers to check jokers and then add that jokers can come in for one timer shots.

This transition game creates three situations. In the first part the players at the point must get open and take a shot or make a pass. The defender practices covering the point. In the second part add that the jokers at the point can come in for a one timer shot

Description:

Part One: Each team has jokers at the point.

1. When defenders regain puck they must pass to the point to go on offense.

2. Jokers can shoot or pass.

3. Jokers can check the opponents Joker.

Part Two:

4. Jokers can jump in for one timer shots.

5. Defending joker should cover the attacking joker when he jumps in.

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10 min.

D100 Transition Game of Support, Defend, Attack, Rest

Key Points:

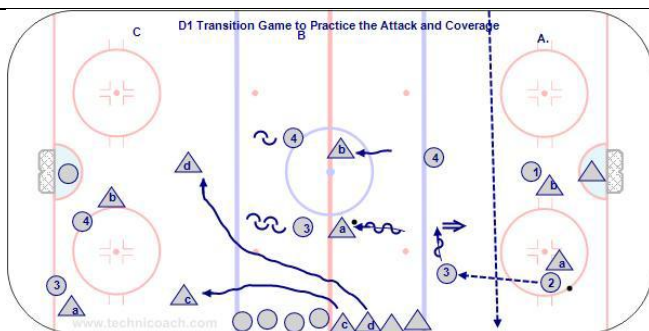
This is a great full ice transition game to practice offense and defense in all three zones. I have done this the last 2 practices with my team and my skills group. The coach can decide what to focus on each time you do it. Instead of stopping the game talk to the players when they come back to the line. You can do this from 1-1 to a 3-3. I will put a modification that adds other nuances to the game at another date.

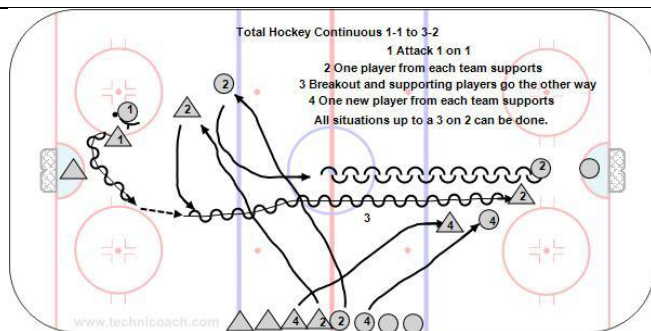
Point men only get one second with the puck to shoot or pass. Defenders cover the low players and ignore the pointmen.

Description:

A. 1 and 2 attack vs a and b and are supported on the blueline by 3 and 4
The pointmen cannot go farther than the top of the circle. When the puck goes to the point a and b control the sticks of 1 and 2. Attackers cycle, screen, tip, drive the net. Defenders work on low coverage and B.O.

B. When a and b breakout over the blueline 1 and 2 are finished and there is





a 2 on 2 in the nzone with a and b attacking 3 and 4.
C. After the puck crosses the blueline c and d support a and b from the point.

10 min. 1-1, 2-1, 2-2

D100 Total Hockey 1-1 to a 3-2

Key Points:

The support can be either passive or active.

Once the new players are in the neutral zone the original players go back to line; unless a regroup is added.

Description:

D100 formation along the boards in the nzone.

Start with a 1-1 and when the puck crosses the blue line each player gets support from the lineup on the boards.

Various situation up to a 3-2. i.e. A 2-1 thru the nzone with the defender getting 2 and attacker 1 supporting player makes a 2-1 in nzone and 3-3 at each end. Change the supporting players to create various situations. Players learn to play in all situations offensive and defensive situations.

The game can also be played using designated positions.

10 min.

DT400 Kibbuk Small and Smaller Area Games at Once

Key Points:

Set one net up on the goal line below the face-off dot facing up ice and the other net facing the corner just inside the circle. The game is continuous and the coach shoot in a new puck on a goal.

Description:

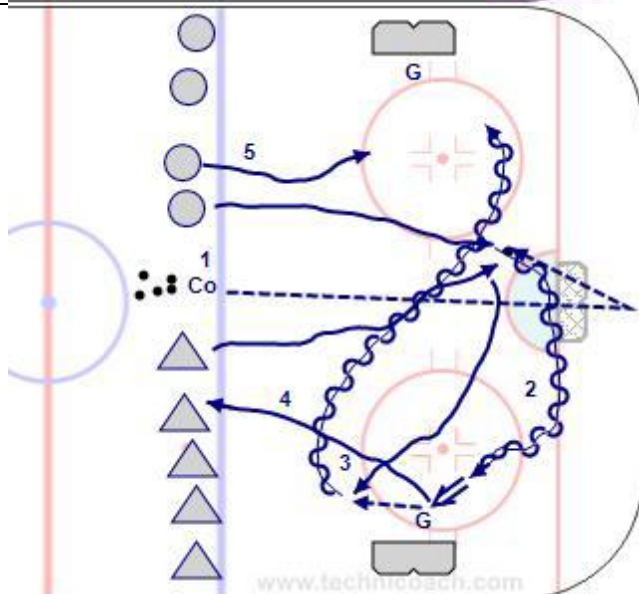
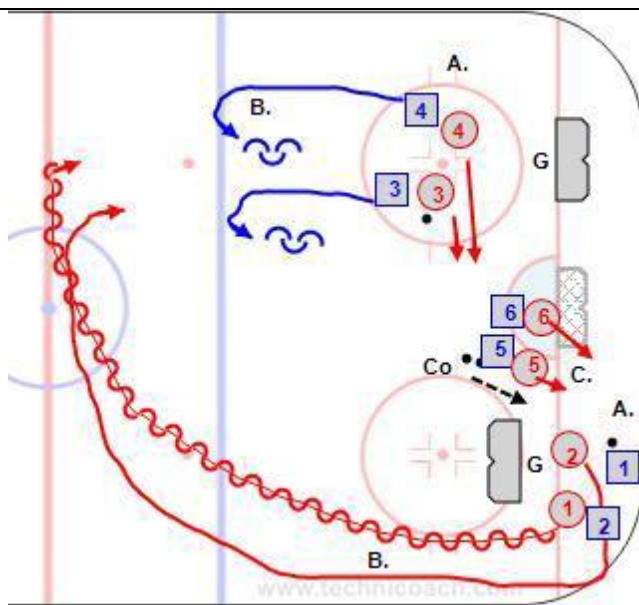
A. Blue 1 and 2 attack Red 1 and 2 in the corner and Blue 3 and 4 attack Red 3 and 4 from the red line.

B. Coach whistles and Red 1 and 2 carry the puck out to the red line and attack the other net vs. Blue 3 and 4.

C. Coach shoots in a new puck and Red 5 and 6 attack vs. Blue 1 and 2 in the corner. Red 3 and 4 return to the line.

Option: Vary the number of players from 1 to 3 and switch up who starts on offense half way through the game.

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7 min.

E1 D200 Shootout Game: 1-1, 2-2, 3-3

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 outside then first player in the line backchecks.

