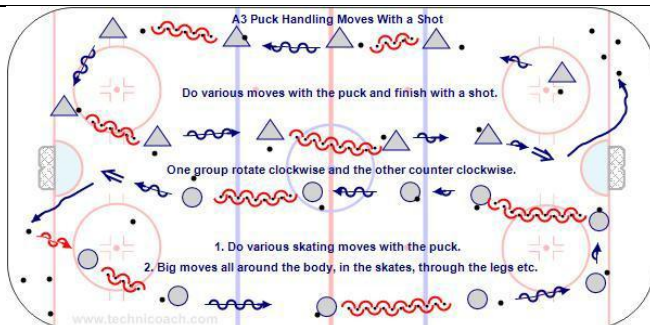




## Flyer White

## Practice Plan

<b>Date:</b> 9-6-16	<b>Time:</b> 17:15-18:30	<b>Arena:</b> Fairview
<b>Lines:</b>	<b>Notes:</b>	
Forwards skill – passing, puck handle	D – breakout options	
G – technique	Breakouts, 1-1, 2-1, 2-2, 3-2	



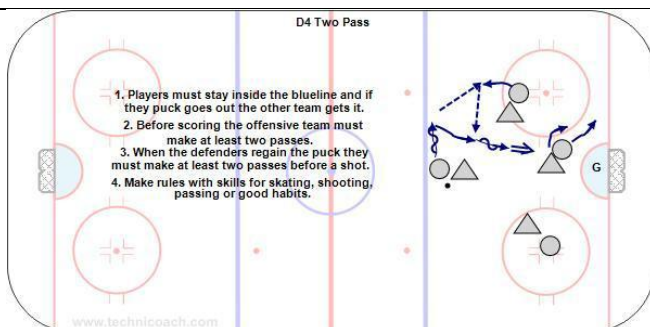
**8' – Only Forward each group shoot one end.**

**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>

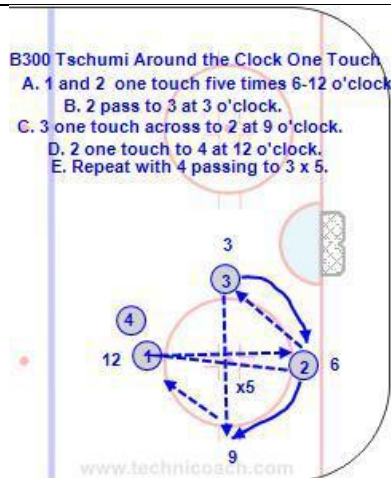


**10' Two 5' games. 2 pass then 2 pass escape move needed.**

**D4 Two Pass 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. If you look on the video's my son and I are playing this game with Dany Heatley and Jamie Huart as they prepare to go to Europe for the World Championships. The game is the template and then you can add skill or good habit rules to practice 'How to Play the Game.'

**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.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20111005184904487>



10' **Group of 4 at each circle**

## B300 Tschumi Around the Clock One Touch

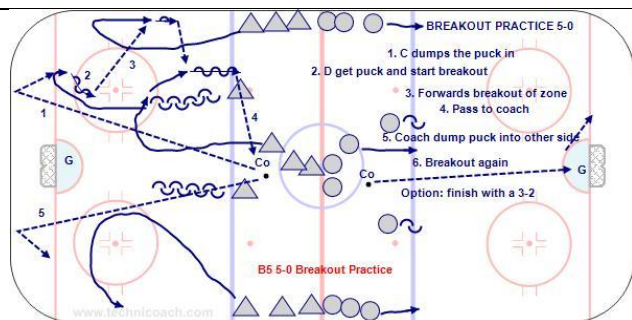
### Key Points:

One touch the puck in the middle of the blade and follow through with the top hand away from the body. Start rotating clockwise and then switch to counter clockwise.

### Description:

- 1 and 2 one touch five times 6-12 o'clock.
- 2 pass to 3 at 3 o'clock.
- 3 one touch across to 2 at 9 o'clock.
- 2 one touch to 4 at 12 o'clock.
- Repeat with 4 passing to 3 x 5.

<http://www.hockeycoachingabcs.com/filemgmt/index.php?id=90>



10' **Jim one group and Tom other.**

## B5 - T2 5-0 Breakout Practice

### Key Points:

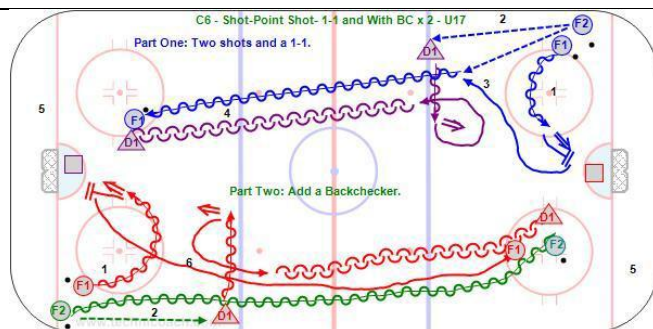
Breakout from both sides and practice all the options including D to D passes.

### Description:

- Coach dumps the puck in.
- D go back and get the puck, move between the dots and pass or go D to D.
- Forwards break out.
- Pass the puck to the coach.
- Coach dumps the puck in the other corner for another breakout.
- Do all of the options, go, counter, wheel, reverse, reverse to wing, over.

Option: do a third breakout and the forwards skate to the red line and turn back attacking 3-2.

<http://www.hockeycoachingabcs.com/mediagallery/video.php?n=20121101085219680>



12' **Do from both sides.**

## C6 - Shot-Point Shot- 1-1 and 2-1 x 2 - U17

### Key Points:

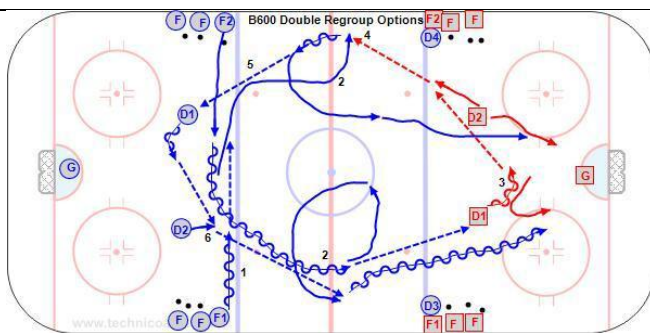
Shoot while skating, follow the shot then screen. D shoot low so the F in front can tip then play a tight gap in the 1-1. D Play more aggressive with a really tight gap when there is a back checker. Play out the rush until it is over.

### Description:

Part One: Two shots and a 1-1.

- Start with F1 at each end walking out from the corner and taking a shot, then screen.
- F2 pass to D1 who skates along the blue line inside the dots and shoots.
- F1 break up ice and get a pass from F2.
- F1 attack 1-1 vs. D1.
- Play the 1-1 until the whistle.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20151020125516673>



**12' 5-0 Breakout-Regroup-5-0 Attack. Show middle drive and D joining to form a 4 player diamond.**

## 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.hockeycoachingabc.com/mediagallery/media.php?f=0&sort=0&s=20120301090901108>



## 12' 5-5 Scrimmage

**1' meet in middle. Tell the team about the process of selecting the final roster.**

**Explanation/Notes:**

