



Flyers

Practice Plan

Date: Aug 1 - 7:45

Time:

NE Hartman

Lines:

Notes: 1 Goalie and 2 Coaches

Goal- move feet when you get the puck.

Puck Support

Offensive triangle.

D join the rush

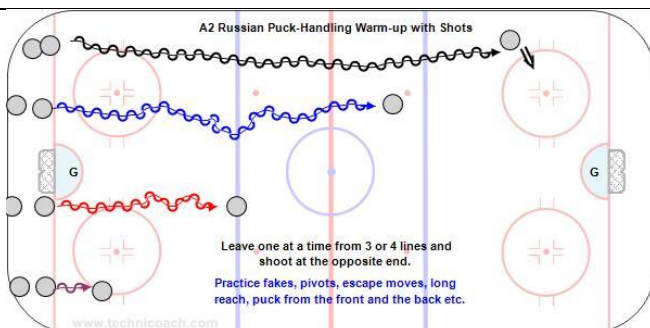


A2 Skating Warm up-Edges and Balance Position With a Puck

Key Points:

Be in a good athletic position with the knees bent, back upright and lead with the chest and head up. Use all of the edges.

Description: Gaston leads a skating warm up. Exercises use the inside and outside edges, proper body position both forward and backward as well as a one skate exercise that requires a good balance position and use of all of the edges. <http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20110423080435937>



A200 Puck Handling with a Shot

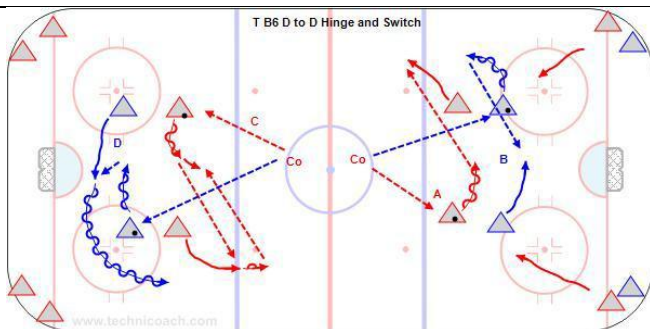
- Slide sideways, pushing about 4 or 5 times with the inside skate and gliding on the outside skate. Fake passes and shots while skating like this.
- Pivot a complete circle to the left and then to the right.

. Fake a slapshot and go around opponent on the backhand side.

. Fake a slapshot and go around opponent on the forehand side.

. Fake a slapshot and then do a backhand tight turn around opponent.

. Fake a slapshot and reach out like you are going around the opponent on your forehand and then pull the puck quickly to your backhand and go around opponent.



T B6 D to D Hinge and Switch

Key Points:

Pass back to the coach after each one of these sequences. Coach should pass to one player and after the sequence get a return pass then pass to the other player. This is a controlled breakout after a regroup or any situation with only one forechecker.

Description:

1. Coach in the neutral zone pass to a player coming from the corners.

A. Player skates to mid ice and passes to partner who hinges wide and up ice.

B. Player skates to wide lane and pass to partner who supports in mid ice behind.

C. Player skate to middle, pass wide, get return pass in middle.

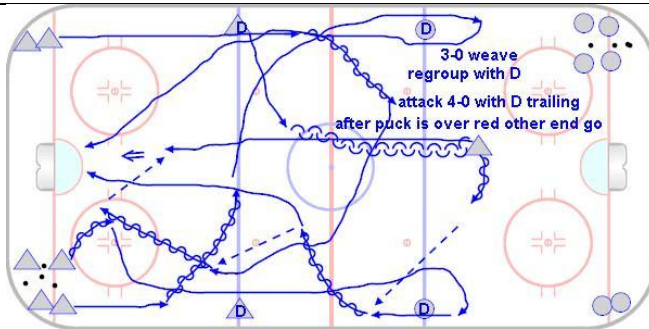
*Pass back to the coach after each of these exercises and then add players who regroup with D.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20110407093426412>

<http://hockeycoachingabcs.com/forum/viewtopic.php?showtopic=1236&topic=1236#1236>

<http://hockeycoachingabcs.com/forum/viewtopic.php?showtopic=1232&topic=1232#1232>

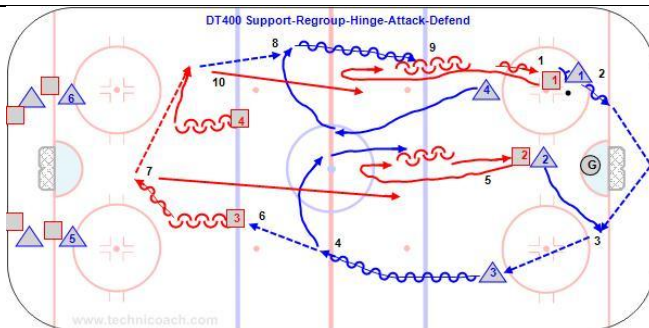
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B6 3-0 Weave With 2 D Regroup D Hinge then Pass Up

Description:

1. Half the forwards at each end in three lines behind the goal line with the 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's is skating backwards thru the middle zone and the puck is passed back and they hinge at least once before passing to the F's.
 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 makes the pass and middle D follow the attack into the zone. Trailer pass to the D who shoots.
- *With one goalie shoot only at one end.



DT400 Support-Regroup-Hinge-Attack-Defend

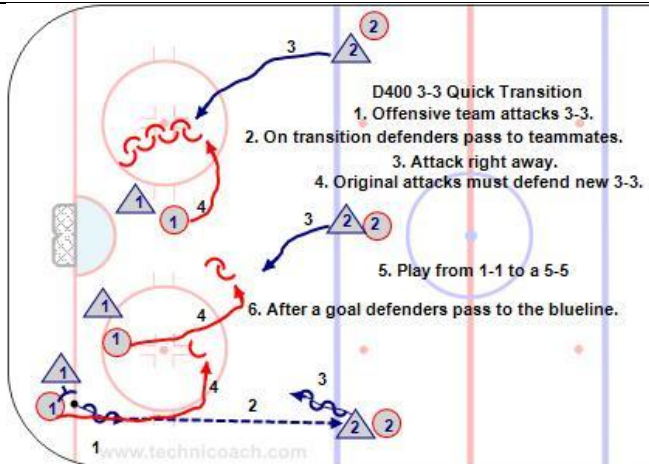
Key Points:

New players give defenders support from the top of the circles as if they were wingers. If the puck is carried above there they can.

Description:

1. Red 1-2 attack Blue 1-2.
 2. Blue 1-2 defend.
 3. Pass to Blue 3-4 after a turnover or goal.
 4. Blue 3-4 breakout the other direction.
 5. Red 1-2 follow the play as defenders
 6. Blue 3-4 regroup with Red 3-4.
 7. Red 3-4 hinge at least once.
 8. Red 3-4 pass to Blue 3-4.
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9. Blue 3-4 attack vs Red 1-2.
 10. Red 3-4 follow attack to support Red 1-2.
 11. Blue 5-6 move to nzone ready to regroup with Red 3-4.
- Continue this rotation of support-regroup-hinge-attack-defend.



D400 - 3 on 3 Quick Transition Game

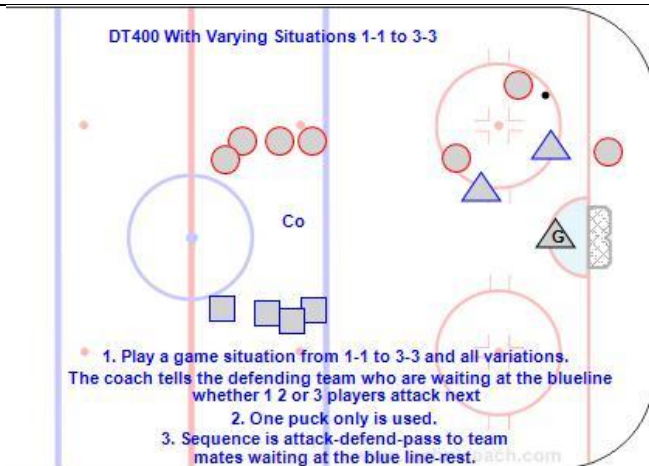
Key Points:

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 outside 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.

Vary the number of players who go in each time.



DT400 With Varying Situations 1-1 to 3-3

Key Points:

The defenders have to recognize the new situation and communicate 3 on 1 or 2 on 2 etc. Vary situations from 1-1, 1-2, 2-1, 1-3, 2-3, 3-3, 3-2, 3-1.

Description:

1. Play a game situation from 1-1 to 3-3 and all variations. The coach tells the defending team who are waiting at the blueline whether 1 2 or 3 players attack next vs the attackers who must defend when they lose the puck.
2. One puck only is used.
3. Sequence is attack-defend-pass to team mates waiting at the blue line-rest.

Explanation/Notes:

