



Flyers

Practice Plan

Date: Sept. 6

Time: 20:15 – 90 Minutes

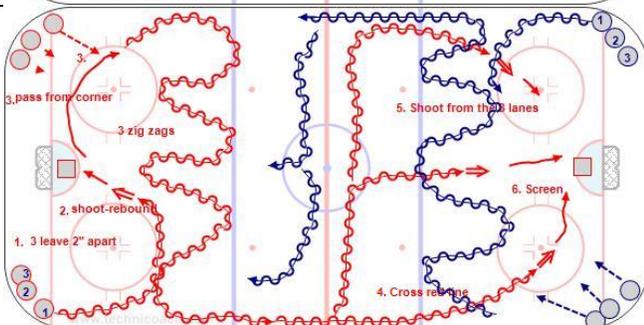
NSE

| Lines: | Notes: |
|---|---|
| 1-Skating edges, 2-Shoot while moving and | follow the shot for a rebound. |
| 3-skate to open ice with the puck. | 4-Stick on the ice and stick on the puck. |
| 5-line rush variations. | 6-Defensive zone positioning. |
| 7-Defensive zone coverage. | 8-Quickness and agility skating. |
| 9- Goalie controlling rebounds. | |



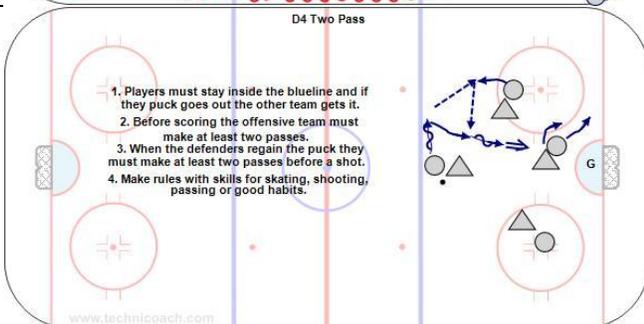
8 min.
A2 –Edges warm-up

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8 min.
B6 – 3 shots, 3 pass, 3 zig-zags, 3 lanes

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12 min.
D4 – 2 Pass x 2

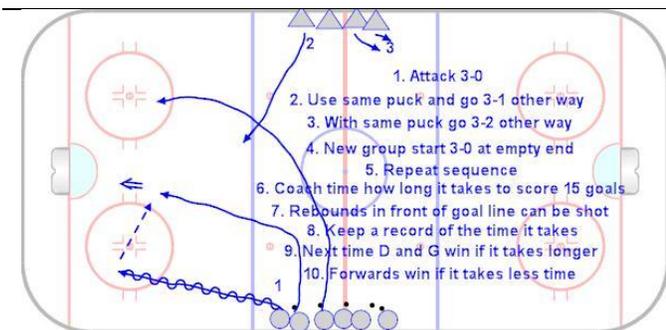
Game 2 – you must take at least 3 strides before passing.



6 min. B500 – Stick on stick

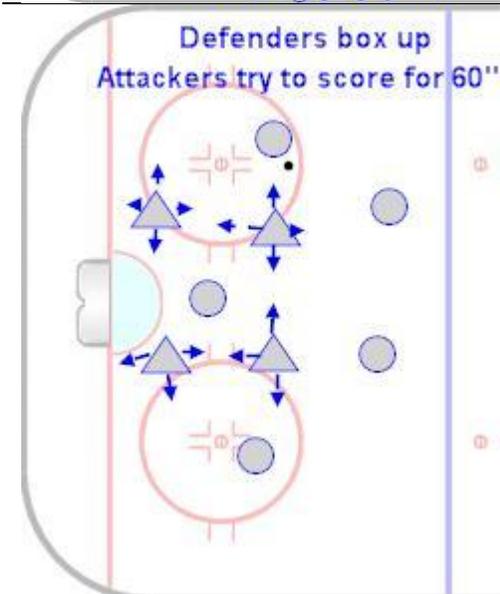
1. Two players work together one of offense one on defense.
2. Half rest half active on the whistle.
3. Practice about 5" and alternate.
4. Start with no puck with offense shielding with the body defender stick on stick.
5. Progress to using a puck.

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12 min.
C3 – 3-0, 3-1, 3-2 for 10'

Count the goals scored in ten minutes and use this as a base line in the future.



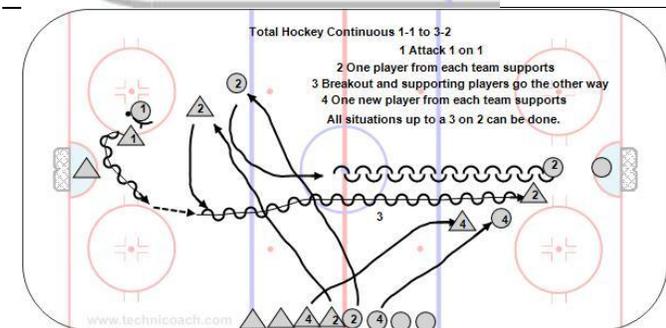
15 min.
Defensive Zone Instruction

Man on and a box behind.

- **Defensive zone skating.**
- **Murdoch passive then active game.**

60" – offense vs defense with D allowed only one step.

60" – Sticks upside down and D side.



15 min.
DT 100 Continuous 1-1 to 3-2.

- 1x1-1**
- 2x2-1**
- 2x2-2**
- 3x3-1**
- 3x3-2**

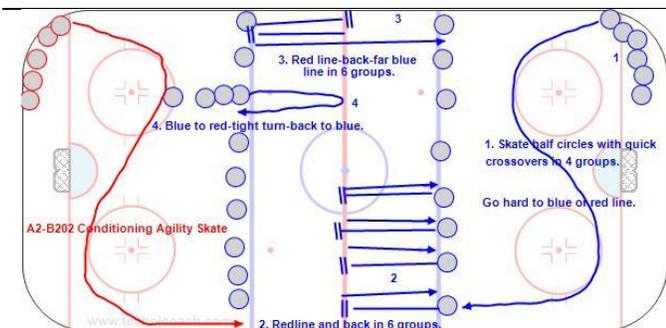
Instruction on coverage between each situation.

Elite youth players.

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Czech U20 players.

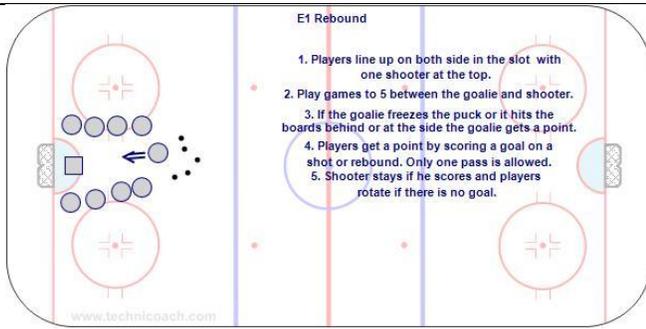
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6 min. we will do a few of these and wave e

1. Skate half circles with quick crossovers in 4 groups. Go hard to blue or red line.
2. Redline and back in 6 groups.
3. Red line-back-far blue line in 6 groups.
4. Blue to red-tight turn-back to blue.

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8 min.

E1 Rebound

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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