



Flyers

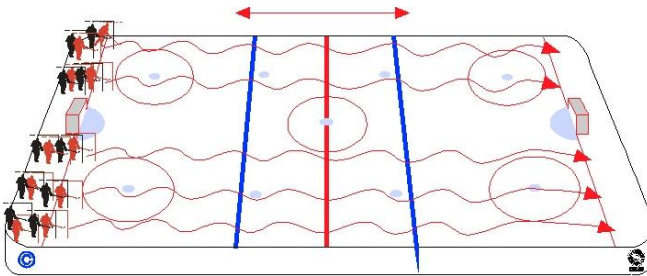
Practice Plan

Date: Sept. 22

Time: 17:00-18:30

Venue: Village square

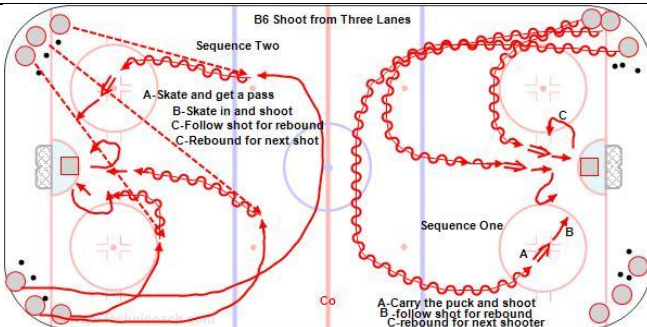
Lines:	Notes:
Goals: Tight gaps on 1-1	Quickly skate to open ice with the puck.
Close puck support	Make the easy quick play
Transition from offense to defense	Identify converage
Pick up sticks and box out in the slot	PLAY THE GAME WITH THE FEET MOVING



A200

Skating edges warm up with a puck.
Forward then backward.

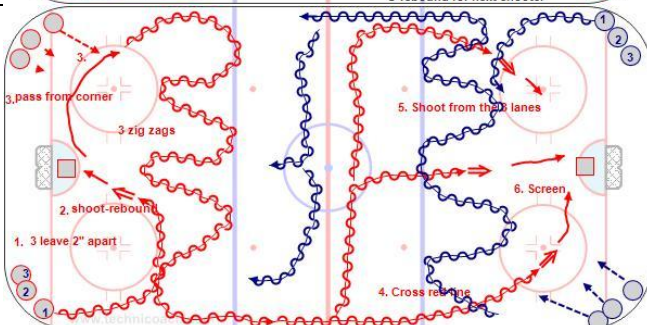
- snowplow
- one foot stroking at a time
- both blades inside edges
- two foot slalom
- one leg only



B6 Shoot from Three Lanes – Sequence One

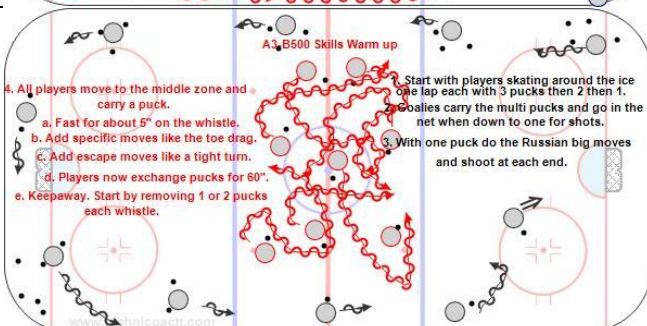
3 players leave and skate-shoot-rebound-rebound for the next shooter.

Pattern a. around circle b. around near face off dot c. around far dot.



B6- 3 shots-3 pass 3-zig zag 3 lane shots

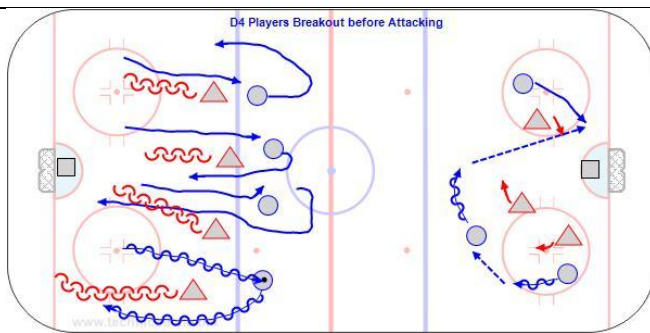
- Leave about 3" apart so the goalie has time to get set.
- Rebound for the next shooter.



A300 - Quick strides with the puck

Skate around the outside with a puck and on the whistle turn toward the boards and take three quick strides then slow up. Repeat on whistle always turning toward the boards.

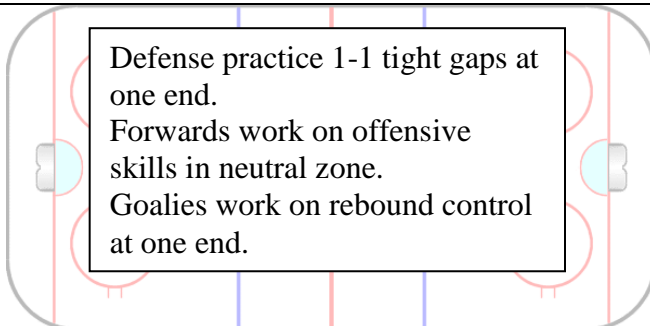
"Fast Feet are Happy Feet."



D4 – Game at each end.

Rule – you can't pass until you have taken at least 3 strides with the puck.

**Divide the team into 4 groups of 4.
Defenders must clear the zone and get outside before attacking.
Play 2 games of 6 minutes each.**



B500 Skill Circuit

Defense go to one end with defense coach and work on tight gaps.

Forwards in middle working on saucer pass and stickhandling moves and fakes.

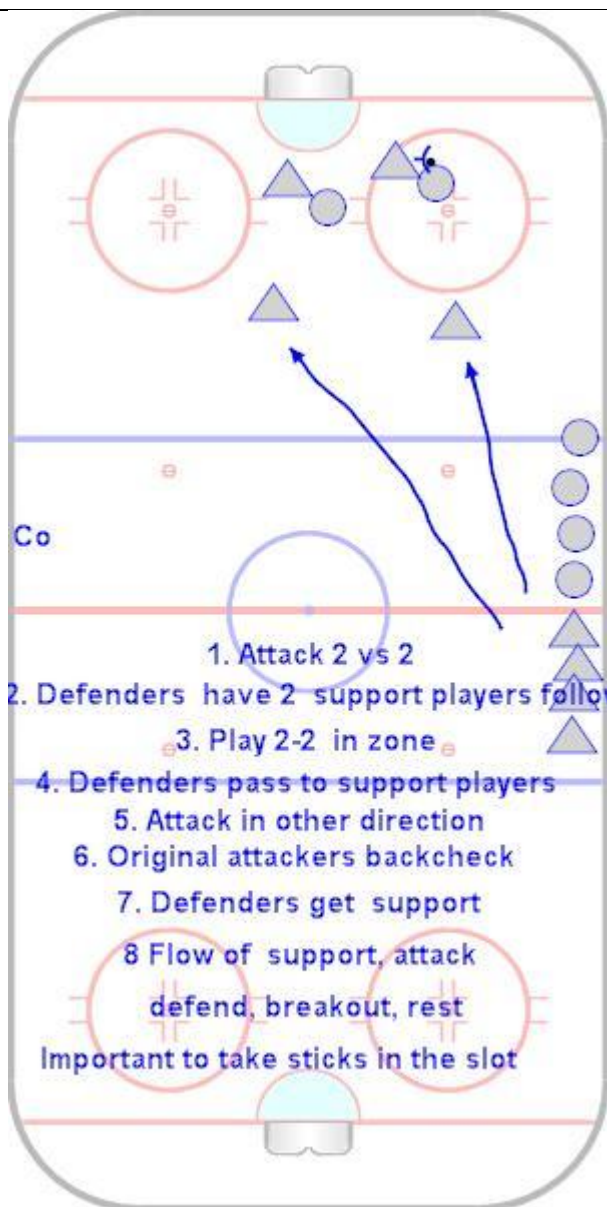
Goalies work on rebound control with goalie coach.



D100 Puck Support Game with 2" Rule

4 on 4 full ice with the rule you can 'only handle the puck for 2"'.

Whistle every 60" and pass back to the goalie then change.



DT 100 Backchecking Game of 2-2

Play 2-2 with the defending team getting passive support at the top of the circles.

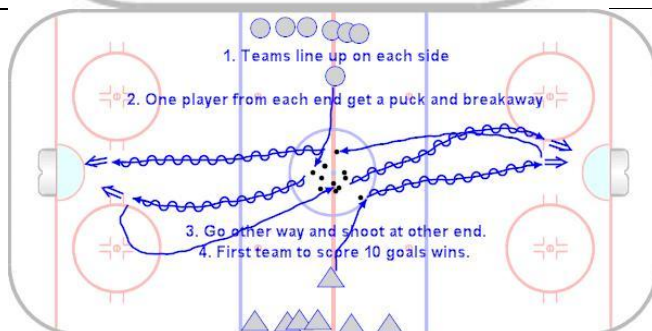
On a frozen puck, goal or turnover pass to the supporting players who attack the other way.

ORIGINAL ATTACKERS MUST BACKCHECK

Stress attacking quickly while the back checkers must identify who they cover and tie up their sticks-box out-then look for loose pucks.

Defenders team mates follow the play to attack the other way.

Quick game and the players must be alert and hustle.



E1 Shootout with Two Shots

Score 2 and 0 laps.

Score 1 and 1 lap.

Score 0 and 2 laps.

End practice with all the players lying down facing the middle dot sticks out. Finish with a cheer and then everyone pick up 2 or 3 pucks and put them in the puck bag. (no rookie garbage of picking up the pucks)