



Flyers

Practice Plan

Date: 9/26/11

Time: 18:30-19:45

SAIT

Lines:

Divide into two groups.

Puck Handling – Shooting – Passing

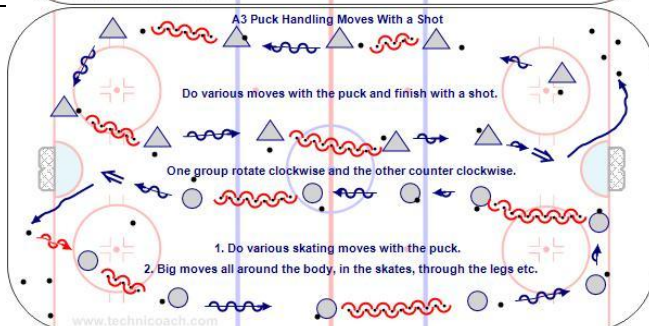
Angling, tight gaps, Scoring under pressure.

Goalie rebound control

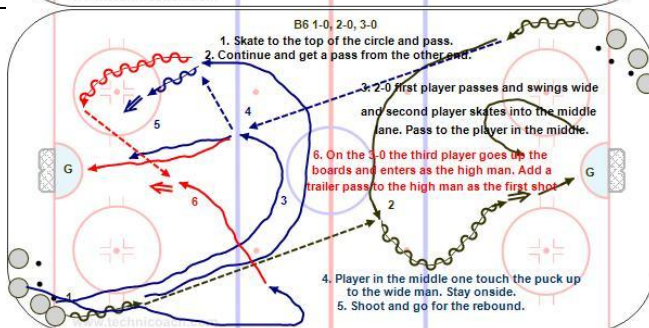
Notes:



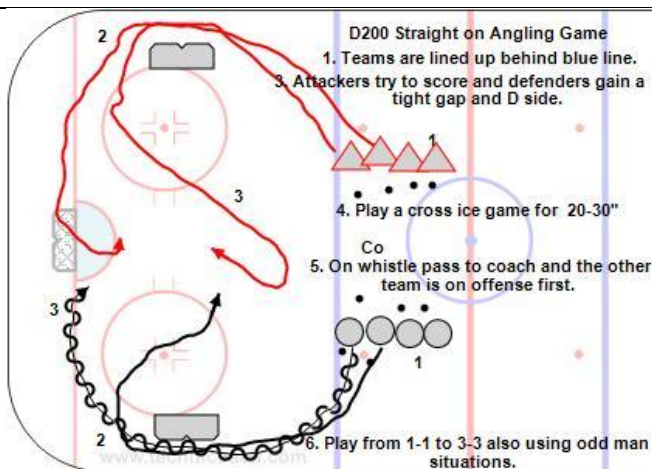
**A200 – Edges warm up with a puck
-one way each exercise.**



**A200 – puck handle and shoot at one end.
Reverse the flow.**

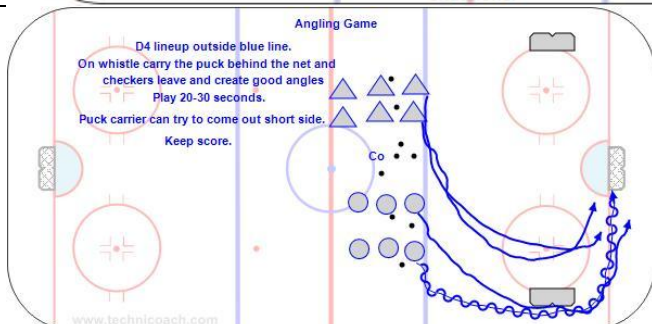


B6 Small horseshoe 1-0, 2-0, 3-0



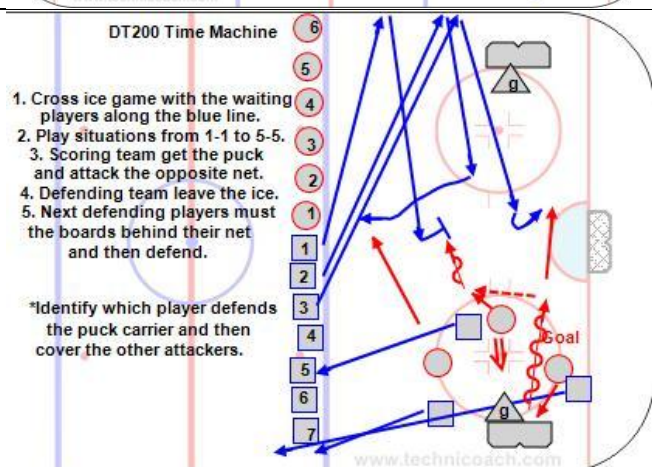
D200 Gap Control Angling Game

Alternate which team attacks and both teams skate behind the net. The defenders must identify coverage, close gap and stay D side.



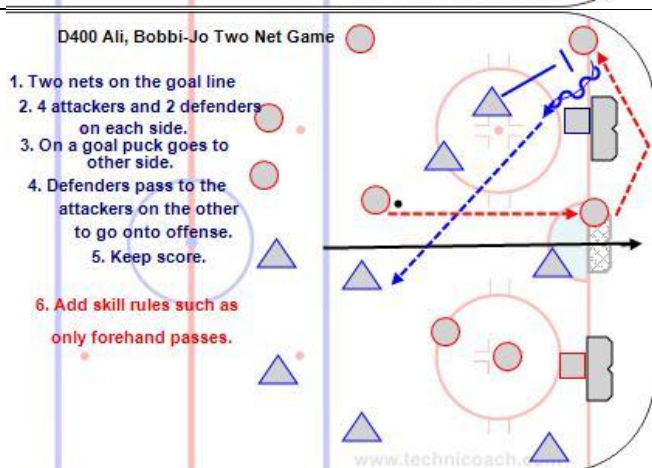
D200 Angling game.

Attackers must go behind the net and defenders create an angle and identify who to cover.



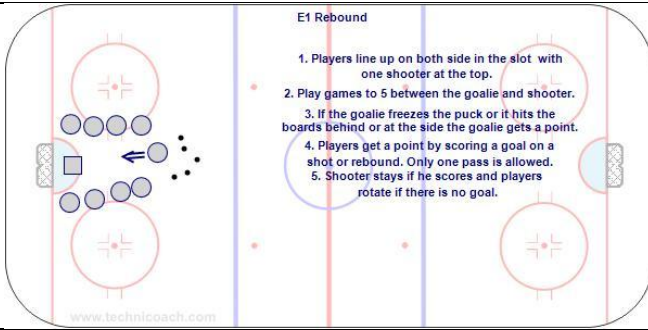
D200 King's Score Game

Defenders change on goals and attackers go the other way.



DT400 Two Net Game

4 vs 2 on each side. Rotate



E1 Rebound but cross ice.



Explanation/Notes: