



Flyers

Practice Plan

Date: Sept 29

18:45-20:15

Stu Hendry

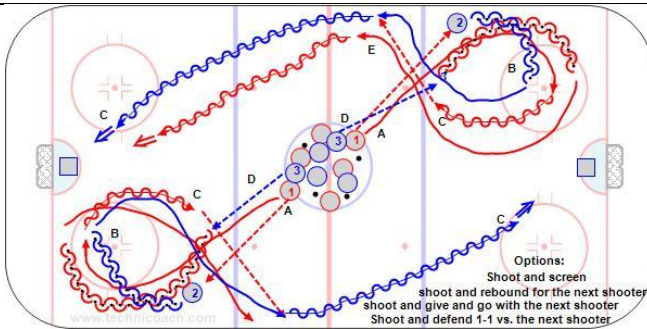
Lines:	Notes:
D to D Hinge	Shoot out comfort
Regroups	
Facing the play and giving a target.	
D join the play.	
Situations 1-1, 2-2	
Quick Support	



A200 Skating Warm up for Edges and Balance Do with a puck (Goalies at one end with Nat)

- Players start at one end and skate to the other end.
- inside edges - out and in using a snowplow.
- inside edges - sculling one leg at a time on the inside edges.
- outside and inside edges - slalom with the skates together and a good knee bend.
- balance and edges - one length of the ice on each leg. Repeat the same sequence but skate Backward.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20110726073836113>



B4 Rejo Pass and Replace

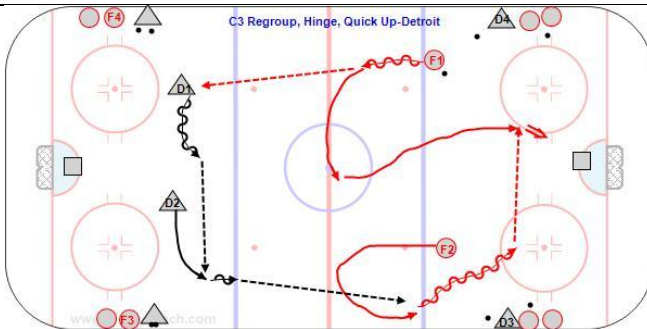
Key Points:

Face the puck at all times. Use pivots and turns. Give a target and call for the pass.

Description:

- 1 pass to 2 and follow the pass.
- 2 pivot in a circle and leave the puck for 1.
- 1 pass to 2 in the neutral zone and 2 attack the far end and shoot.
- 3 pass to 1 and follow the pass.
- Repeat.

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B600 Regroup, Hinge, Quick Up-Detroit

Key Points:

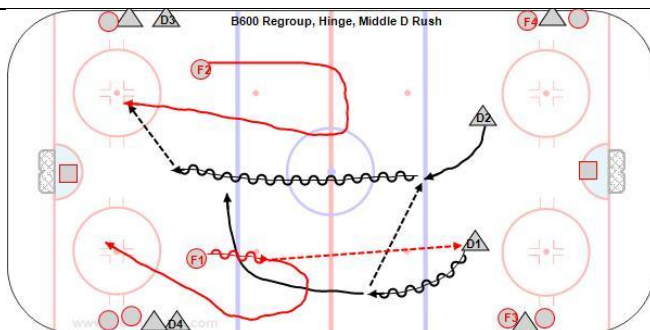
Hinge and push the puck up the ice quickly. Strong side F stretch and weak side give middle support.

Description:

1. F1 skate and regroup with D1.
2. D1 skate to the middle and pass to D2 in the wide lane.
3. D2 quick up to F2 who stretches on the strong side boards.
4. F1 and F2 attack.

Repeat the other way with F3 regrouping with D3.

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B600 Regroup, Hinge, Middle D Rush

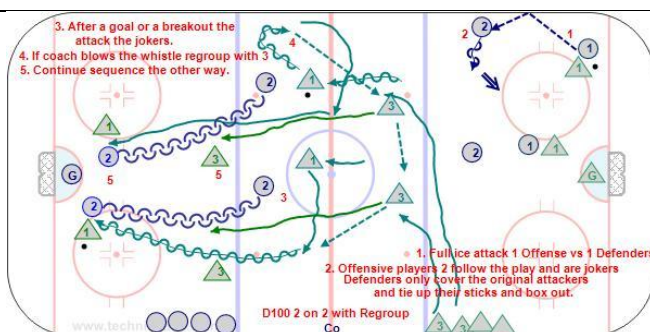
Key Points:

Middle D comes late as a second wave and lead the rush.

Description:

1. F1 and F2 leave and regroup with D1.
 2. D1 pass to D2 who hinges to the wide lane then pass back to D1.
 3. F1 and F2 delay to stay onside while D1 crosses the blue line with the puck.
 4. D2 support the attack from the mid-point.
 5. D1 pass or take a shot.
- Repeat the other direction with F3 and F4 regrouping with D3 and D4.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=201011280928188>



DT100 2 on 2 with Regroup

Description:

1. Full ice attack 1 Offense vs 1 Defenders.
2. Offensive players 2 follow the play and are jokers who can't skate in but must pass or shoot within 1 second. Defenders only cover the original attackers and tie up their sticks and box out.
3. After a goal or a breakout the defenders 1 attack the jokers.
4. Create an offensive 2-1 on a wide defender. If coach blows the whistle regroup with 3 who follow the play thru the nzone.
5. 1 finish the attack and try to score while 3 follow the play and support.

*Coach can change the situation from 1-1, 1-2, 2-1, 3-2, 3-3



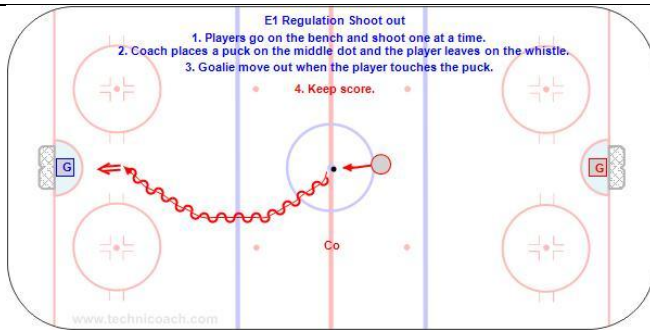
D100 Two Second Game

Key Points:

Players must switch right away from offense to defense to loose puck and constantly change roles from, 1-puck carrier, 2-puck support, 3-check puck carrier, 4-cover away from the puck.

Description:

1. Play a full ice game of 3-3, 4-3, 4-4, 5-4, 5-5, 6-5 with the extra players on the bench.
2. Play 45" shifts and pass back to your goalie when the coach whistles for a change.
3. Players can only have the puck for 2" and must make a play, gain a zone or shoot.
4. Possession from first touching the puck for over 2" leave the puck for the other team.
5. Encourage talking, facing the puck, always give a target.

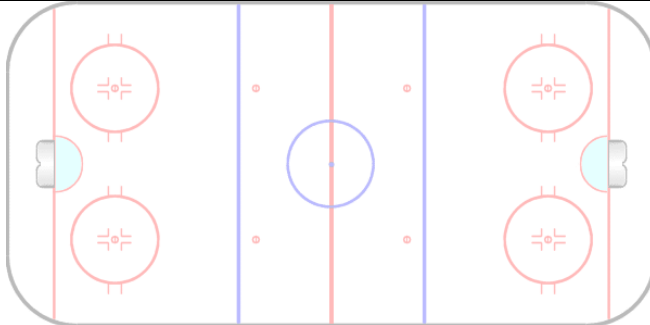


E1 Regulation Shoot out

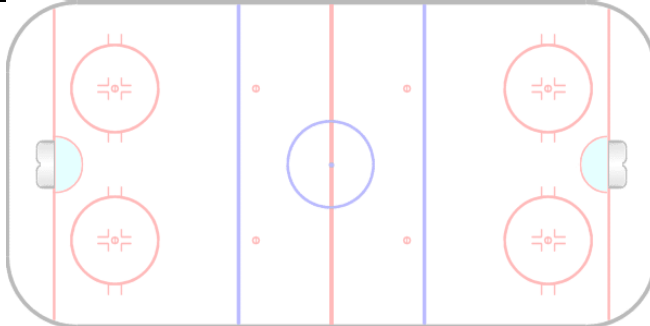
Rules the same as in a regular game.

One player come from the bench and leave on the whistle.

The goalie starts on the goal line and can't move until the shooter touches the puck.



Explanation/Notes:



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