



# Flyers

# Practice Plan

Date: Sept 30

Time: 8:30-9:30

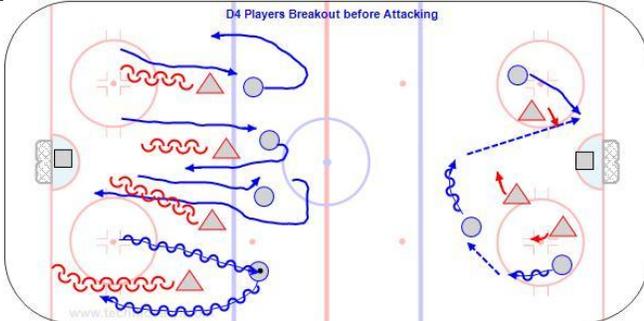
Venue: Crowchild Red

Lines:	Notes:
Play with good habits.	Close support – face the puck.
Quick transition.	Tie up sticks and box out.
Identify coverage.	Create offensive 2 on 1's.

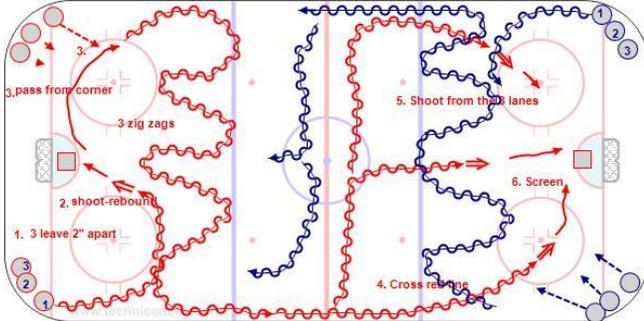


8'  
A200 - Balance and Edges warm up with a puck.

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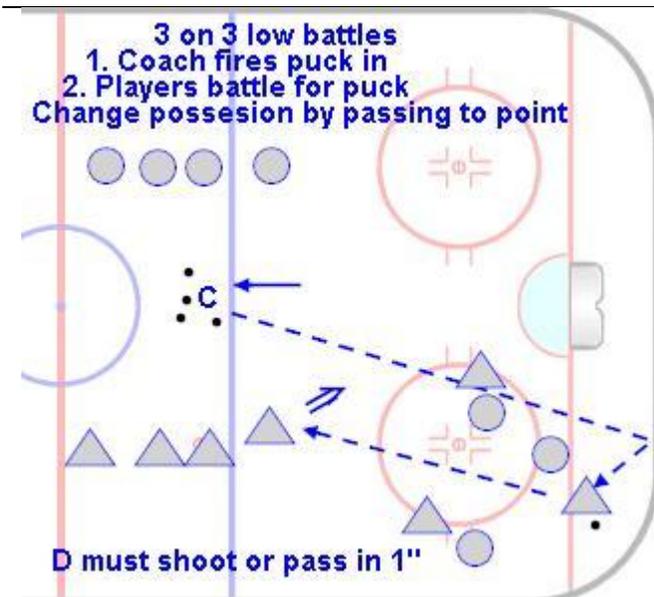


12'  
D4 - Two second game at each end. The players must clear the zone and then get outside before they attack. Two 5 minute games.



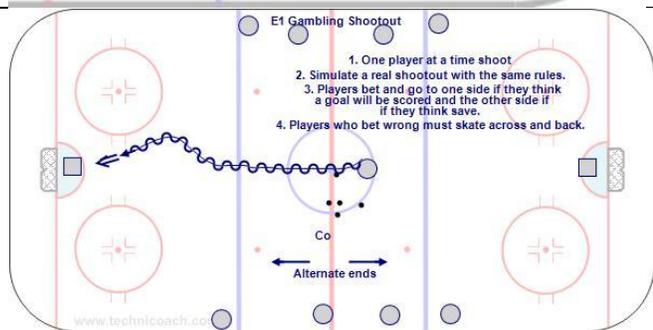
8'  
B6 - 3 shots, 3 zig zags, 3 lane shots.  
1. Make sure to leave about 2 seconds between shooters so the goalie has time to get set.  
2. Follow the shot for a rebound before getting the pass.  
3. Do skills while zig zagging 3 times such as;  
a. carry the puck with the hands and feet moving all the time.  
b. carry the puck only using the forehand side of the stick.  
c. only use the backhand side of the stick.  
d. transition skate facing the far end forward to backward to forward.  
e. skate backward.  
f. 360 degree turns.

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12'  
 DT400 - One zone game 3 on 3 low and pass to the point to go onto offense.

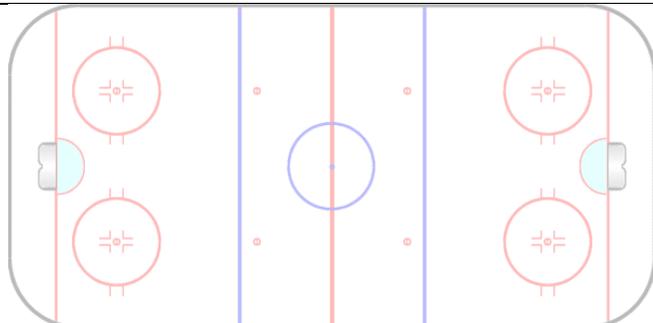
1. One team is lined up behind each faceoff dot. From one to three players leave at a time.
  2. The next player in line plays the joker at the point and must pass or shoot within a second. Defenders do not check the joker as he can't go in and score.
  3. The coach dumps the puck in or shoots on net and the teams race for the puck. Whoever gets the puck can shoot right away.
  4. When the defending team gets the puck they must pass to their joker at the point to transition to offense.
  5. If the puck is shot out of the zone the coach passes to the non-offending joker.
  6. Play 20-30" and on the whistle the players pass to the coach and skate hard out of the zone before the coach shoots a new puck in.
- <http://hockeycoachingabc.com/mediagallery/media.php?f=0&sort=0&s=20090726102317243>



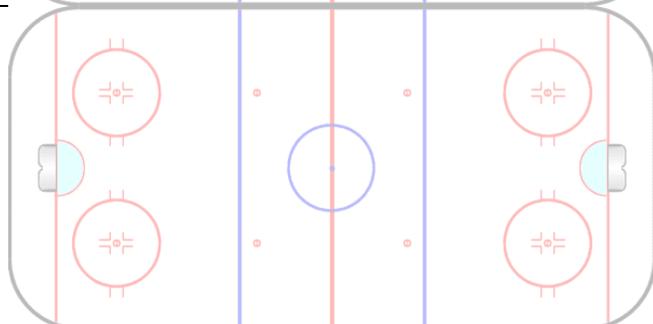
10'  
 E1 - Gambling shootout with regular shootout rules starting with a whistle.

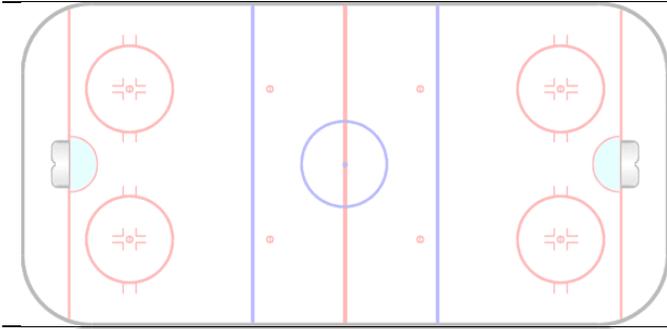
1. One player at a time shoots.
2. Simulate a real shootout with the same rules.
3. Players bet and go to one side if they think a goal will be scored and the other side if they think save.
4. Players who bet wrong must skate across and back.
5. Alternate ends.

**Explanation/Notes:**

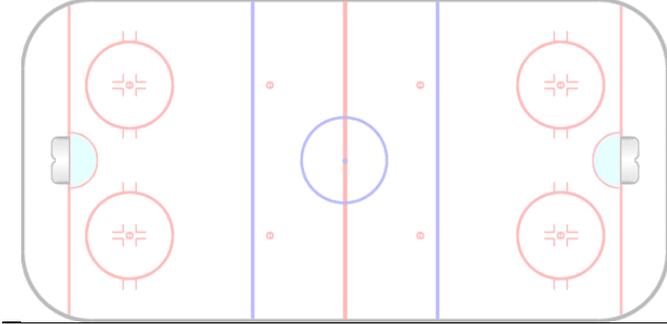


**Explanation/Notes:**





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**Explanation/Notes:**

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