



Flyers

Practice Plan

Date: Sept 30 Revised

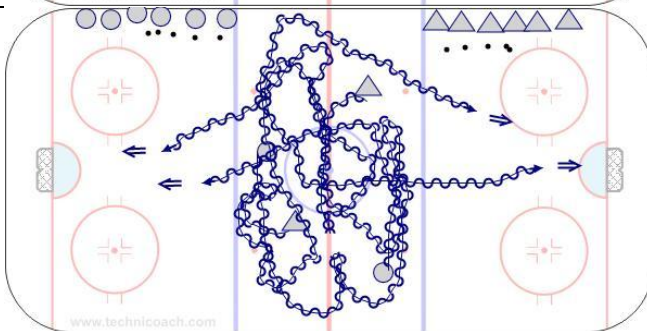
Time: 60'

Venue:

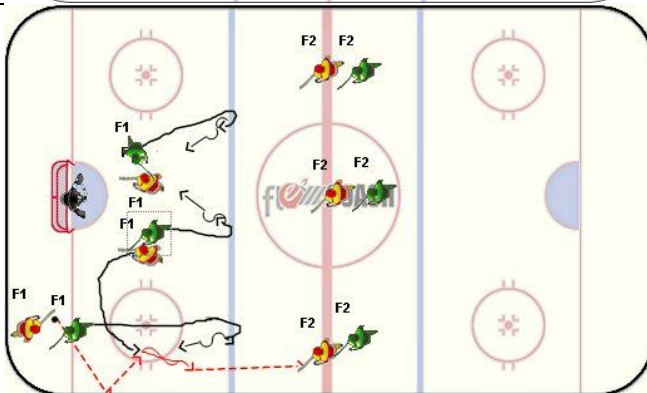
Lines:	Notes:
Recognize coverage	Screen, tip, rebound
Shoot off the pass	Box out, seal sticks to the outside



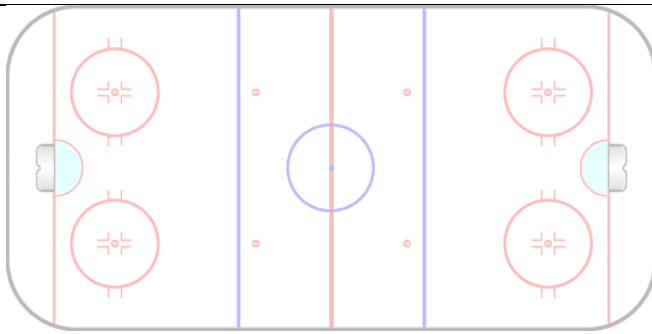
1. Skating balance and edges with a puck. Asst. coach warm up the goalie during the backward skating segment.



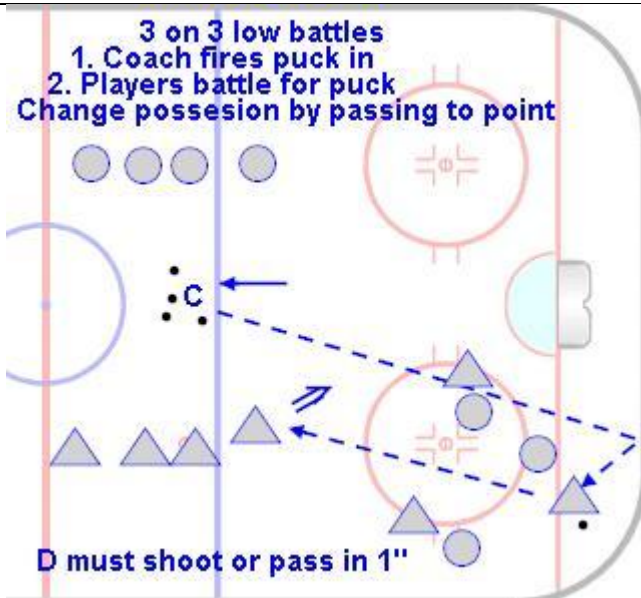
2. A2 Overspeed with a give and go pass to the next shooters. Whistle every 7". Go hard in the nzone for 7" the first player go in and the second player sping with the puck first. Pass to the player at the goal line who just shot, rebound then give and go with the next shooters.



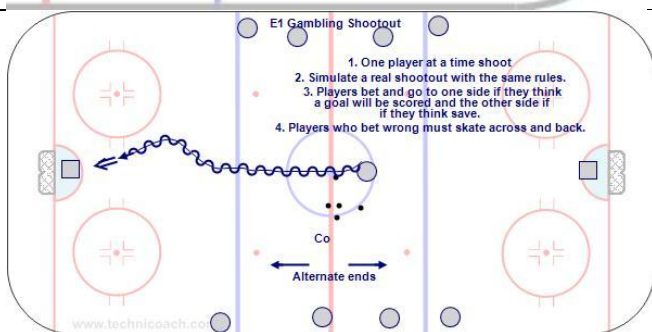
3. Perry Pearn rules for the 4 on 4 DT400 game. Keep score, call offside. Stress covering one each.



4. Everyone gather in front of the net with a partner. Coaches demonstrate boxing out and sealing the stick to the outside. I took a puck to the blueline and move around while the whole team is in the slot and one is the defender and one attacker in the slot. After about 10" of moving around I shot and they switched roles. Then we moved to a game with the point man as jokers and defenders are responsible to box out and seal sticks and attackers to screen, tip, one time etc.



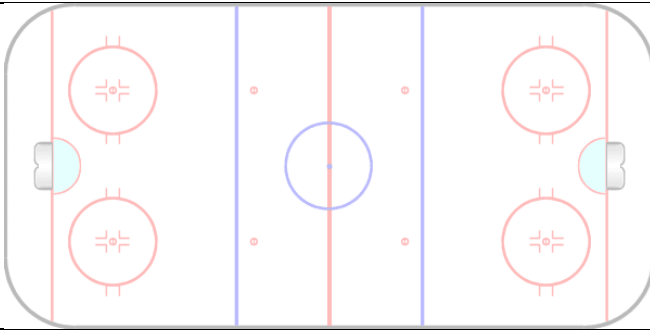
4. Art Krusel D400 game of 3-3 low battles. Pass to your point man on transition.



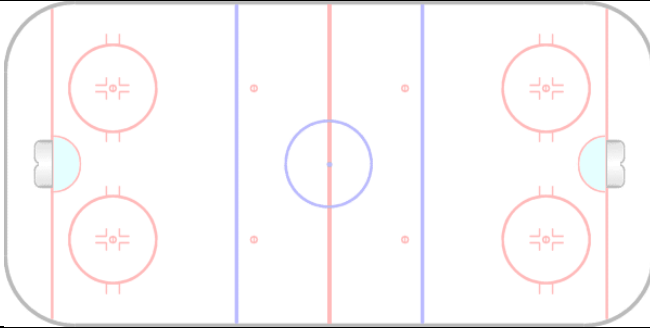
Explanation/Notes:



Explanation/Notes:



Explanation/Notes:



Explanation/Notes:
