



## Flyers

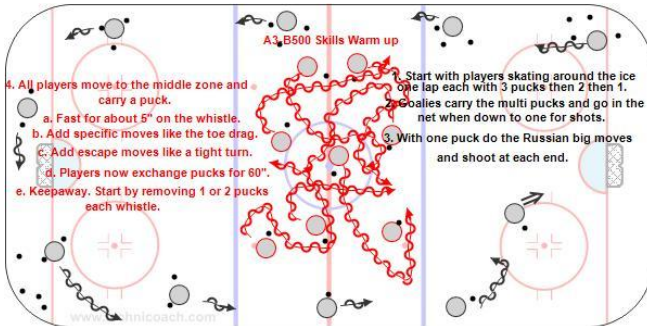
## Practice Plan

Date: Oct. 6

Time: 16:00-17:15

Venue: Max Bell

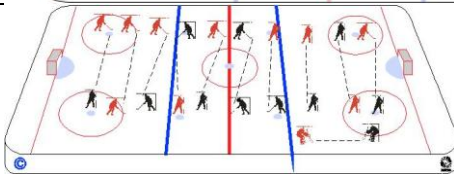
Lines:	Notes:
Puck Handling	Overspeed in skating with puck and shooting.
Carrying the puck into the Big Ice Between	The dots.
Weave, Regroup, Hinge	PP, PK, Typhoon with Stretch Man
Quick Transition between Roles	



### A300 – Puck Handling Skills

Handle 2 pucks at once

Handle 1 puck in nzone, speed intervals

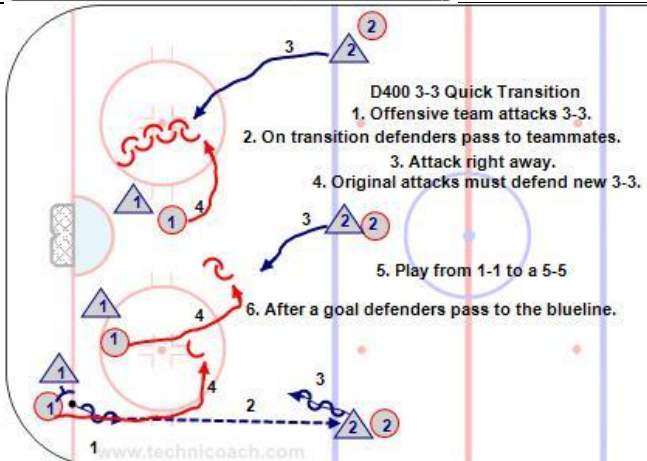


### B3 Partner Passing

-stationary

-moving

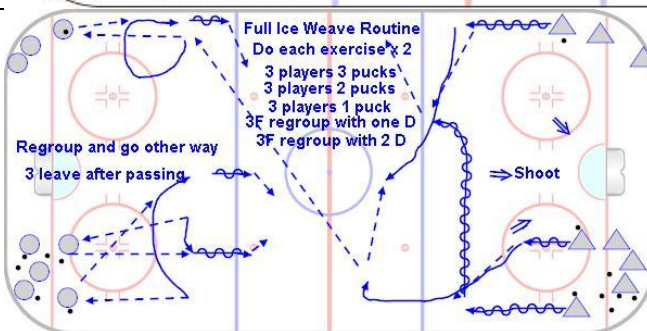
-saucer pass



### DT400 – 3 on 3 With Quick Transition

-defender pass to waiting players at the point who attack right away.

-original attackers must play defense.



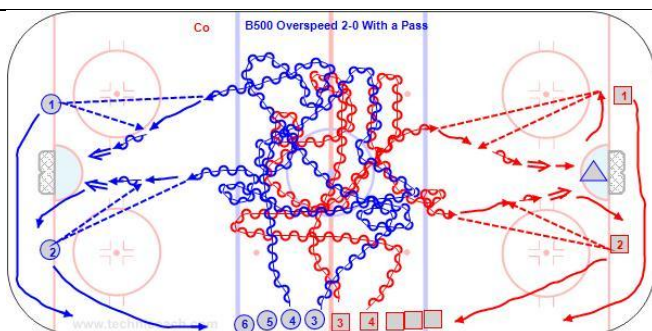
### B6 Three man Weave Routine

-weave and regroup with players at opposite end-weave back and shoot.

-other end repeat.

-add 2 D and weave-regroup with D who hinge and pass.

-other end repeat.

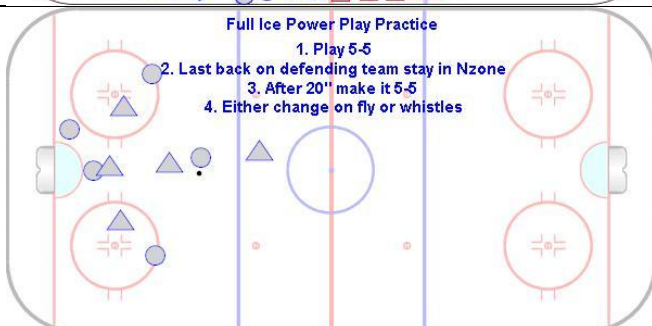


## B500 Overspeed with a Pass and Shot

**Skate hard in nzone with the puck. Faster than the comfort zone.**

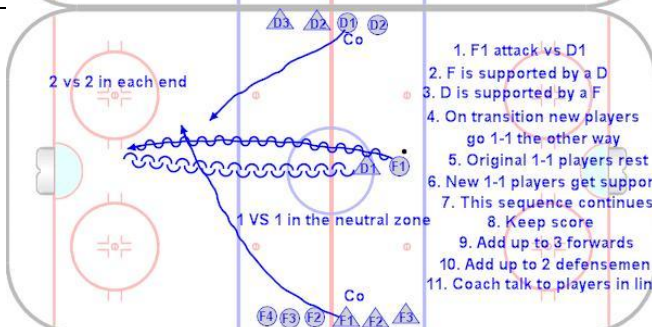
**-quickly give and go with low player and shoot-rebound.**

**-give and go with next shooter.**



### D100 PP-PK 5-5 with Last Defender in Nzone

- play 5-5 but last defender stays in the nzone to make it 5-4 at each end.
- defenders try to pass to stretch man our Typhoon play.



## DT100 Continuous 1 on 1

**-When the puck crosses the red line.**

**-D gets support from their F.**

### -F gets support from their D

-new F and D are active and part of the play.



**Explanation/Notes:**



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