



# Flyers

# Practice Plan

Date: Oct 7

Time:

Venue: HV

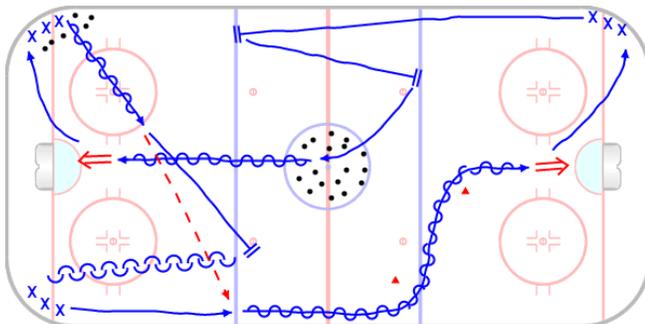
**Lines:**

1 on 1 practice and 2-2 in the zone  
2-2 and 4-4 in the zone

**Notes:**

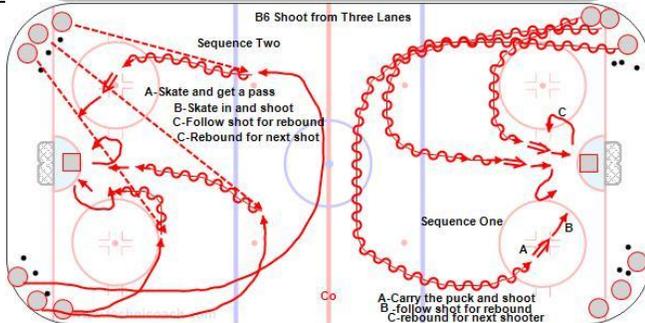
2-1 and low support recognition and 3-3 in Zone.

Goalie instruction.



## A200 Skating Edges and Balance with a puck and Russian Big Moves Puck Handling.

Goalies at far end.



## B6 Shoot from Three Lanes

Key Points:

Shoot with the feet moving, Don't overhandle the puck and carry it in the triple threat position, follow the shot, rebound for the next shooter. On sequence two accelerate after taking the pass. Insist that they get the habit of following the shot for a rebound. Many players peel off toward the corner after shooting.

Description:

Players can all be in one corner or in both.

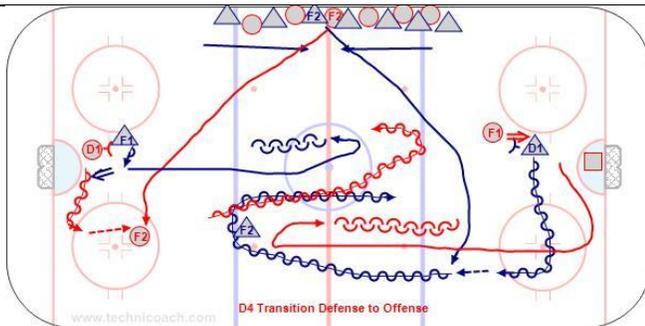
After shooting switch corners.

Sequence One

A - Carry the puck and shoot.

B - Follow the shot for a rebound.

C - Circle back and rebound for the next shooter.



## DT400 2/3 Ice Attack-Defend-Breakout-Rest

Key Points:

Defender play a tight gap and backchecker back pressure the puck carrier to create a defensive 2 on1. Fight for rebounds. Defender tie up the stick of the attacker and attacker fight to keep stick free to shoot. Do from both sides of the ice.

Description

1. Number 1 attack vs number 2 on both sides of the ice.

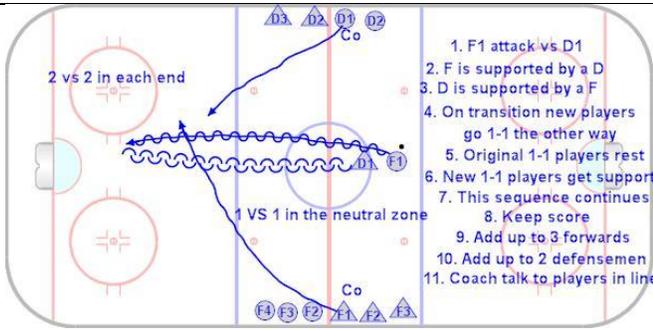
2. Number 3 support defender number 2 from the lineup.

3. Number 2 breakout with number 2.

4. Number 3 skate with the puck to either the red line or far blue line and then turn back and attack vs number 2.

5. Continue with number 3 attacking number 2 and getting support from number 4 at the front of the line.

[http://hockeycoachingabcs.com/mediagall ... 6102315873](http://hockeycoachingabcs.com/mediagall...6102315873)



### DT100 Continuous 1-1 with 85er's

#### Key Points:

New players don't leave the line-up until the puck enters the offensive zone.

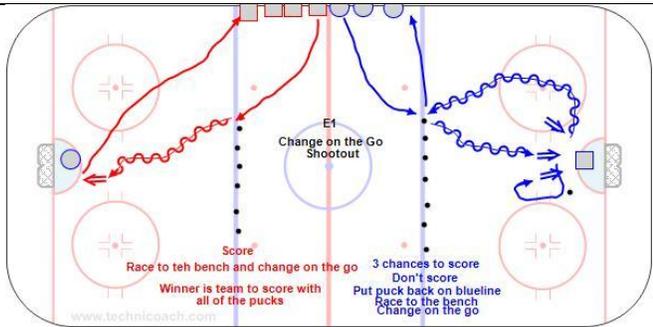
On dump outs no one change but go back and regroup with the same players. Changes occur when the puck is over the offensive blue line or controlled over the defensive blue line.

#### Description:

1. Attack 1-1 with D getting support from 1 F and F from one D.
  2. Defending F1 cover the point.
  3. New offensive D join and play point.
  4. On transition attack 1-1 thru nzone.
  5. Continue flow with new O and D support.
- Continue the flow of 1-1 in nzone and 2-2 at each end.  
 -Dump-ins and regroup can be added.

We had 8D and 8F so were able to play up to a 2 on 2 and 4-4 at each end.

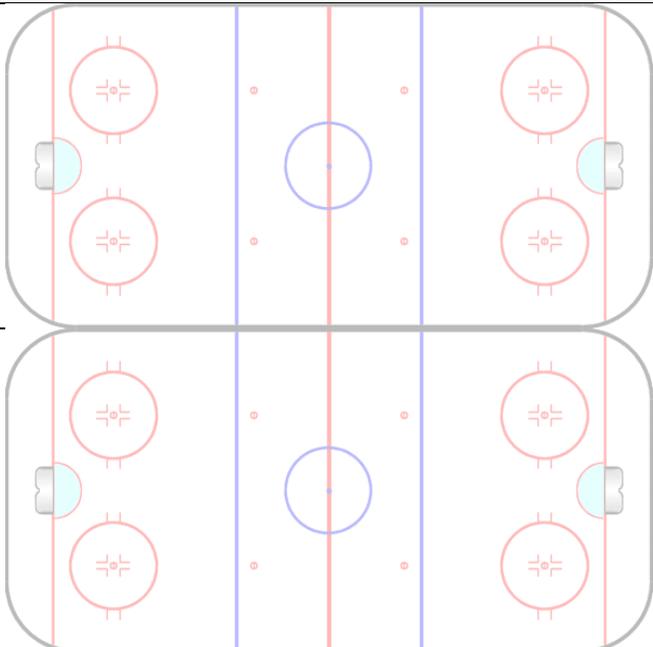
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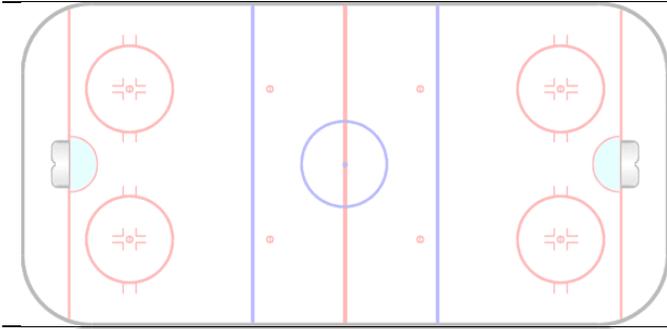


### E1 – Change on the Go Shootout

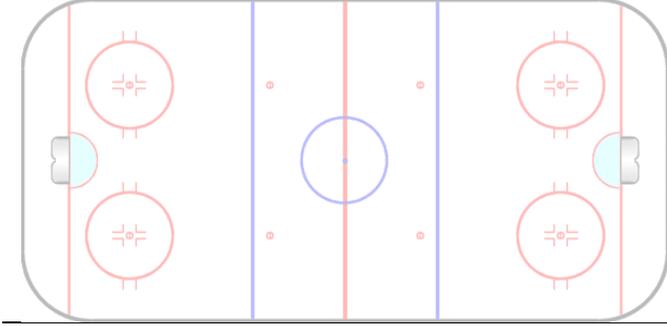
- **8 pucks per team on the blue line.**
- **Breakaway and if the player scores they must touck the bench with the stick before a change.**
- **No goal then pass to a player who leavesfrom the bench.**
- **First team to score all 8 wins.**

#### Explanation/Notes:





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