



## Flyers

## Practice Plan

Date: Oct. 11

Time: 90 min.

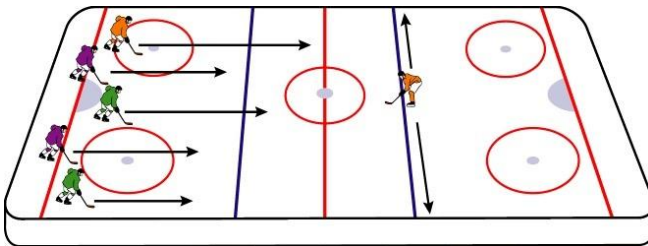
Venue: Fairview

### Lines:

Quick pace;  
Individual defensive skills.

### Notes:

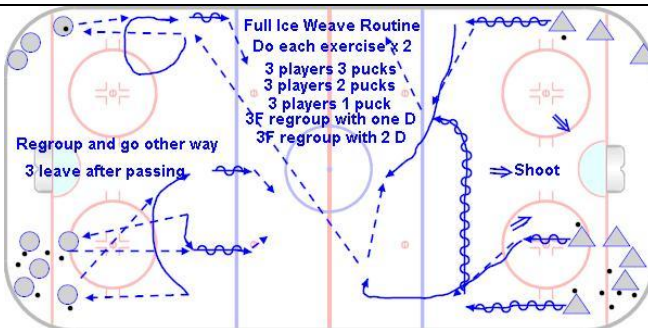
Individual offensive skills  
Competition, good habits.



**A200 Edges and Balance with puck one way and without the other.**

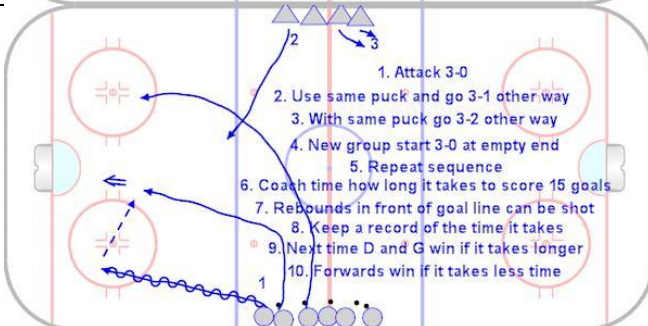
### Puck Dog

Goalies work with Natalie at one end for 10x2 = 20 one at a time.



**B6; 3-0 Weave – Regroup with D who hinge.- Detroit**

Start with 3-0 with a regroup at the other end and then add two D who do the various hinge options.



**3-0, 3-1, 3-2 Time how many goals in 10''**  
-last time it was 7. Contest between defenders and attackers.

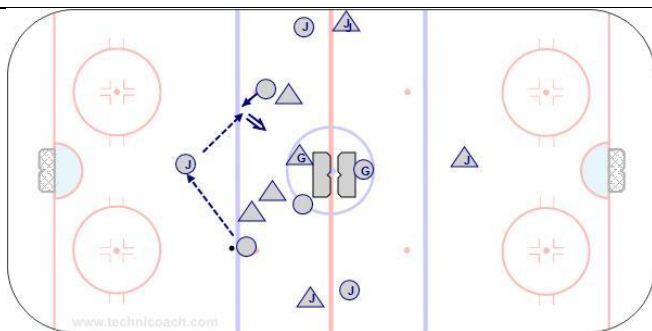
Keep score. Last time F's scored 7.



**D100 – 2'' Game**

**15'**

**- 3 on 3**



## D2 Game Nets Back to Back with Jokers

10'

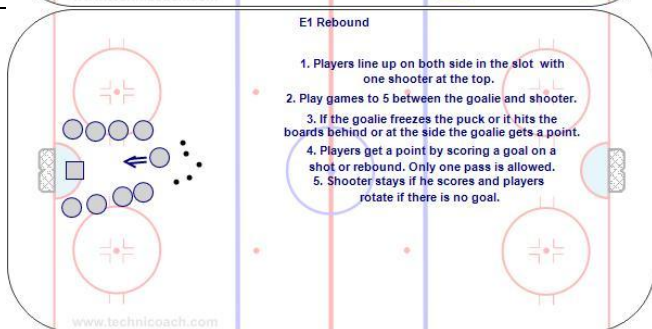
On transition you must regroup with jokers who can pass or shoot but not skate in. 30" shifts.



## D200 with Jokers on defensive goal line.

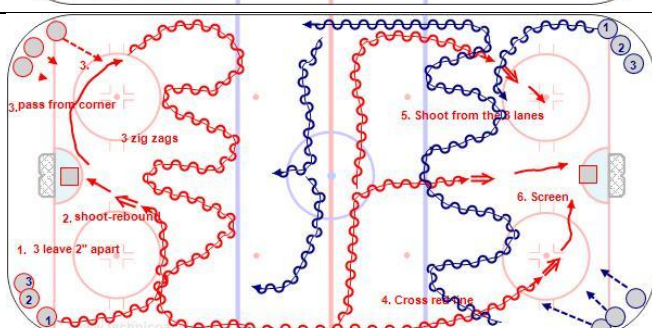
Must regroup with jokers on transition to offense.

10'



## E1 Rebound

10'

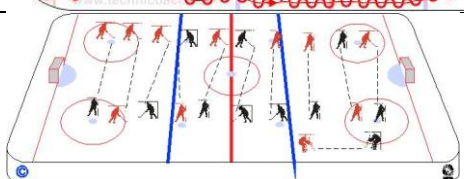


## Oct 13 practice activities

-zig zag one – forward

-zz two – backward

-zz three – face the far end and transition skate.



B3 Stationary and then moving saucer pass practice. Get rid of the wobble.

