



Flyers

Practice Plan

Date: Oct 18

Time: 16:00

Venue:

Lines:

One goalie practice.

Notes:

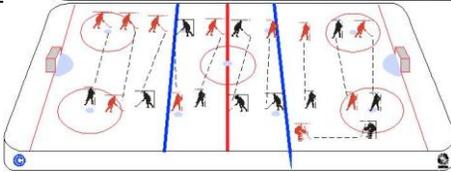
Shooting off the inside foot and following the Shot and shielding the puck with the back.



A2 Balance and Edges Skating

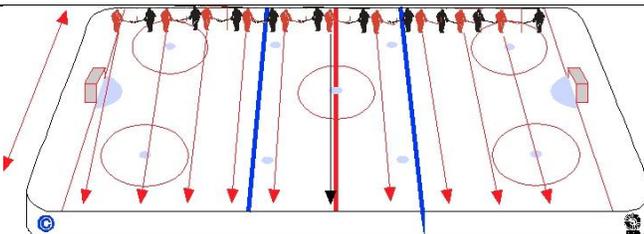
Down and back with each exercise both forward and backward.

Down and back with each each exercise and no puck. Captain lead.



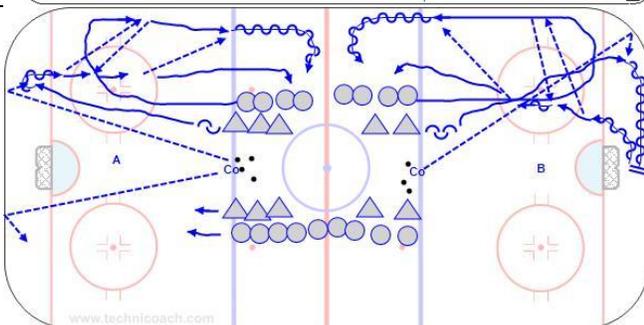
A1 Shooting off inside foot

Partner pass and take the pass without handling it and shoot off the inside foot and follow the shot and shoot the rebound. Across the ice and back



B500 Puck Protection

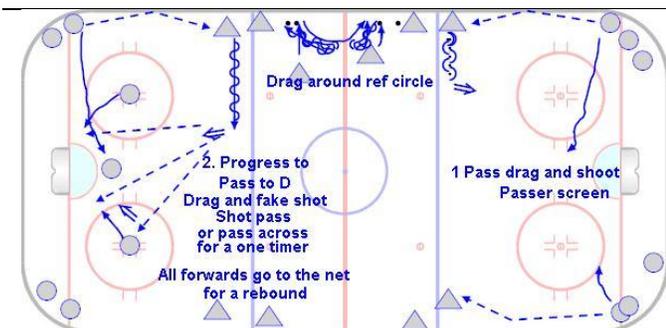
Partners take turns going around each other sideways and only showing their back while protecting the puck. Across ice.



B5 Murdoch Breakout Sequence starting with one D and then two D.

-one goalie only so D follow the play and get a pass from the coach in the corner and shoot after the forward shoots and then screens.

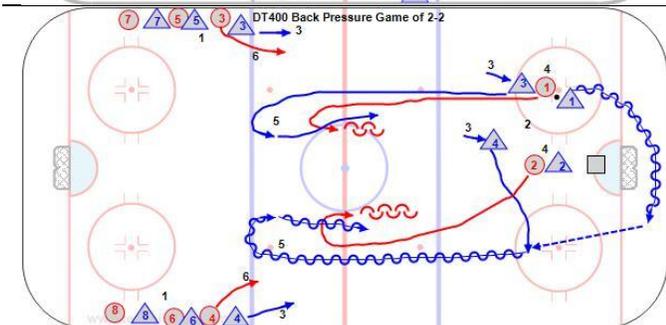
D do the various breakouts to a forward then two forwards and follow the play. Get a pass from the corner and shoot while F's screen. One way only.



B6 Point Shots with the forward rushing out.

Start with the F passing from the corner and then rushing the point and the D get inside to shoot.

Add F going to far dot and D making a shot pass to them.



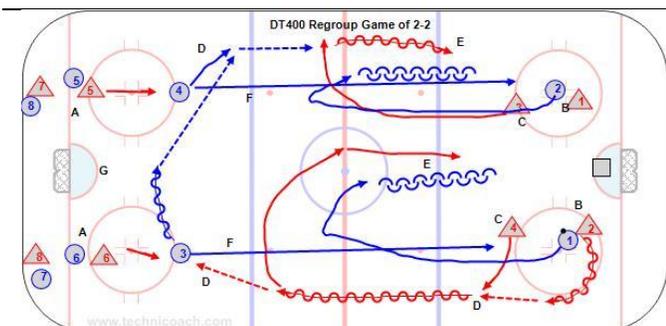
D400 Back pressure game of 2 on 2 to 2 on 4.

Attack 2 on 2 from the far blue line. Defending team has 2 players leave from the blue line when the puck crosses the red line.

The closest player back pressure the puck carrier.

Play 2 on 4. Breakout and turn back at the far blue and attack original offensive players.

Continue flow of -backpressure-defend-break out-turn back-attack-defend-rest.



D400

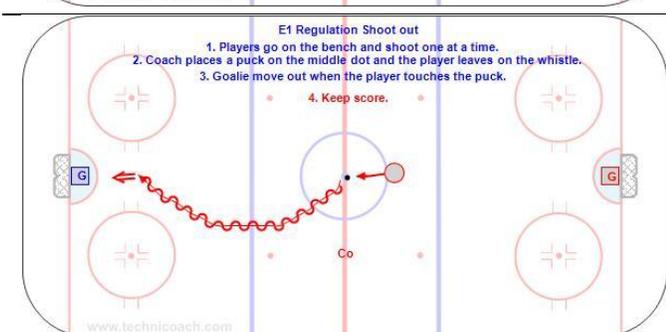
Regroup and hinge game of 2 on 2

Pass and regroup at far end.

Get a pass and attack.

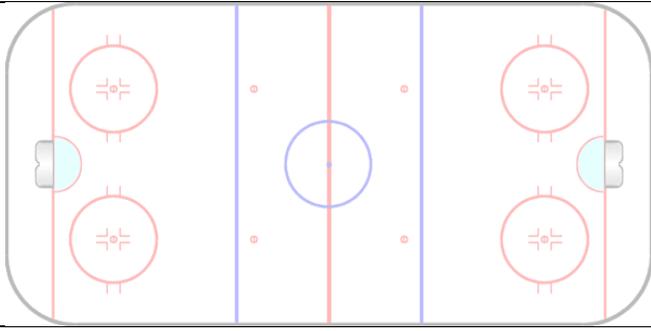
Players who pass follow the play and give passive support to the D.

New players breakout and regroup then attack original offensive players.



E1 Shootout elimination

1. Players go on the bench and shoot one at a time.
2. Coach places a puck on the middle dot and the player leaves on the whistle.
3. Goalie move out when the player touches the puck.
4. Keep score.



Explanation/Notes:
