



Flyers

Practice Plan

Date: Nov. 3, 2011

Time: 16:00

Venue: Max Bell

Lines:

Good habits.

Box out, seal sticks to the outside.

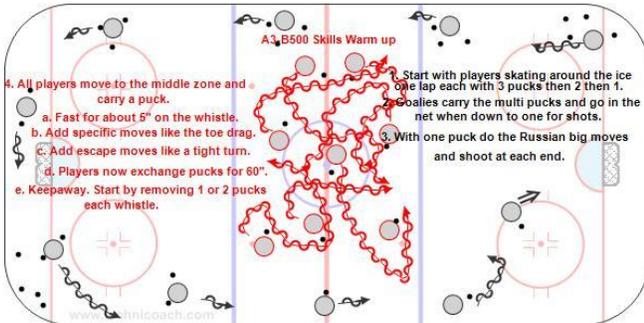
Back Pressure

Notes:

Escape Moves

Play Big Ice Hockey

Isolate wide defender and create 2-1's

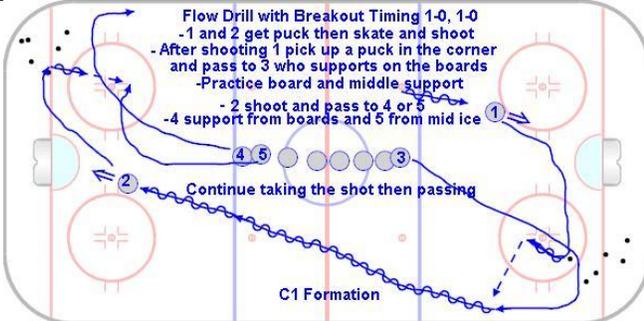


A300 Nervous system Overload

-carry 2 pucks at once.

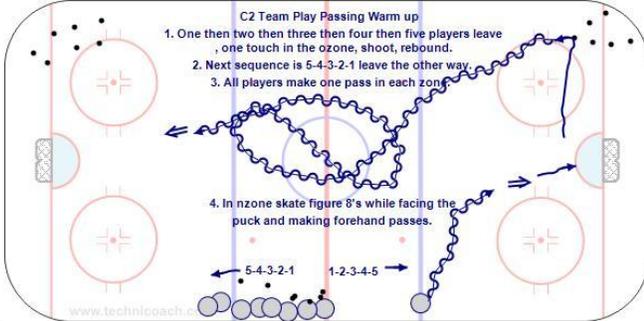
-Chaos using escape moves in nzone.

Chaos Passing



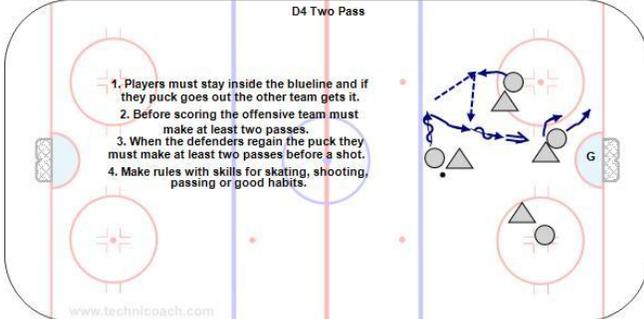
C1 2-0 Skate Inside and Pass outside

Skate to the big ice between the dots with the puck and pass to the outside. Pass and follow the pass taking the ice behind.



C2 Passing 1-2-3-4-5-5-4-3-2-1

Start with a shot and everyone gets a pass in each zone.



D4 Two Pass at Each End

Rules:

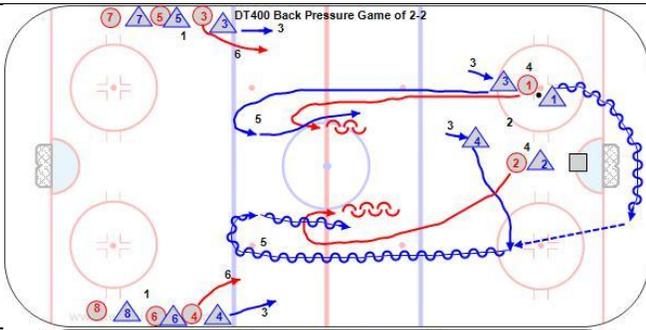
Game one-you must make an escape move before you can pass or shoot.

Game two-Rotate teams. Rule you can only score on Give and Go Plays.



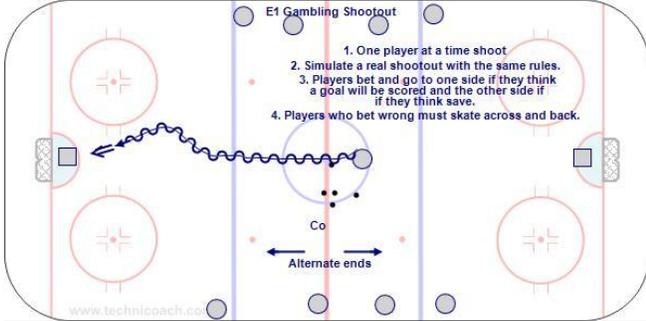
DT100 Attackers With Active Support

- 2 on 2 with the offense getting support from the blueline.
- Point players are like jokers and can shoot or pass but not go in. must make a play within 2".
- Sequence –Defend-breakout-attack jokers-rest



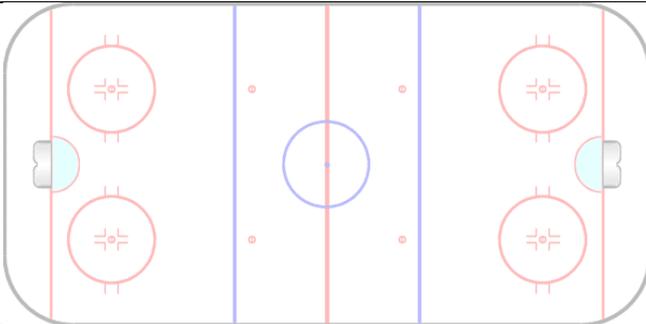
DT400 2-0 Back Pressure Game

- one goal game. F1 pressures the puck carrier into the defender and creates a defensive 2-1.
- Sequence: Support-breakout-turn back-attack-defend.



E1 – Gambling Shootout

- Bet each shot. Loser skate across and back.



Explanation/Notes:
