



[Flyers

Practice Plan

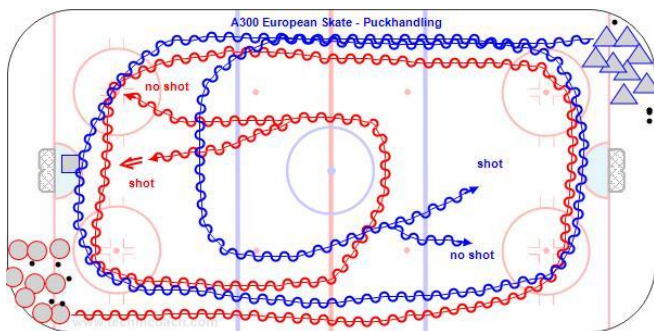
Date:

Time:

Venue:

Lines: Dec. 13

Notes:



A100

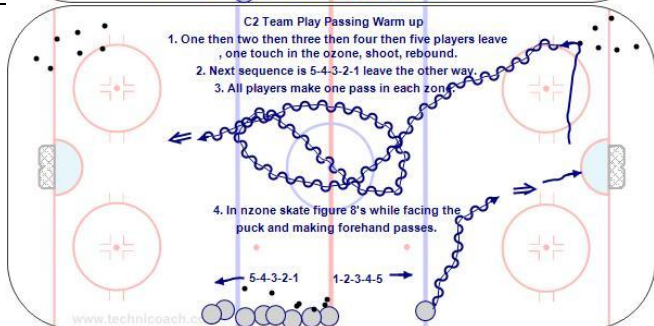
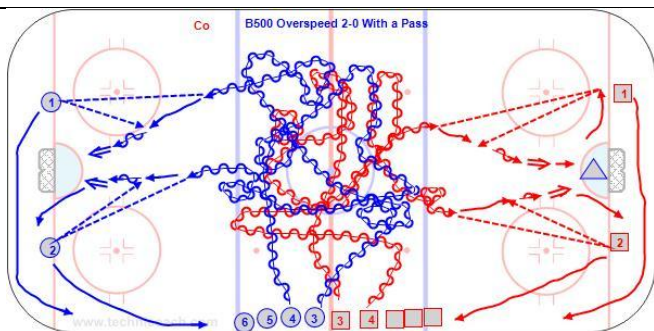
- No goalies at the start so I reviewed the slapshot technique and the players all had a puck and shot side to side while skating. I then demonstrated slapping with the head up and the players took more shots for a few minutes.

A300

- Russian Big Moves all around the body while skating around the ice. I blew the whistle for them to watch as I demoed moves like; carry in the feet forward then backward, stick to skate inside and outside edges, puck behind and up on the forehand, backhand, with the feet and a pass through hands close together legs wide and head and shoulder fakes and moves each way, yo-yo up and back, forehand toe drag starting with a fake inside, backhand toe drag, fake slap shot then around on the forehand, fake slap and tight backhand turn, zig-zagging down the ice with the puck only on the forehand then only on the backhand to loosen the shoulders.

B500 Overspeed

- Goalies got there and we did overspeed with 2 of each colour making moves at full speed and then going in, passing to players at the goal line and shoot, then be on the goal line for the next shooters. Second player pivot in a circle before going in to give the goalie time for another shot.

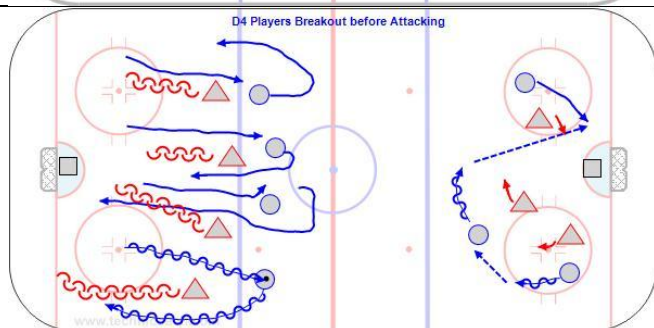


C2 starting from against the boards behind the red line - 1-2-3-4-5 one way and 5-4-3-2-1 starting the other way. Go in and shoot and then pick up a puck. With only one skater touch both knees at each blueline before shooting. With 2-3-4-5 skaters all must stay in each zone and everyone get a pass before moving to the next zone. Forehand passes only and all face the puck.



Team Organization - 16 skaters in 4 teams of 4. Two green and two white teams. (one affiliate came)

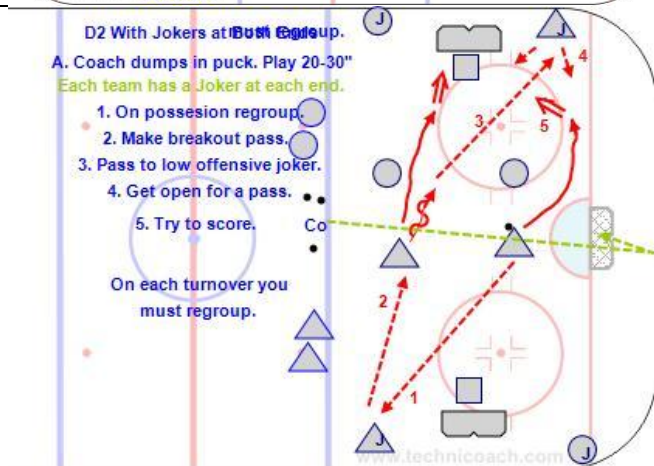
- One goalie games.
- Game one - 2 pass. Only forehand passes allowed, goals must be on one timers. Puck must stay inside the zone.
- Game two - one second or 2 touches only. Defenders must clear the zone before attacking and all must get outside.



D4

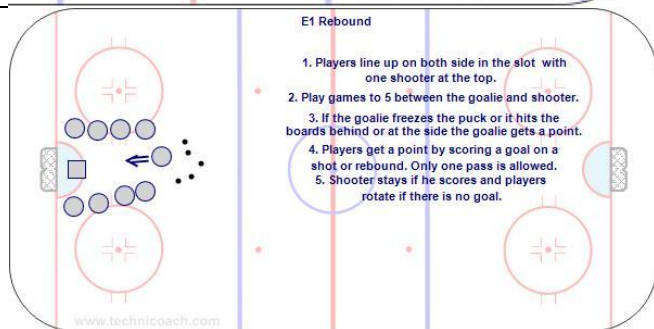
One green team switch ends.

- Game Three - Puck carrier must take AT LEAST 3 Hard Strides to Open Ice before they can pass or shoot. (most important rule of all)
- Game Four - Puck carrier must make an escape move to open ice before passing or shooting.



DT4

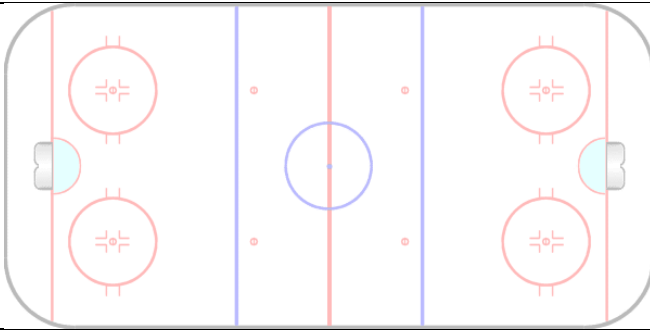
Game Five - Each team has one Joker behind the net and one at the point. On transition to offense you must pass to at least one of the Jokers. Jokers can check Jokers. Rotate on their own.



E1 Rebound



Explanation/Notes:



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