



# Flyers

# Practice Plan

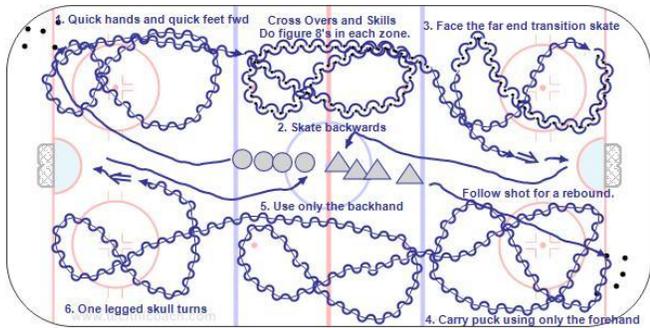
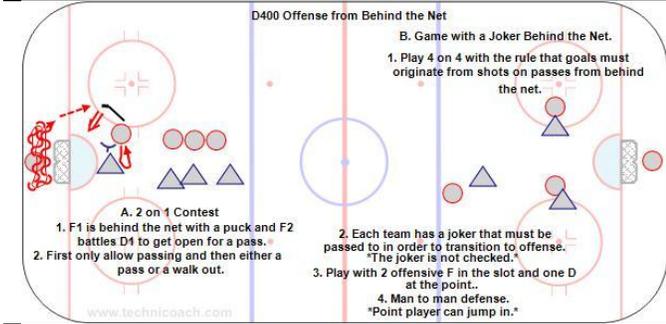
Date: Jan. 13

Time: 4 pm 75 minutes

Venue: Max Bell 2

Lines:

Notes:



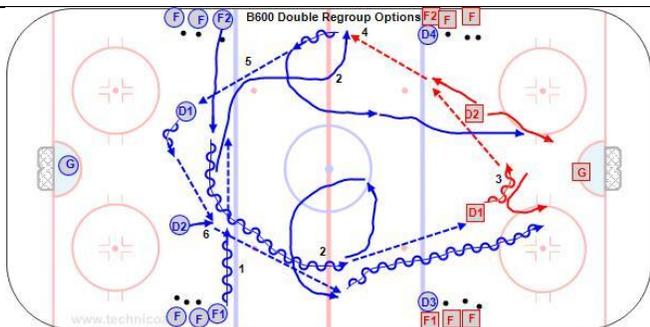
## B6 Puck Handling:

Loosen shoulders and increase reach.

Two circles in each zone opposite ways

1. Puck only on the forehand side of the stick
2. Puck only on the backhand side of the stick
3. Fast hands and fast feet
4. Alternate facing inside and outside each quarter of the circle.

Finish with a shot on the net.



## B600

2-0 Double regroup.

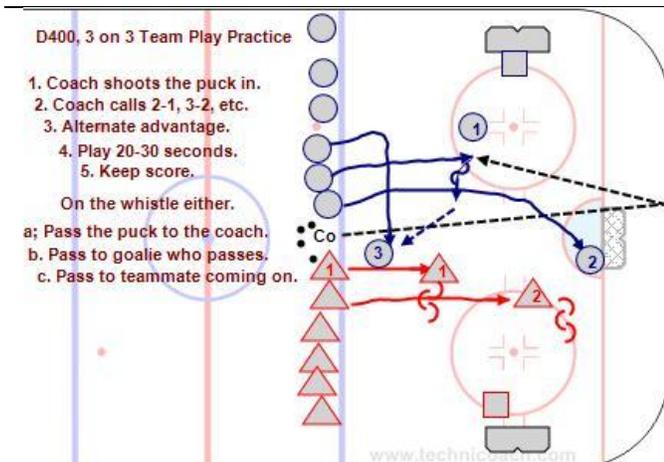
1. Double regroup and attack 2-0.
2. Double regroup and attack 3-0 with the middle D joining the play.



## D400

Game with the rule to go onto offense you must pass to a joker behind the net who passes.

1. Play 3-3 with the jokers behind.
2. Play 3-3 but with one player at the point who can jump in and a joker behind the net. Jokers are not checked.



## D200 Game with varying Situations

From 1 to 4 players are sent out for each team.

Play 20-25" shifts.

Use only one puck and pass to the teammates coming on.



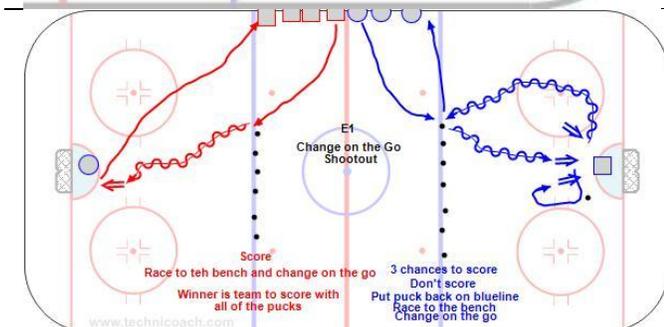
## DT400 3 on 3 With a Player at the Point

Use only one puck.

Coach dumps the puck in and the first 3 players from the lineup race and battle.

The 4<sup>th</sup> player play the point.

- First team to get the puck can score.
- To transition to offense you must pass the puck to your point man.
- Do not check the joker at the point.
- On the whistle players race out and the goalies change. Pass the puck to the coach who dumps it in when everyone has cleared the zone.



## E1 Shootout.

Change on the go.

-Place 8 pucks on each blueline

-players wait on the bench.

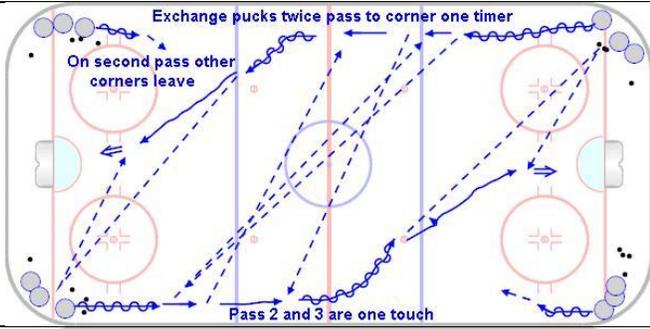
**Rules:**

-If you score race to the bench and then next player pick up a new puck from the blue line.

-If you don't score pass to a player coming off the bench who can't leave until you are within a stick length of the bench.

-First team to score with all the pucks wins.

-Leave the puck in the net when you score.



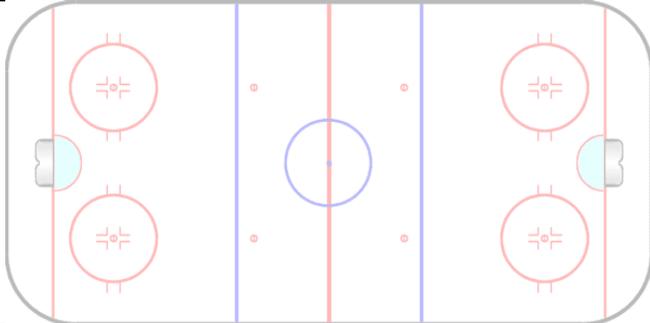
This is the second exercise of the practice.

### B6 Diagonal Double Pass

Exchange the pucks twice with diagonal corner. Progression is to pass to the corner give and go and shoot.



**Explanation/Notes:**



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