



Flyers

Practice Plan

Date: 17-02-13

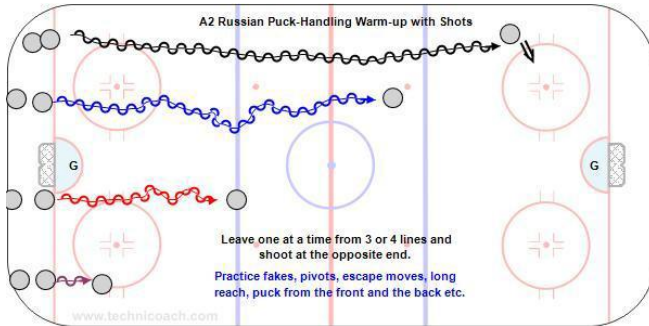
Time: 13:15-14:30

Venue: Henry Viney

Lines:

Notes:

This is a one goalie practice.



10 min.

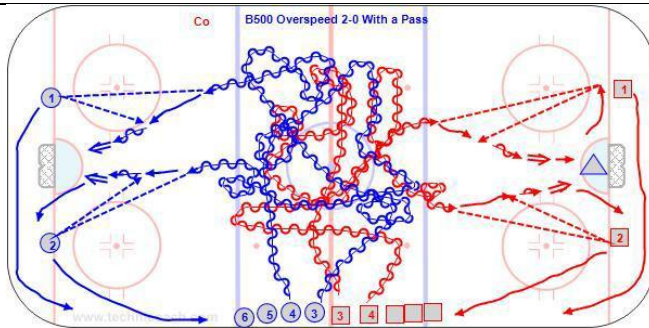
A2 Russian Puck-Handling Warm-up with Shots

Key Points:

This can be done every time players go on the ice to expand their muscle memory. The point of these exercises is to increase the size of the reach with the stickhandling moves, and to separate the upper and lower body. This is one of the most important exercises a player can do to develop puck handling skills. All the moves can also be practice off ice with various kinds of balls and pucks.

Description:

- From the A2 formation, players skate down the ice in 3 or 4 groups; practice big moves with the puck. One player leave and the next player go when he/she gets past the top of the circle. Finish with a shot from your lane no closer than the hash marks.
- . Go one way then the other and do a different skill each time.



6 min.

B500 Overspeed 2-0 with a Pass

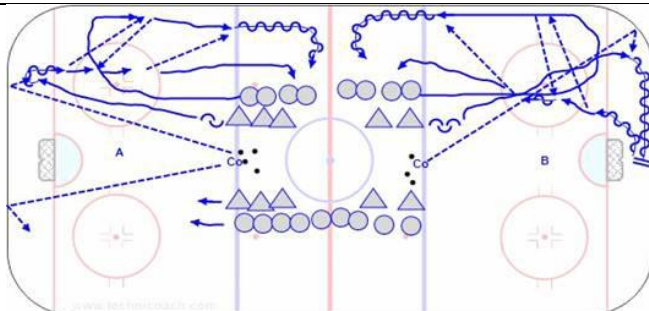
Key Points:

Players must challenge themselves out of their comfort zone. Make as many moves as possible and continue until they have shot and looked for a rebound. Take the pass and shoot right away without over handling.

Description:

1. Line up along boards on one side.
2. Players 1 and 2 start on the goal line.
3. Players 3 and 4 leave and make moves at top speed.
4. Coach whistle every 7" and they players attack the net.
5. Closest attacker give and go with 1 or 2.
6. Second closest do a tight turn then give and go with 1 or 2.
7. With only one goalie go one way only.
8. After passing return to the back of the line.

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10 min.

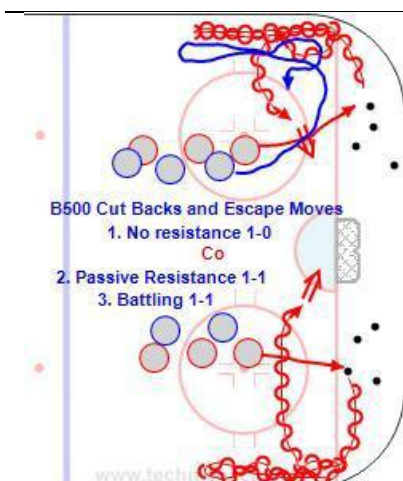
B5 Murdoch Breakout Routine A to F with shot at far end.

Key Points:

This is a good routine to use at the start of practice instead of just skating around the ice aimlessly.

- Work for 5-10 min. and get in a lot of reps.
- D shoulder check on the way to the puck.
- Forwards funnel through middle lane and watch puck before swinging up the boards.

Shoot at the far end and then pass to the point for a shot.



10 min. Forwards

B500 Cut Backs and Escape Moves

Key Points:

Protect the puck with the body on offense. Cut back turning toward the boards. Defender stay lined up with the back of the inside shoulder and stick on the puck.

Description:

1. Leave on the whistle and practice cut backs, tight turns. Go to the net on the second whistle while the next players leave.
2. Two players leave and the second player stays on the D side with the stick on the puck and gives passive resistance.
3. This is a battle and the defender tries to get the puck. On the second whistle whoever has the puck go to the net.

*Without goalies both sides can go at once and with a goalie alternate sides. Players switch sides after doing both offense and defense.

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Defense and LW – Point shots using 4 small nets.

10 min.

T4 D400 - 2 on 2 Below the Goal Line

Key Points:

The attackers create scoring chances with speed, deception, give and goes, crosses and picks.

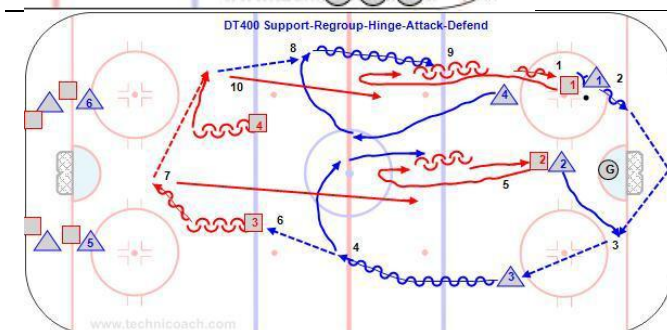
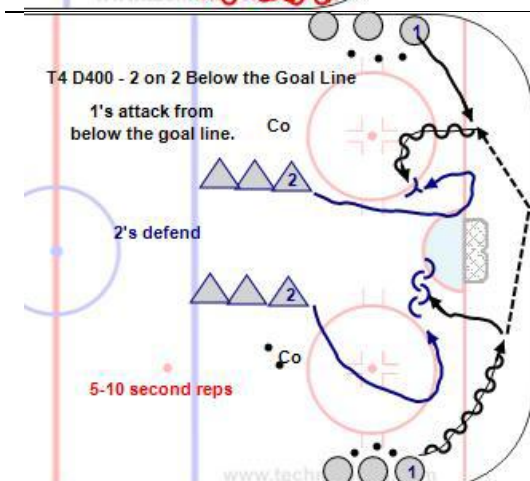
Defenders must talk, stay net side, sticks in lanes and one the puck.

Description:

Start from the corners, one attacker with the puck and another come towards him below the goal line. 2 defenders are in front and must cover them. Keep track of goals vs the number of attempts.

Play for 5-10 seconds.

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10 min.

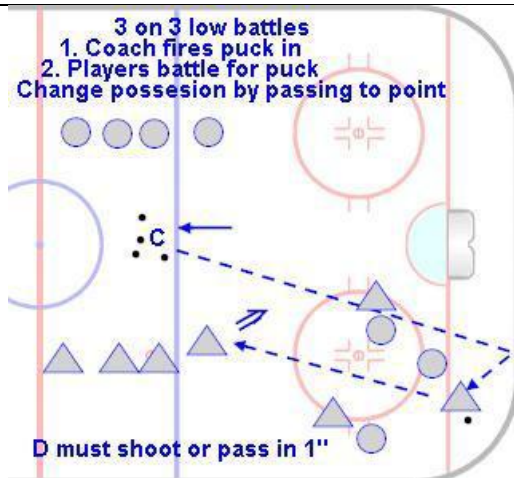
DT400 Support-Regroup-Hinge-Attack-Defend

Key Points:

New players give defenders support from the top of the circles as if they were wingers. If the puck is carried above there they can.

Description:

1. Red 1-2 attack Blue 1-2.
 2. Blue 1-2 defend.
 3. Pass to Blue 3-4 after a turnover or goal.
 4. Blue 3-4 breakout the other direction.
 5. Red 1-2 follow the play as defenders
 6. Blue 3-4 regroup with Red 3-4.
 7. Red 3-4 hinge at least once.
 8. Red 3-4 pass to Blue 3-4.
 9. Blue 3-4 attack vs Red 1-2.
 10. Red 3-4 follow attack to support Red 1-2.
 11. Blue 5-6 move to nzone ready to regroup with Red 3-4.
- Continue this rotation of support-regroup-hinge-attack-defend.



10 min.

DT400 Transition Game of Low Battles with Point Support

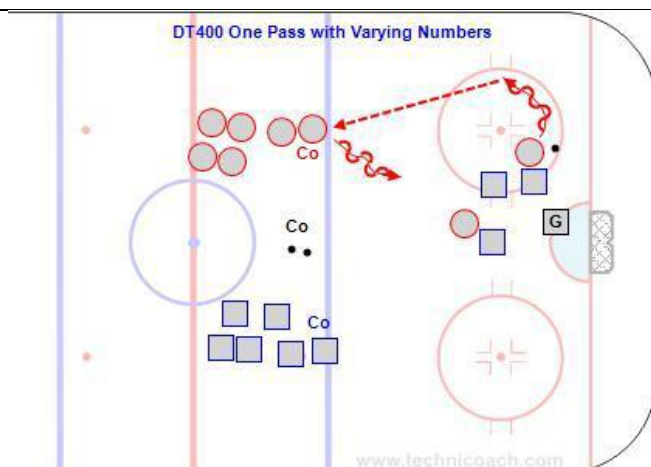
Key Points:

Great game to practice cycling, going to the net, screening, tipping, point shots, shot pass, one timers on offense. On defense you have the low zone coverage and communication skills. As well as individual techniques like sealing the stick to the outside, tying up sticks, boxing out, switching, all from the defensive side.

Description:

1. One team is lined up behind each faceoff dot. From one to three players leave at a time.
2. The next player in line plays the joker at the point and must pass or shoot within a second. Defenders do not check the joker as he can't go in and score.
3. The coach dumps the puck in or shoots on net and the teams race for the puck. Whoever gets the puck can shoot right away.
4. When the defending team gets the puck they must pass to their joker at the point to transition to offense.
5. If the puck is shot out of the zone the coach passes to the non offending joker.
6. Play 20-30" and on the whistle the players pass to the coach and skate hard out of the zone before the coach shoots a new puck in.

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10 min.

DT400 One Pass with Varying Numbers

Key Points:

Players must read the numerical situation and communicate. Attackers must quickly take advantage of either their scoring chances or the ability to pass to the line to add an attacker.

Description:

1. Teams line up outside the blue line.
2. A coach tells each team how to go on the whistle.
3. Coach dumps the puck in to start.
4. On transition to offense there must be at least one pass before a shot.
5. Up to 4 players can be on one team.
6. Add players by passing to the player at the front of the line.
7. Play 30" and on the whistle pass to your line.
8. On a goal the coach shoots in a new puck.

*Add players by making a give and go pass to the line and that player joins the attack.