



Flyers

Practice Plan

Date: 28-08-13

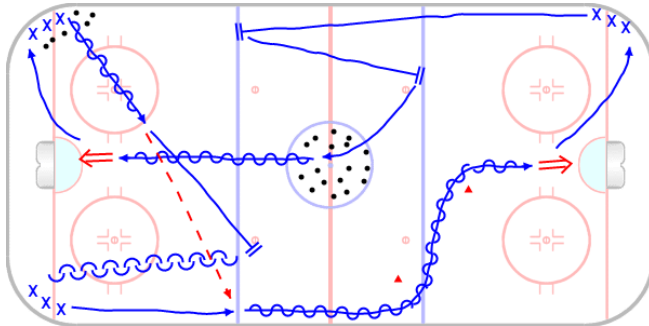
Time: 16:30-18:00

Venue: ECTAS

Lines:

Shoot, puck handle, pass, power play

Notes:



12 min.

Russian Big Moves

Introduce moves following fake shots and the Crosby.



8 min.

B202 Pass to All Players

Key Points:

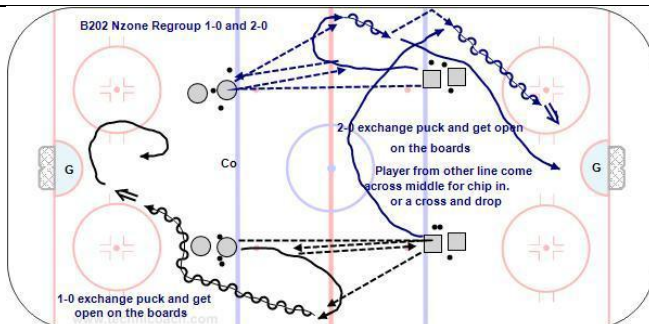
Give and go pass. Give a target and make eye contact before passing.

Description:

1. Blues start with half on each blue line.
2. Reds weave around in the middle.
3. Red pass to each blue player.
4. Alternate sides each pass.
5. Switch every 30".

*Compete to see who makes the most passes.

<http://www.hockeycoachingabcs.com/filemgmt/index.php?id=99>



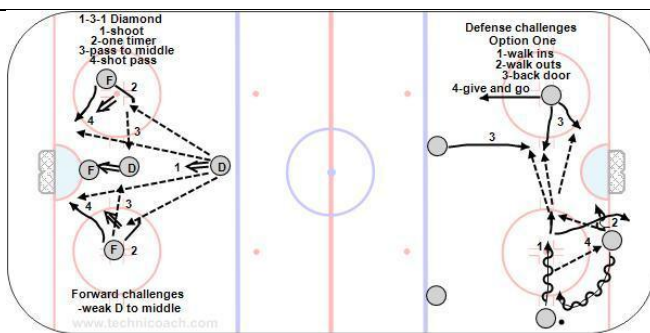
10 min.

B202 Neutral Zone Regroup 1-0 and 2-0 - Pro Key

Points: Start by exchanging the puck and always face the puck when pivoting for the return.

Description: 1. Players face each other and regroup in the neutral zone 1-0 then 2-0 and then attack. Start with exchanging the puck and then the breakout pass. 2. On the 2-0 practice chipping by the D to enter the zone or simply enter 2-0 with crosses. 3. You can add defense by having the shooter go out and defend the next attack. 4. When just shooting follow the rebound then circle back for the rebound from the next shooter.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090813080849924>



30 min.

Power Play Options: Overload to a Diamond

Option One: Set up at the hash and attack the seam between the D and F.

-If no one plays you skate thru and shoot or pass back door to the F or the D coming down.

-If the D plays you cycle low and keep going for a give and go and if that isn't there become the low option.

-Original low player attack the seam again.

Option Two:

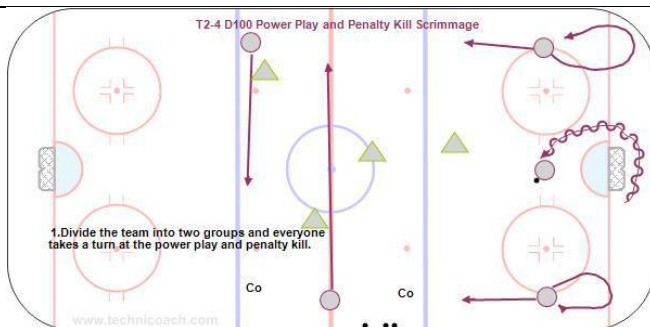
-If the F plays you pass to the point and the low player moves in front to screen.

-If the point player can get to the middle move into a 1-3-1 Diamond and the weak side D skate down to the middle slot between the hash marks.

-In the Diamond we have 4 triangles for one timers, a middle one timer option.

-If the puck is loose always outnumber the defenders and start the same sequence.

RULES and READS -When you get the puck either you or the puck moves. No standing still. -If the weak side D comes down to back door the weak side F slide back. Look for defenders staring at the puck and move into the passing seams behind them. -Create 2 on 1's. -Short passes that only beat one defender. * Progress to a high cycle.



D100 12 min. 6 min. pplay each team.

T2-4 D100 Power Play and Penalty Kill Scrimmage

Key Points:

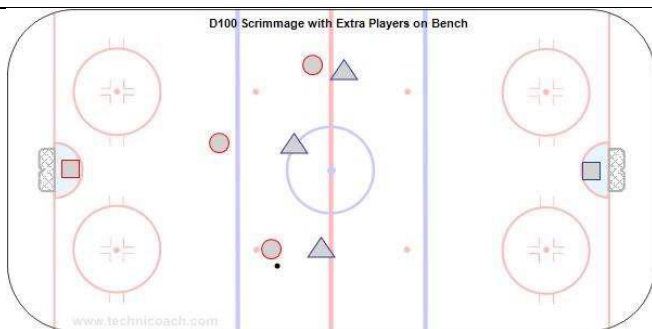
Practice the full ice power play vs penalty killers. Controlled scrimmage style with coaches shooting the puck in and stopping the play. Short passes, get the puck behind the defense, and quick feet are the keys.

Description:

1. Divide the team into two groups and everyone takes a turn at the power play and penalty kill.

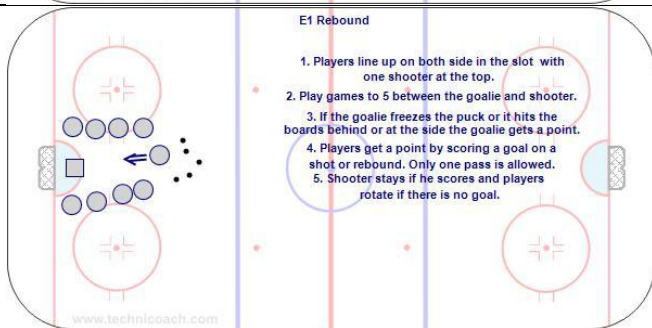
2. In this video the breakout is 3 coming up the ice with one in each lane and a stretch man in at the red line and far blue lines.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090806144407276> is the video link.



10 min.

D100 Full ice 3 on 3 scrimmage.



8 min.

E1 Rebound

Key Points:

Make quick shots and one timers and goalie read the play.

Description:

1. Players line up on both side in the slot with one shooter at the top.
2. Play games to 5 between the goalie and shooter.
3. If the goalie freezes the puck or it hits the boards behind or at the side the goalie gets a point.
4. Players get a point by scoring a goal on a shot or rebound. Only one pass is allowed.
5. Shooter stays if he scores and players rotate if there is no goal.

Explanation/Notes:



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