



Flyers

Practice Plan

Date: 15-10-13

Time: 16:00-17:30

Venue: Max Bell 2

Lines:	Notes:
Passing, shooting, puck support	2-1-2 forecheck with strong and rim pinch.
Point shots with and without pressure,	screening.

10 min.

B202 Luhowy Puckhandling and Passing Circuit

Key Points:

Control the puck and “lock and load” when you carry the puck; meaning move it from in front to your side. Keep a strong skating position with the knees bent and head up.

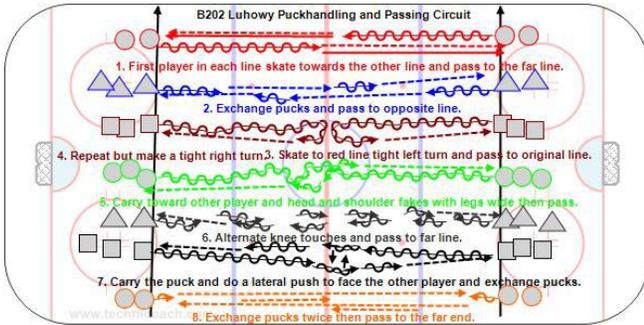
Description:

Line up behind the top of the circle with 2 or 3 players facing 2 or 3 players at the other end. Have between 2 and 4 groups depending on the number of players. A group of 4 is the smallest.

1. First player in each line skate towards the other line and pass to the far line.
2. Exchange pucks and pass to opposite line.
3. Skate to red line tight left turn and pass to original line.
4. Repeat but make a tight right turn.
5. Carry toward other player and head and shoulder fakes with legs wide then pass.
6. Alternate knee touches and pass to far line.
7. Carry the puck and do a lateral push to face the other player and exchange pucks.
8. Exchange pucks twice then pass to the far end.

*Other passes like backhands, saucer or moves like in the feet, toe drag can be added.

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8 min.

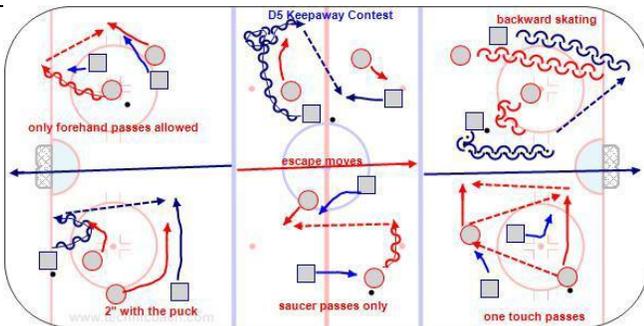
D5 Keepaway Contests to Practice Skills and Good Habits

Key Points:

All 4 Game playing roles are practiced. Have rules like, only forehand passes, only backhand, an escape move before passing, 3 hard strides, one touch, 2 " only, all skate backward, hold the stick with only one hand, saucer passes. 5 or 7 passes = 1 point.

Description:

1. Groups have an area of the rink or else one group at a time has so many seconds to make as many passes as possible.
2. Good activity to warm up with if the goalies are working with a coach.
3. Use rules that include skating, passing skills, puck handling skills such as pivots.
4. Practice good habits like taking 3 hard strides when you



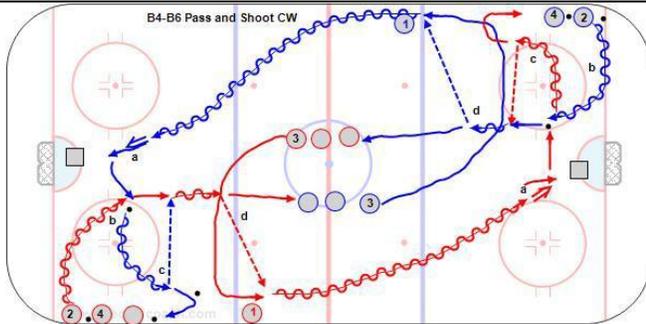
get the puck or pass and get open.

5. Keep score and switch opponents. 1 point for every 5-7 passes.

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8 min.

B4-B6 Pass and Shoot Pro W

Key Points:

Face the puck and give a target. Shoot while skating and accelerate in corners.

Description:

a. Start - 1 skate down the boards and shoot and follow the shot for a rebound.

b. 2 leave from corner then cross and drop to 1.

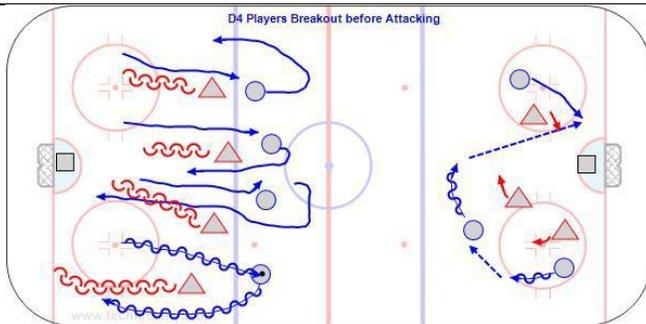
c. 1 carry the puck wide and pass back to 2.

d. 2 pass wide to 3.

e. 3 shoot and cross with 4.

f. After passing 1 go to corner, 2 to the centre circle.

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14 min.

7' - Game One all must touch the puck in the offensive zone.

7' - Game Two: Two seconds. (rotate opponents)

D4 Players Breakout before Attacking

Key Points:

To transition from defense to offense all the players must come out over the blue line and stay on side when they turn back to attack.

The coach can designate modified rules for the game to work on either individual or team play skills.

Description:

1. One team attacks with the puck and tries to score.

2. The defending team must breakout over the blue line and then turn back and attack.

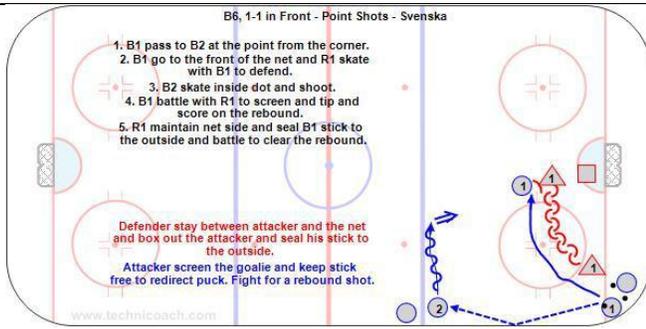
*Individual skills can be worked on. i.e.

-Skating-only backward skating allowed.

-Team Play - goals come only on plays originating below the goal line.

-Individual Offensive skills - an escape move must be made when you get the puck.

- Individual Defense - sticks upside down until one shot is taken.



10 min.

B6, 1-1 in Front - Point Shots

Key Points:

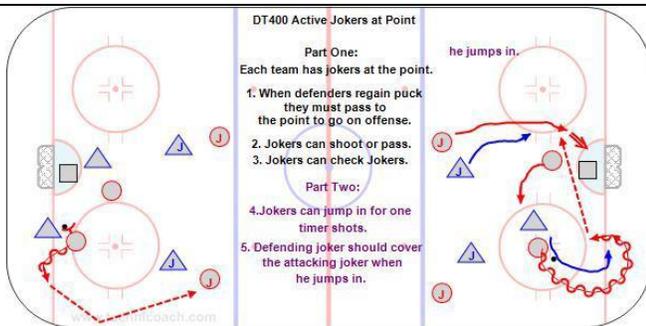
Defender, stay between attacker and the net and box out the attacker and seal his stick to the outside.

Attacker, screen the goalie and keep stick free to redirect puck. Fight for a rebound shot.

Description:

1. B1 pass to B2 at the point from the corner.
2. B1 go to the front of the net and R1 skate with B1 to defend.
3. B2 skate inside dot and shoot.
4. B1 battle with R1 to screen and tip and score on the rebound.
5. R1 maintain net side and seal B1 stick to the outside and battle to clear the rebound.

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10 min.

DT400 Active Jokers at Point

Key Points

Each team has two jokers at the point. Introduce the game allowing jokers to check jokers and then add that jokers can come in for one timer shots.

This transition game creates three situations. In the first part the players at the point must get open and take a shot or make a pass. The defender practices covering the point. In the second part add that the jokers at the point can come in for a one timer shot

Description:

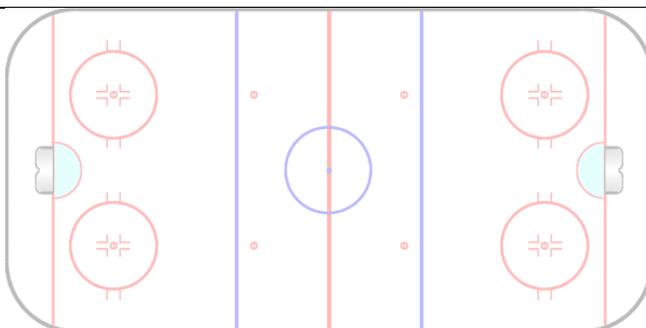
Part One: Each team has jokers at the point.

1. When defenders regain puck they must pass to the point to go on offense.
2. Jokers can shoot or pass.
3. Jokers can check the opponents Joker.

Part Two:

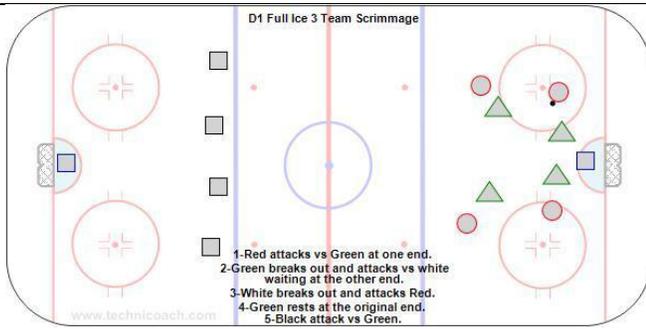
4. Jokers can jump in for one timer shots.
5. Defending joker should cover the attacking joker when he jumps in.

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10 min.

Walk through 2-1-2 forecheck with strong and wide pinch on a rim.



12 min.

D1 Full Ice 3 Team Controlled Scrimmage

Stop when coach blows the whistle to call out what number you are.

Key Points:

Give close support to the ball or puck. Defending team create speed through the neutral zone after the breakout. New defending team identify coverage when the attackers enter the zone.

Description:

Three teams play full court or full ice.

1-Red attacks vs Green at one end.

2-Green breaks out and attacks vs. Black waiting at the other end.

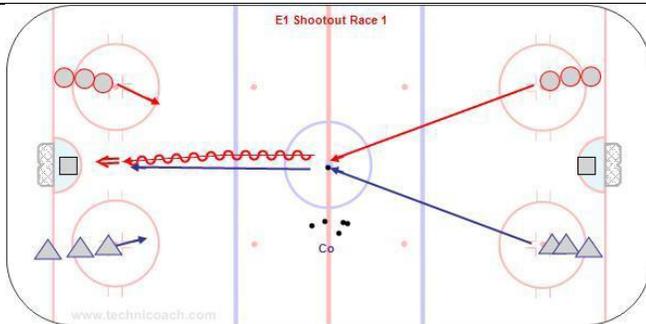
3-Black breaks out and attacks Red.

4-Green rests at the original end.

5-Black attack vs. Green.

They keep this rotation and play a game up to 5. Start another game at 0-0 but switch who they attack first i.e. now Green attacks Red and Red attack vs. Black and Black vs. Green. This rotation can be used to practice team play at full strength and power play and penalty kill.

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8 min.

E1 Shootout Race 1

Key Points Players must have one skate on the dot at the start. No hooking or tripping. Skate to get D side and get the puck. *This is a great contest for puck protection, battling, scoring and a good anaerobic conditioning exercise. Keep score with one colour vs the other.

Description 1. Players are lined up behind the face of dots at each end. 2. A player from each team race for the puck which the coach puts on the middle dot. 3. Protect the puck and try to score vs backchecking opponent. 4. Another puck on the dot and repeat the other way.

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