



## Flyers

## Practice Plan

Date: 18-12-13

Time: 16:00-17:30

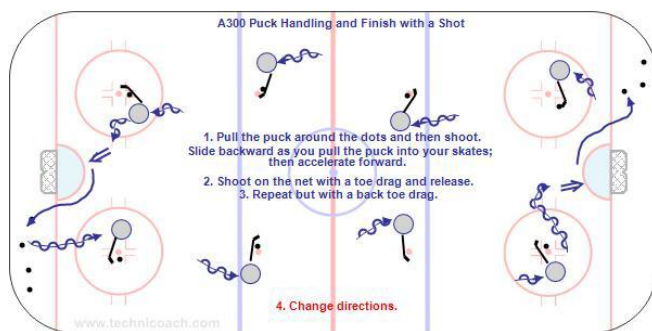
Venue: Shouldice

Lines: One goalie practice

Pass, shot, puck handle review and practice.

Notes:

Game situations.



15 min.

### A300 Big Moves \_ Russian Warm-up

#### Key Points:

Increase the size of the moves by reaching as far as possible with the puck. Separate the movement of the upper and lower body by skating away from the puck. Players must be able to handle the puck under control around and through their body.

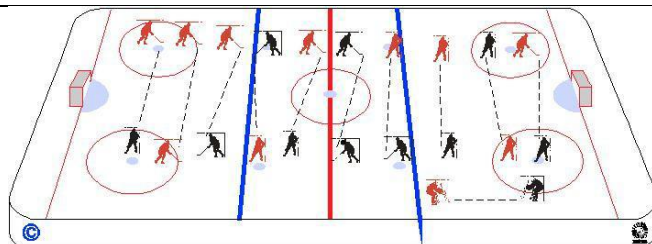
#### Description:

- Skate away from the puck. Skate right reach left and skate left and reach right.
- Reach as far forward and back as you can using the top hand.
- Yo-yo the puck give it and take it away.
- Toe drag fake inside and pull the puck back while sliding back.
- Bring the puck from behind to in front through the skates on forehand.
- Bring the puck from behind to in front through the skates on backhand.
- Skate fake inside and go outside.

#### Nervous System Overload

- Carry two pucks at once; keep them in front and within a stick length.
- Carry three pucks at once.

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15 min. Review Passing Technique

### B3 Partner Passing

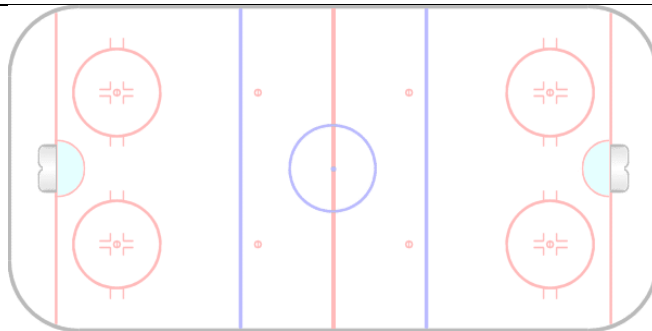
#### Key Points:

Partner pass starting standing and then skating back and forth. Wrist passes, snap passes, saucer. Go from forehand to backhand and backhand to forehand. Add tight turns. Players could also pass two pucks at once. Saucer pass.

#### Description:

Players face each other stationary and then in two lines skating cross ice.

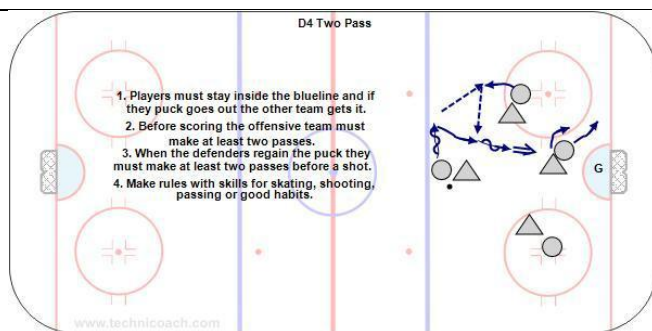
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15 min.

**Shooting instruction and then shots at the boards and then skating back and forth across ice and then shooting from 2 lanes.**

**One goalie.**



10 min.

**D4 Two Pass Key Points:** My favorite game to warm up the players at the start of practice. The quicker they make the passes after regaining the puck the more scoring chances they produce. If you look on the video's my son and I are playing this game with Dany Heatley and Jamie Huart as they prepare to go to Europe for the World Championships. The game is the template and then you can add skill or good habit rules to practice 'How to Play the Game.' **Description:** 1. Players must stay inside the blueline and if they puck goes out the other team gets it. 2. Before scoring the offensive team must make at least two passes. 3. When the defenders regain the puck they must make at least two passes before a shot. 4. Make rules with skills for skating, shooting, passing or good habits.

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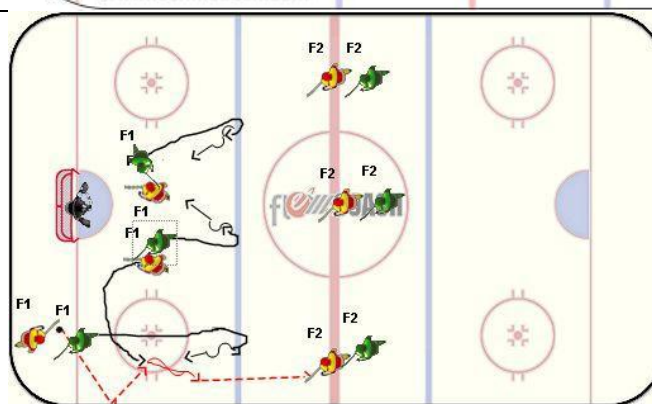
10 min.

#### DT400 Game of Quick Transition

**Key Points:** The resting players attack right away when they get a pass and the original attackers must communicate and cover one attacker each.

**Description:** 1. Offensive team attacks 3 on 3. It can be 1-1, 1-2, 2-1, 2-2 or 2-3 also if the coach wants to practice these situations. Upt to 5-5 is possible. 2. On transition to offense the defenders pass to their teammates waiting behind the blue line. 3. Attack right away (don't have to wait for teammates to get onside in this game.) 4. Original attackers now defend and communicate with each other on how to stop the attack. 5. After a goal the defenders is allowed to pass to the new attackers.

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12 min.

#### DT400 3-3 Perry Pearn Game Rotation Play 2-2, 3-2, 3-3, 3-3

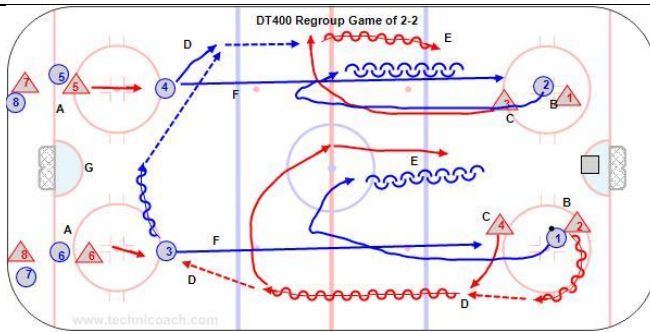
##### Key Points:

This game allows the coach to focus on the attack or defending deep in the zone. You can play this game in situations from 1-1 to 5-5. It is a great rotation to practice specialty teams if you have 3 lines because it gives the players some rest and they alternate between pp and pk (one F would leave the zone) The defenders have to clear the zone with control of the puck. With situations over a 3 on 3 I would move the resting players back to the far blue line.

##### Description:

1. Players line up within a stick length of the red line if you have 2 groups or only 1/2 ice; otherwise behind the red or far blue line.
2. Three players attack three defenders.
3. Defenders must carry the puck out of the zone before passing to team waiting team mates.
4. Three new players attack vs the original offensive players.
5. Keep score, implement skill (only forehand passes) or team play rules (goals originate from below the goal line).

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15 min.

### DT400 Regroup Game of 2-2

#### Key Points:

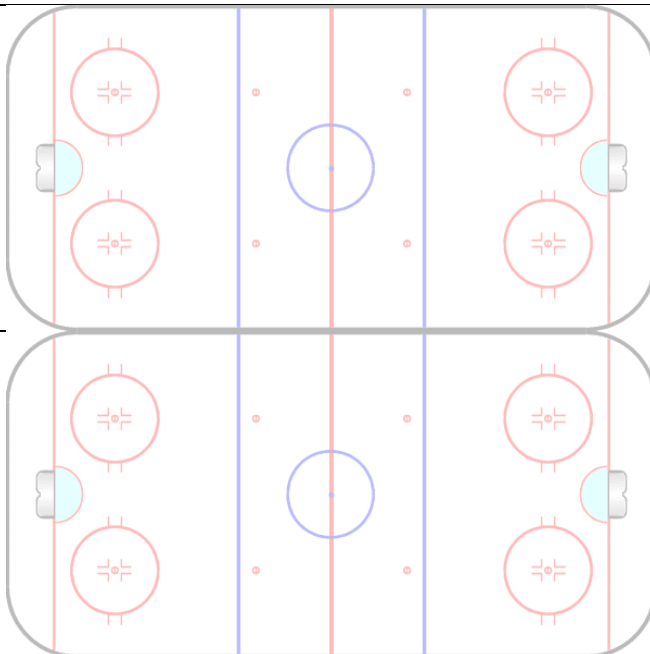
This is a continuous flow game. When supporting from top of the circles act like wingers and give wall and middle breakout options. If the attackers come above the top of the circles the defenders there can check the puck carrier.

\* Add regroup-dump ins.

#### Description:

- A. Players line up below the circles on each side.
- B. Offensive 1 and 2 attack vs. defenders 1 and 2.
- C. Defenders 3 and 4 support 1 and 2 from the top of the circles.
- D. After a goal, frozen puck or breakout 3 and 4 regroup with the opposition 3 and 4 who hinge and pass.
- E. 3 and 4 attack vs original offensive 1 and 2.
- F. After hinging the new 3 and 4 support the defending 1-1 from top of the circles.
- G. Continue this flow of hinge and pass-support-breakout-regroup-attack-defend-rest.

#### Explanation/Notes:



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