



## Flyers

## Practice Plan

**Date:** 31-01-14

**Time:** 16:00-17:15

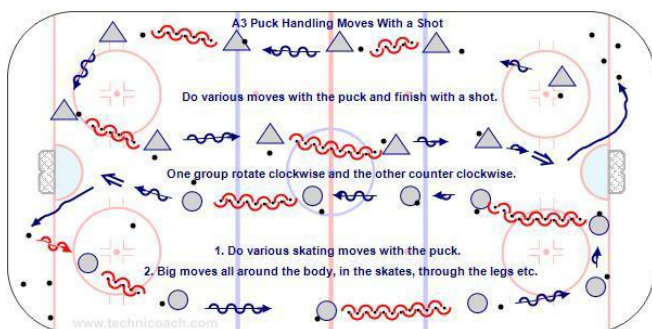
**Venue:**

**Lines:**

Skills warmup, breakout options, forecheck  
With pressure and without, Team Play  
review

**Notes:**

D beat first forechecker, face-offs, point shots  
Dzone coverage, power play, penalty killing



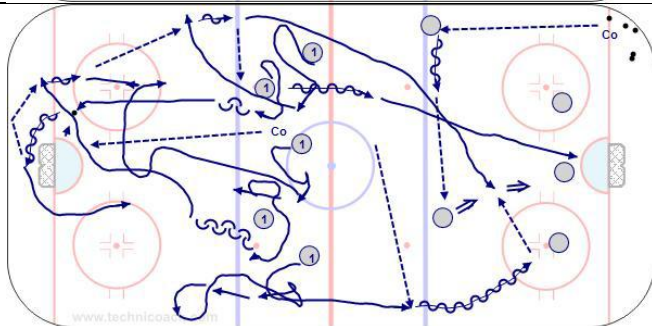
10'

### A300 x 2 Skating and Puck Handling Warm-up with Shots

**Key Points:** Do various moves with the puck and finish with a shot.

**Description:** One group rotate clockwise and the other counter clockwise. 1. Do various skating moves with the puck. 2. Big moves all around the body, in the skates, through the legs etc.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20121031084114911>



15'

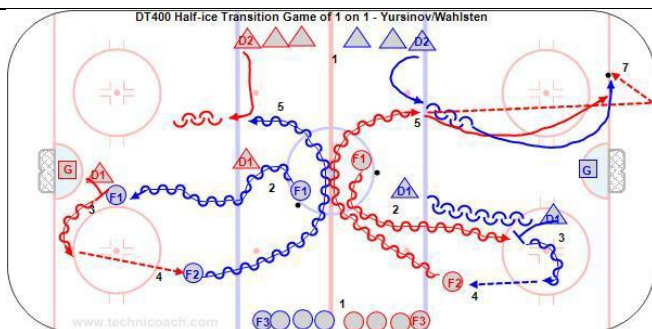
### B5 Breakout 5-0 x 3 with Point Shot

**Key Points:**

Coach calls the various options, up, across, wheel, reverse. Each line go one direction then dump into the other end or alternate ends.

**Description:**

1. Players skate in nzone then coach dump in. Third rep rim the puck for the goalie to set up for the D.
2. D make a D to D or D to F pass and follow the play.
3. All forwards touch the puck on the rush and shoot. then screen, tip and one timer position.
4. Coach pass to D who skate across line and pass to partner who shoots or shot pass.



10'

### DT400 Transition Game of 1 on 1 - Yursi-Juuso IIHF Symposium

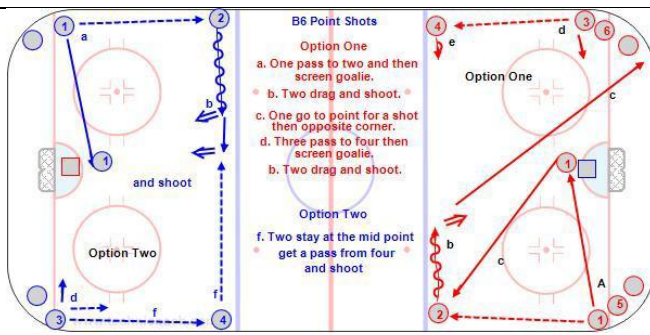
**Key Points:**

Defender must maintain a tight gap and stay of the defensive side. Attacker use moves to beat the defender, fight for rebounds and loose pucks. On the dump-ins the defender must read where the checker is coming from and the attacker create good checking angles.

**Description:**

1. Divide the team into two colours and opposite forwards and defense play against each other at both ends.
2. F1 attack vs. D1 after skating through the middle circle dump in and forecheck. F work on angling and D beating the forechecker.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20131203153607732>



10 min.

#### **B6 Point Shots D – Forwards Face-offs at the other end.**

##### **Key Points:**

Skate forward inside the dot before pivoting to. Shoot low for a tip in or rebound. One time the second shot in option two. Hit the net. Everyone practice this skill.

##### **Description:**

Option One

- a. One pass to two and then screen goalie.
- b. Two drag and shoot.
- c. One go to point for a shot then opposite corner.
- d. Three pass to four then screen goalie.
- e. Four drag and shoot.

Option Two

- f. Two stay at the mid point and get a pass from four and shoot before rotating.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20120430093036462>



20 min. Dzone and Specialty Team Review

#### **T2-4 D400 Team Play Practice – Pro**

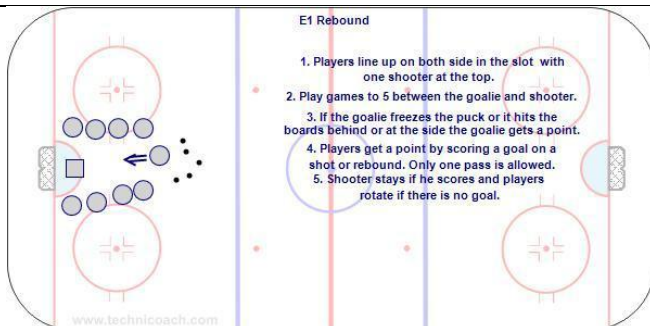
##### **Key Points:**

Team is in two colours or four colours. Skate in straight lines from the net out when killing penalties and only laterally when checking the puck carrier. Sticks in the passing lanes, stick on the puck. Shin pads in front of the puck on shots. On the power play either the puck or player move and rotate positions away from the puck.

##### **Description:**

1. Half the team at each end and rotate between pp and pk when the play is at the other end.
2. Start with the coach spotting the puck or with a face-off.
3. The coach put in a new puck when the puck is out of play.
4. Practice all of the options with everyone getting shots.
5. Penalty killers rotate with a diamond vs. a diamond power play and a box when the puck is on the wall or low.
6. Power play create 2 on 1's and one timer shots.
7. Penalty kill deny shots from the middle first and move to shooters on the sides.
8. This rotation can also be used to practice low zone even strength situations.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20130313091238819>



10 min.

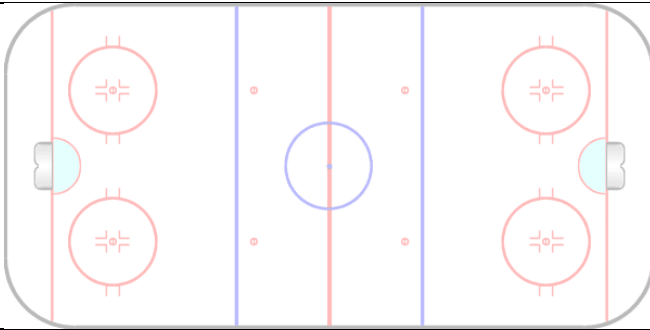
#### **E1 Rebound Game**

This is a scoring contest that seems to be loved by players of all ages everywhere in the hockey world.

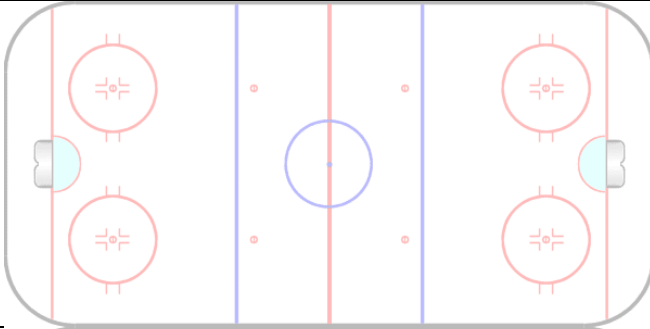
**Key Points:** Make quick shots and one timers and goalie read the play.

**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.

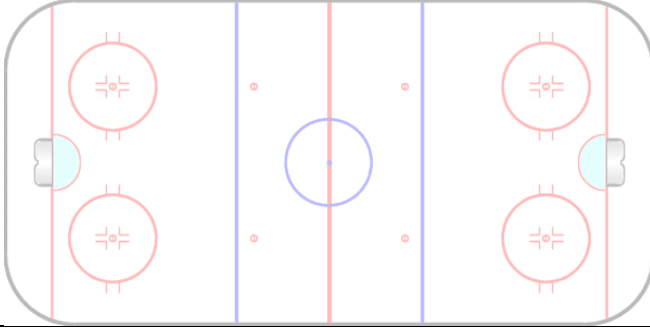
<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080723202833407>



**Explanation/Notes:**



**Explanation/Notes:**



**Explanation/Notes:**

---

---

---

---