



Flyers

Practice Plan

Date: 05-02-14

Time: 20:15-21:45

Venue: Norma Bush

Lines:

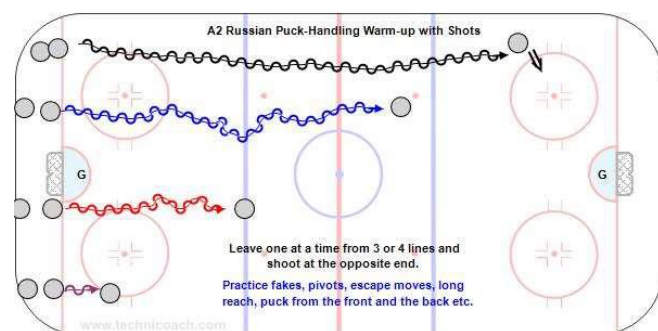
Breakout options, low defensive zone

Balance,

One goalie first 50 minutes

Notes:

Coverage, puck handle, shoot, edges,



10'

A200 Skating Warm-up for Edges and Balance with a Puck and Shot

Key Points:

Good players can move in all directions efficiently because they and use all edges and have great balance on the ice.

Routines for skating, puck handling, shooting and passing are efficient ways for a coach to quickly review the foundation skills and allow the players to get a lot of reps and improve at their own rate. Do these skating exercises with a puck.

Description:

A200 Formation in Four Groups

- Players start at one end in 4 lines and skate to the other end with a puck and shoot from their lane.

- inside edges - out and in using a snowplow.

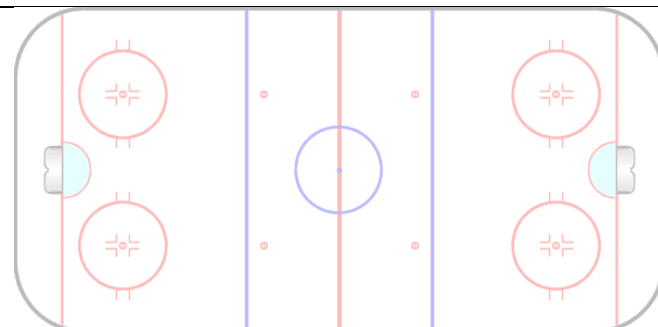
- inside edges - sculling one leg at a time on the inside edges.

- outside and inside edges - slalom with the skates together and a good knee bend.

- balance and edges - one length of the ice on each leg.

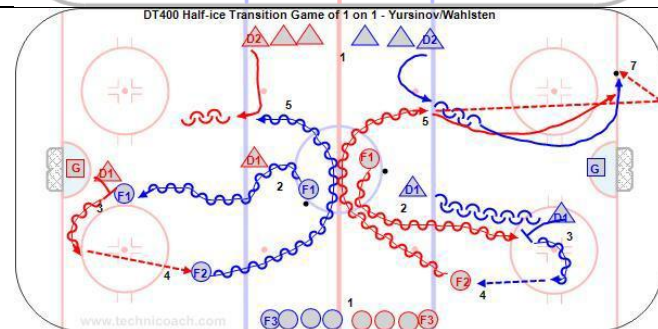
Repeat the same sequence but skate Backward.

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15 min.

TJ breakout options



10'

DT400 Transition Game of 2 on 2 with a dump in.

Key Points:

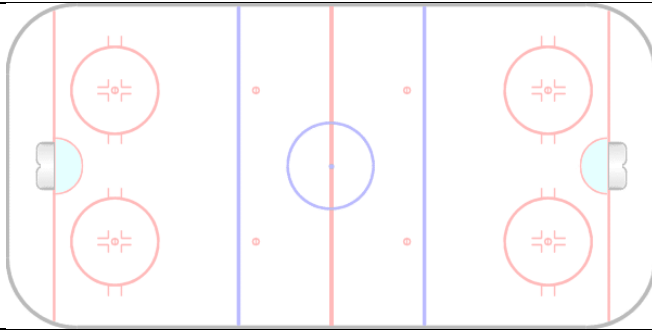
Defender must maintain a tight gap and stay of the defensive side. Attacker use moves to beat the defender, fight for rebounds and loose pucks. On the dump-ins the defender must read where the checker is coming from and the attacker create good checking angles.

Description:

1. Divide the team into two colours and opposite forwards and defense play against each other at both ends.

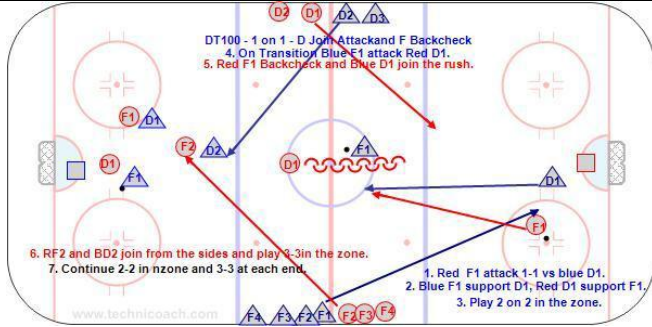
2. F1 attack vs. D1 after skating through the middle circle. 3. Fight for rebounds and loose pucks. 4. On transition pass to F2 at the top of the circle. 5. F2 skate through the middle circle and attack vs. D2. 6. Add a regroup with the forward circling back. 7. Add a neutral zone dump-in and the D and F fight for the loose puck.

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20 min.

Low dzone 3 on 3



15 min.

DT100 Continuous 1 on 1, 2-1, 2-2 D - Join Attack F Backcheck

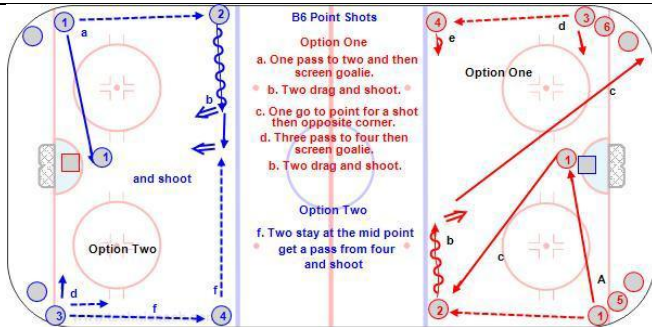
Key Points:

Forwards cover D and D cover F's. One D should join the attack to create triangles and one forward backcheck. Play tight gaps and attackers create 2 on 1's on the rush. Play 5-5 at each end.

Description:

1. Forwards line up on one side and defense on the other. 2. Start with a 1 on 1 attack Blue F1 vs. Red D1. 3. When the puck enters the zone defensive Red F1 support Red D1 and Blue D1 support Blue F1. 4. On transition Red D1 join new attack and Blue F1 backcheck 5. If the puck is dumped out with no possession the offensive team regroup and attack again. 6. Red F1-D1 now go 2 on 2 in the other direction vs. Blue D1-F1. 7. Blue F2 support Blue D1- F1 and Red D3 support attacking Red F1-D1. 8. This rotation continues with a 3-3 in each zone.

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10'

B6 Point Shots

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

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

Option Two

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

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10'

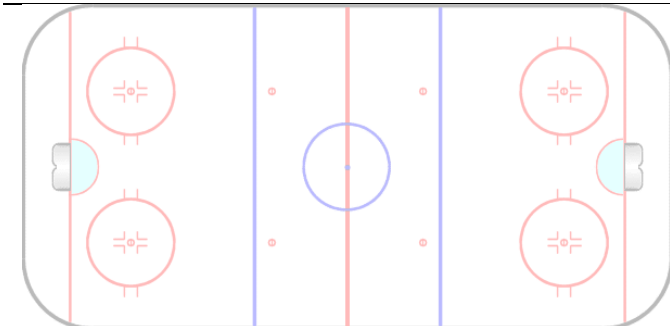
E1 Shoot Until You Score Race 1-0, 2-0, 3-0

Key Points:

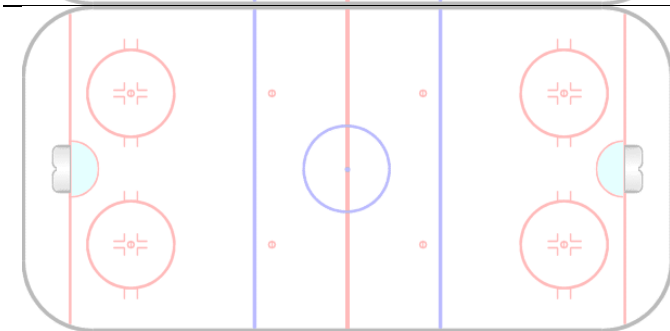
Players should attack quickly, pass early, shoot to score. Goal

Description:

- Place one puck on the bluelines for each player on the bench
- One player leaves from the bench and must keep shooting
- Scoring player skate hard to the bench and touch the board attack 2-0.
- Repeat after a goal and attack 3-0.
- All three players rush back and touch the boards and then
- The team that scores all the pucks first wins.



Explanation/Notes:



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