



## Flyers

## Practice Plan

Date: 11-02-14

Time: 16:00-17:30

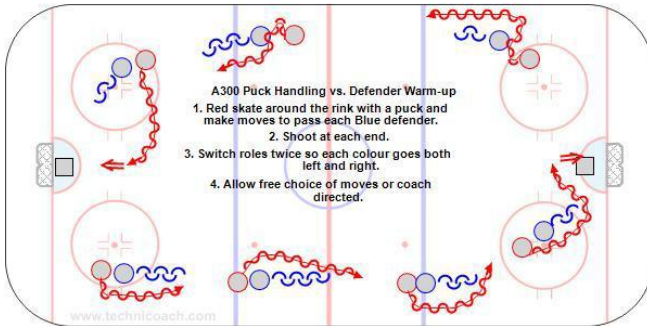
Venue: Max Bell 2

### Lines:

Puck handling, puck protection, long shots  
Puck protection, 1-1 battles in the corner  
Back checking, communicate, 2-2, rebounds

### Notes:

One timers, tap in, stick on the puck,  
Full ice 1-1, 2-1, regroup, passing technique



6'

### A300 Puck Handling vs. Defender Warm-up

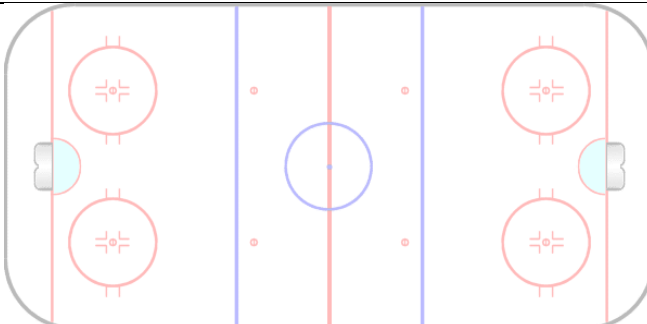
#### Key Points:

Defend passively and allow the attacker to make moves.

#### Description:

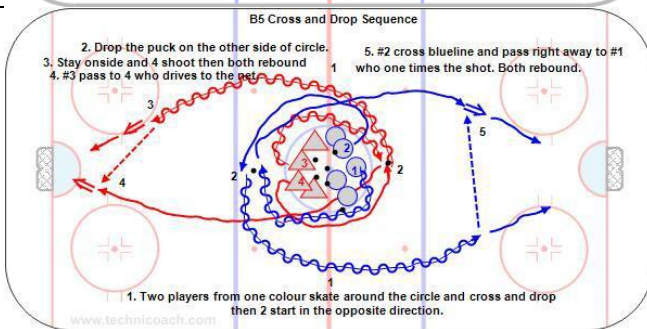
1. Red skate around the rink with a puck and make moves to pass each Blue defender.
2. Shoot at each end.
3. Switch roles twice so each colour goes both left and right.
4. Allow free choice of moves or coach directed.

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5'

### Move in groups of 5 in circles and protect the puck.



15'

### B5 Cross and Drop Sequence

#### Key Points:

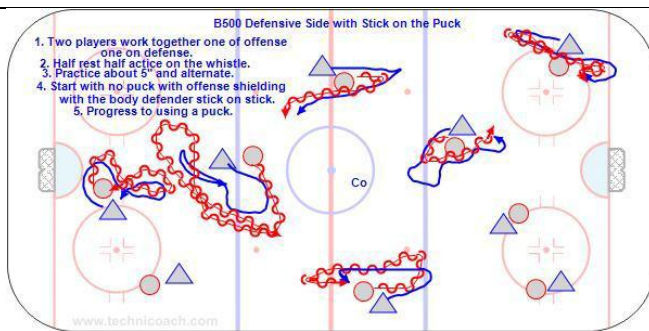
Players are inside the middle circle. Two players skate around and cross and drop then 2 from the other group leave. Leave the puck when dropping and the second player skate behind. Return to line from the wide lanes to avoid collisions.

#### Description: Start 1-0 long shots

1. Two players from one colour skate around the circle and cross and drop then 2 start in the opposite direction.
2. Drop the puck on the other side of circle.
3. Stay onside and 4 shoot then both rebound.
4. #3 pass to 4 who drives to the net.
5. #2 cross blueline and pass right away to #1 who one times the shot. Both rebound.

**Options:** a. One, two or three players leave at a time. b. After shooting one or two players defend the next rush, 1-1, 2-1, 2-2, 3-2, 3-3. c. Give + go with last shooters. Etc.

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8'

### B500 Defensive Side with Stick on the Puck

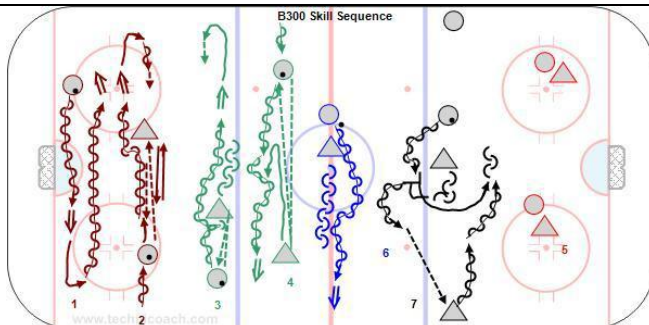
#### Key Points:

Player checks from the defensive side with the stick always on the attackers stick. Keep the stick on the ice when going side to side.

#### Description:

1. Two players work together one of offense one on defense.
2. Half rest half active on the whistle.
3. Practice about 5" and alternate.
4. Start with no puck with offense shielding with the body defender stick on stick.
5. Progress to using a puck.

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8'

### B3 Passing and Partner Practice

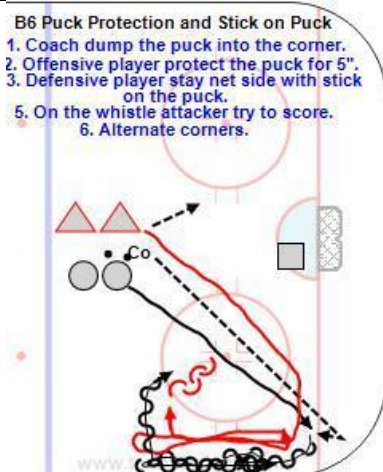
#### Key Points:

This is a great formation for partners to work together on passing or puck handling. You can even progress to one net or cross ice games and include more players. Practice shooting quickly. Use many moves vs. a passive opponent and increase the movement progressing to cross ice games.

#### Description:

1. Partner pass stationary and then skating. Incorporate going around each other as well.
2. Skate across ice and shoot at boards.
3. Skate-give and go-deke-shoot quickly.
4. Skate-give and go-deke moving D-Shoot.
5. Give-go, defender close gap-deke-shoot.
6. Partner keep-away.
7. 1 on 1 game-use line on boards or nets.
8. 1 on 1 game. Pass to waiting partner on whistle, goal or when defender regains puck.
9. Cross ice game and use small nets or the line on the boards as the goal. Play tournaments.

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15'

### B6 Puck Protection and Stick on Puck

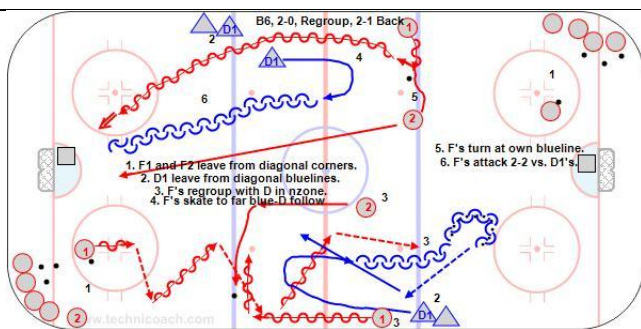
#### Key Points:

Attacker protect the puck by making tight turns and shielding it with the body. Defender maintain net side and stick on the puck.

#### Description:

1. Coach dump the puck into the corner.
2. Offensive player protect the puck for 5".
3. Defensive player stay net side with stick on the puck.
5. On the whistle attacker try to score.
6. Alternate corners.

Progress to the previous group battle in front making a 2-2 when the puck comes out of the corner.



12'

### B6, 2-0, Regroup, 1-1 then 2-1 Back

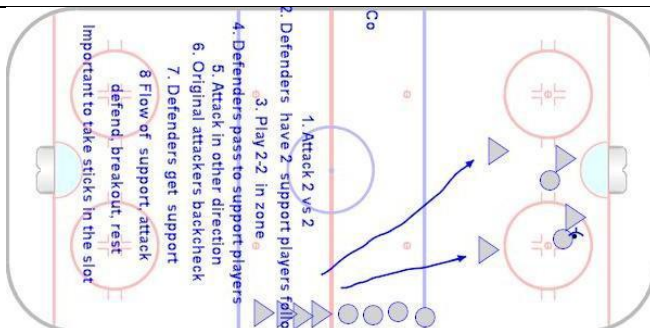
#### Key Points:

Forwards pass to the outside and skate to the middle with the puck. Face the puck all the time. D pivot with the puck. D work with the goalie and only give away poor shots. Forwards attack with speed and make the first play early. One high one low; one fast one slow.

#### Description:

1. F1 and F2 leave from diagonal corners.
2. D1 leave from diagonal bluelines.
3. F's regroup with D in nzone.
4. F's skate to far blue-D follow.
5. F's turn at own blueline.
6. F's attack 2-2 vs. D1's.

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10'

### DT100 Backchecking Transition Game

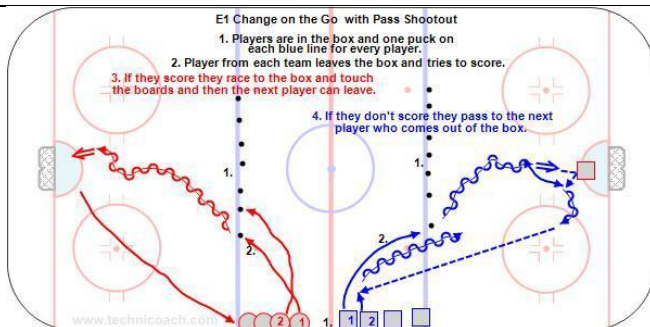
#### Key Points:

Attack quickly and the defender tie up the stick on the rebound then look for the puck.

#### Description:

Full ice game with the defenders getting support. New attackers have to get the breakout pass inside their zone. This works on quick passes and attack or the backchecker catches up. The backchecker must tie up sticks on the rebound and don't allow a second shot. The attacker must be quick and follow the shot. Defender make a breakout pass to the supporting player in the high slot.

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10'

### E1 Change on the Go with Pass Shootout

#### Key Points:

Players should work on selling the fake, change of pace and making the goalie move first. The goalie must time his retreat into the net to keep good angles on shots and cover the goal line on dekes.

#### Description:

1. Players are in the box and one puck on each blue line for every player.
2. Player from each team leaves the box and tries to score.
3. If they score they race to the box and touch the boards and then the next player can leave.
4. If they don't score they pass to the next player who comes out of the box.
5. Losing team do something for every goal they lose by.

\*To make it realistic the goalie should practice starting from the goal line and coming out.

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