



Flyers

Practice Plan

Date: Oct 4, 2011

Time: 17:15-18:45

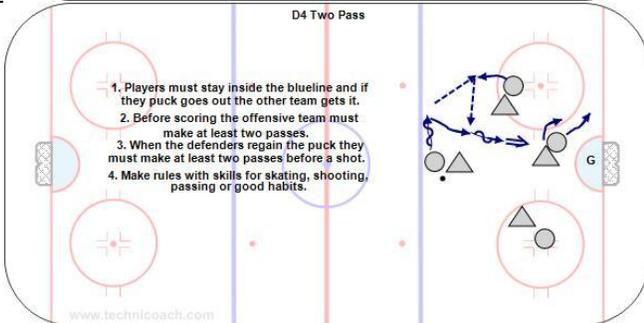
Venue: Fairview

Lines:	Notes:
Angling from the side and straight on.	
Role one-individual offensive skills	Role Three – individual defensive skills.
Nervous system overload.	Role 2 and 4 – offensive and defensive Support.



12'

Captain Lead:
Skating warm up with a puck and finish with a shot. Move on to big moves.



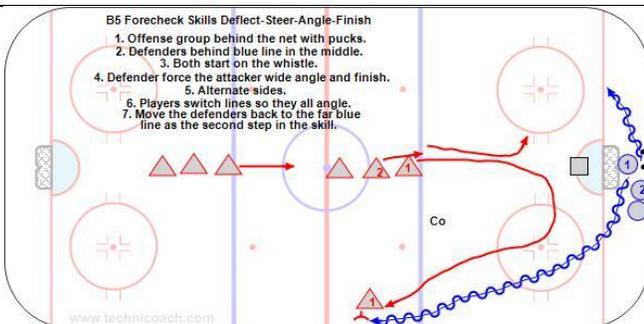
13'

D4 Two Pass at each end.

Play a game of two pass at each end. Game one – 5 minutes only forehand passes.

Switch teams.

Game two – an escape move must be made before a pass or shot.

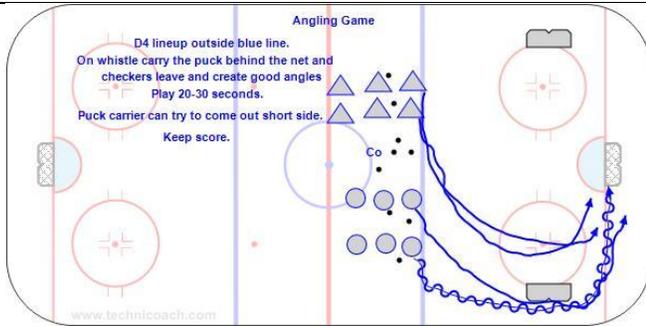


20'

B5 Angling Inside to Outside. Description:

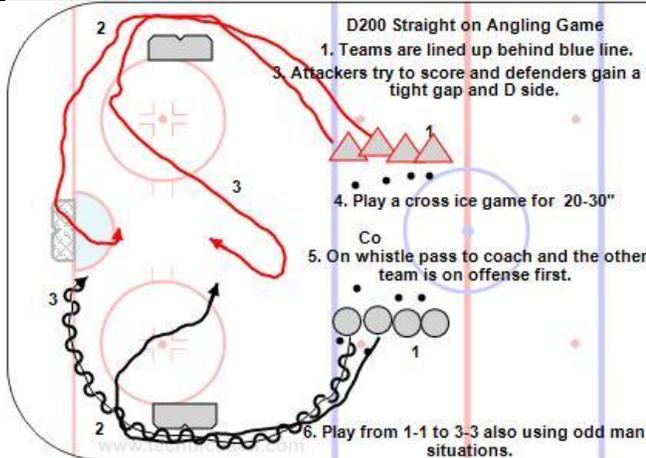
1. Offense group behind the net with pucks.
2. Defenders behind blue line in the middle.
3. Both start on the whistle.
4. Defender force the attacker wide angle and finish.
5. Alternate sides.
6. Players switch lines so they all angle.
7. Move the defenders back to the far blue line as the second step in the skill.

<http://hockeycoachingabcs.com/mediagall ... 3080843840>



10'
D200 Angling Game

**Pass to team mates on the whistle.
Create good checking angles and cover man to man.**



10'
D200 Straight on Angling Game

**Pass to teammates on the whistle.
Create good checking angles and cover man to man.**



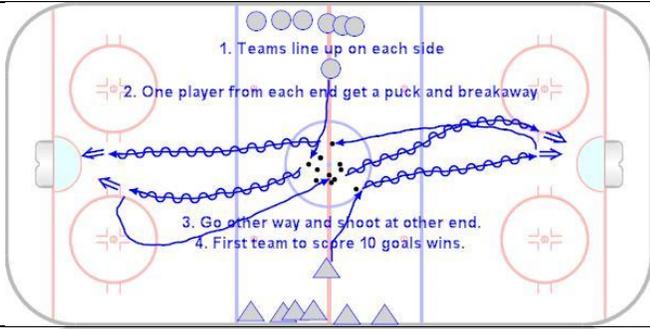
18' Lots of Variations:
D200 Multiple Puck Games

Key Points:

- Wally Kozak ran this game with-Players can only shoot when the goalie is ready.
- No empty net goals.
- Hustle out of the zone on the whistle and play 20-30 seconds only.
- Pass extra pucks to coach on the whistle.

Description:

1. Players line up outside the blue lines.
 2. Coach shoots in 3 pucks.
 3. Players race for pucks and battle to score and defend.
- Game Variations:**
- a. Shoot in a new puck on a goal.
 - b. Leave goals in the net and join team mates until only one puck is left.
 - c. Players can shoot on either net.
 - d. Send from 1 to 3 players to play, ie. 2 on 3 and coach put 2 pucks into play.

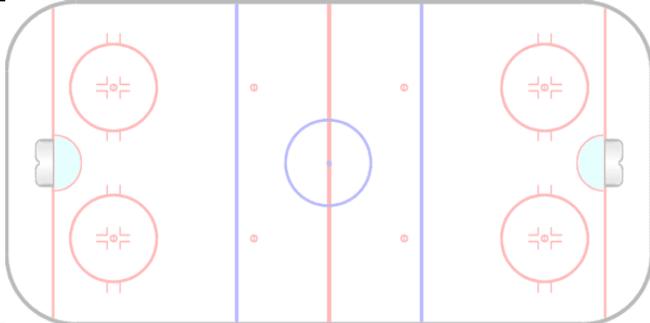


5'
E1 Two Shot Shootout

0 goals 2 laps
1 goal 1 lap
2 goals 0 laps



1' All pick up pucks and put them in the bag. 2-3 pucks each



1'
 Captain gather all the players in the middle lying down facing in.