



Flyers

Practice Plan

Date: Aug. 31

Time: 20:30-22:00

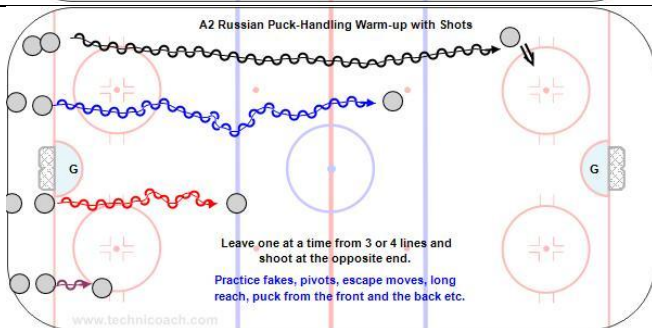
Venue:

Lines:

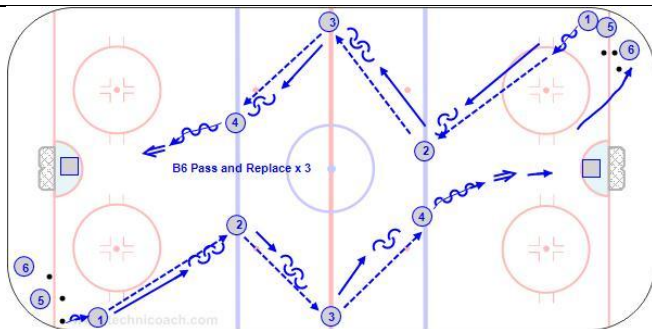
Notes:



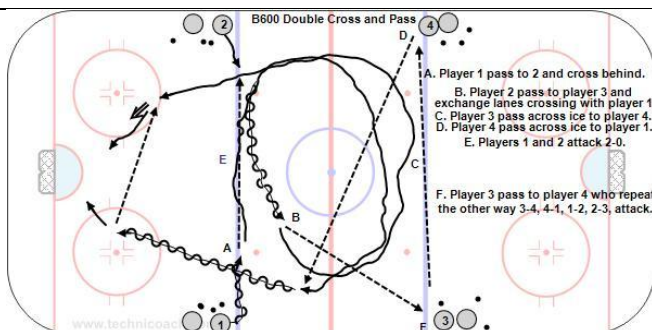
A2 Skating Warm-up for Edges and Balance
Description:
A2 Formation - Players start at one end and skate to the other end.
- inside edges - out and in using a snowplow.
- inside edges - sculling one leg at a time on the inside edges.
- outside and inside edges - slalom with the skates together and a good knee bend.
- balance and edges - one length of the ice on each leg.
Repeat the same sequence but skate Backward.
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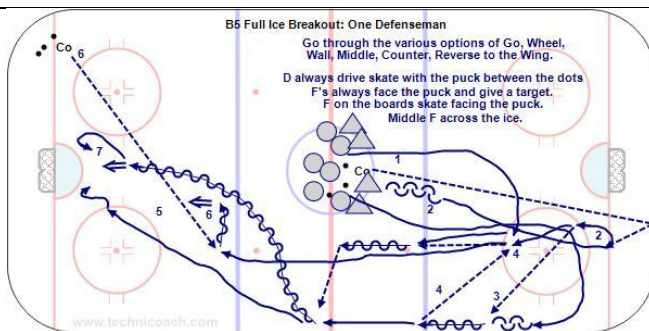
A2 Russian Puck-Handling Warm-up with Shots
From the A2 formation, players skate down the ice in 3 or 4 groups; practice big moves with the puck. One player leave and the next player go when he/she gets past the top of the circle. Finish with a shot from your lane no closer than the hash marks.
. Go one way then the other and do a different skill each time
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B6 Pass and Replace x 3
Key Points:
Pass while skating then turn and face the player who is passing to you. Shoot before the hash marks and follow the shot for a rebound.
Description:
A. 1 pass to 2 and follow the pass and turn and face 5 for a pass.
B. 2 pass to 3 and follow the pass.
C. 3 pass to 4 and follow the pass.
D. 4 skate in and shoot-rebound- go to the corner.
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B600 Double Cross and Pass
Key Points:
Make hard passes. Players should face the puck.
Description:
A. Player 1 pass to 2 and cross behind.
B. Player 2 pass to player 3 and exchange lanes crossing with player 1.
C. Player 3 pass across ice to player 4.
D. Player 4 pass across ice to player 1.
E. Players 1 and 2 attack 2-0.
F. Player 3 pass to player 4 who repeat the other way 3-4, 4-1, 1-2, 2-3, attack.
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B5 Full Ice Breakout-One D

Key Points:

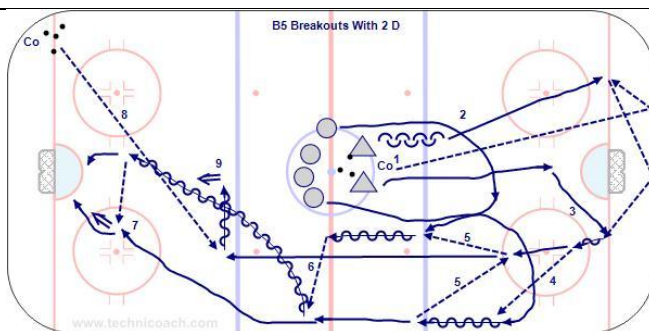
Go through the various options of Go, Wheel, Wall, Middle, Counter, Reverse to the Wing.

D always drive skate with the puck between the dots and F's always face the puck and give a target. F on the boards skate facing the puck. Middle F across the ice.

Description:

1. Coach dump the puck into the corner and call the breakout option.
2. D should check and drive skate.
3. Pass to either F.
4. F pass back to the D who passes to the other F.
5. F's attack 2-0 and shoot and rebound.
6. Coach pass to D at the point who skates the puck between the dots and shoot.
7. Forwards screen and tip.

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B5 Breakouts With 2 D

Key Points:

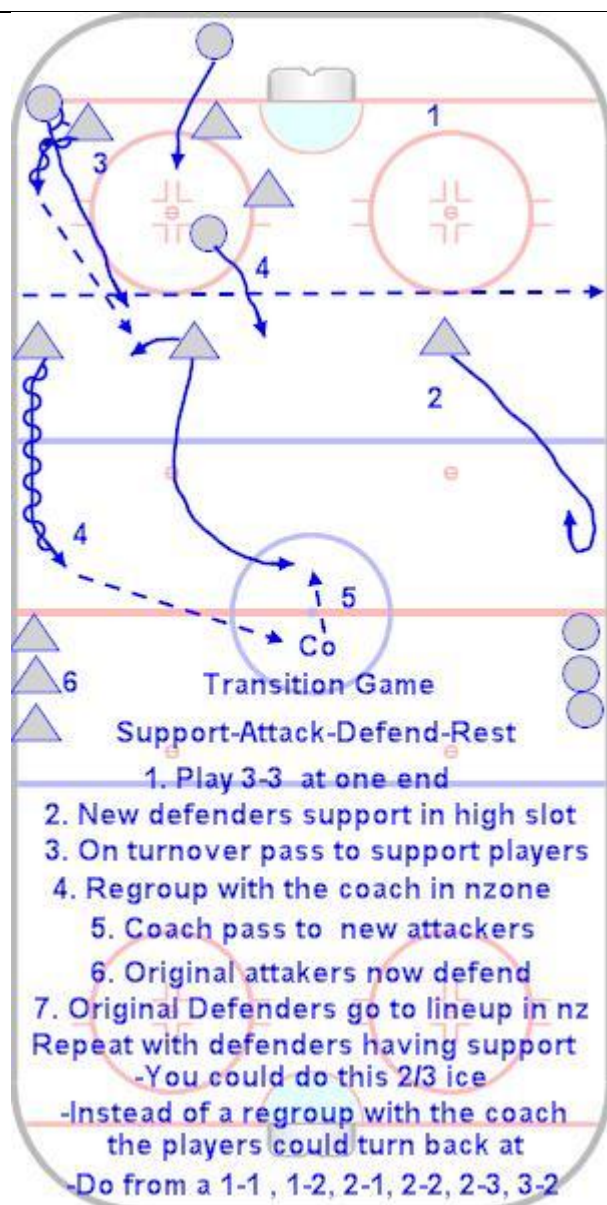
Defense practice D to D passes and communicate with each other.

1. Over - the pass from D1 is made behind the net to D2 on the other side.
2. Reverse - D1 drive skates to the back of the net and bounces it off the boards towards the corner to D2.

Description:

1. Coach shoots the puck in to one side.
2. D1 skates back to forward, shoulder checks and picks up the puck.
3. D2 skates to net front and calls over and moves to the other side for a pass behind.
4. D2 pass to a forwards on the wall or up the middle.
5. F1 pass back to D2 and D2 pass up to F2.
6. F's pass wide and skate to the middle.
7. F's attack 2-0.
8. Coach pass to D2 who followed the attack.
9. D2 shoot while F1 and F2 screen

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DT 400 Game of Support-Regroup-Attack-Defend-Breakout

Key Points:

This is a one puck transition game. Regroup with support on the strong side boards and in the middle. If the puck goes across ice flow with the play.

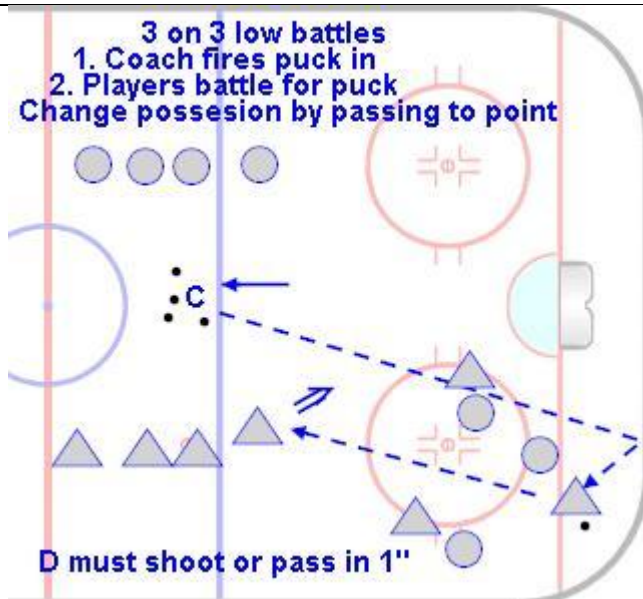
Description:

- A. Red 1 or 2 get a pass from the blue 3 or 4.
 - B. Red 1 and 2 attack 2-2 vs blue 1 and 2.
 - C. Blue 3 and 4 follow the attack to the top of the circles and give passive support (if the puck is carried higher than they are active)
 - D. The defending 1 or 2 pass to 3 or 4 on transition or after a goal.
 - E. Blue 3 and 4 regroup with Red 3 and 4 and turn and attack vs the original offensive players Red 3 and 4.
- D. Continue this flow.

Options:

Add another regroup or D to D plays like hinge or switch.

[DT 400 Game of Support-Regroup-Attack-Defend-Breakout.jpg](#)



DT400 Transition Game of Low Battles with Point Support

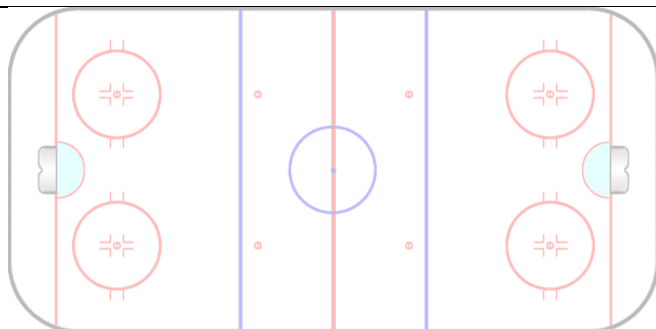
Key Points:

Great game to practice cycling, going to the net, screening, tipping, point shots, shot pass, one timers on offense. On defense you have the low zone coverage and communication skills. As well as individual techniques like sealing the stick to the outside, tying up sticks, boxing out, switching, all from the defensive side.

Description:

1. One team is lined up behind each faceoff dot. From one to three players leave at a time.
2. The next player in line plays the joker at the point and must pass or shoot within a second. Defenders do not check the joker as he can't go in and score.
3. The coach dumps the puck in or shoots on net and the teams race for the puck. Whoever gets the puck can shoot right away.
4. When the defending team gets the puck they must pass to their joker at the point to transition to offense.
5. If the puck is shot out of the zone the coach passes to the non offending joker.
6. Play 20-30 minutes and on the whistle the players pass to the coach and skate hard out of the zone before the coach shoots a new puck in.

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Explanation/Notes: