



## Flyers

## Practice Plan

Date: 24-01-13

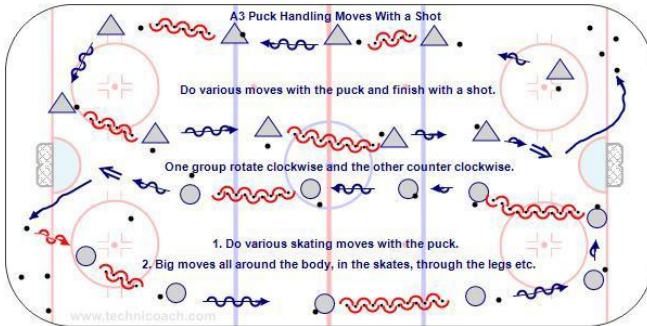
Time: 17:15-18:45

ECTAS

Pounce contain 1-3-1 Forecheck

Power Play

1-1's, 2-1, 2-2, compete, shoot, breakouts



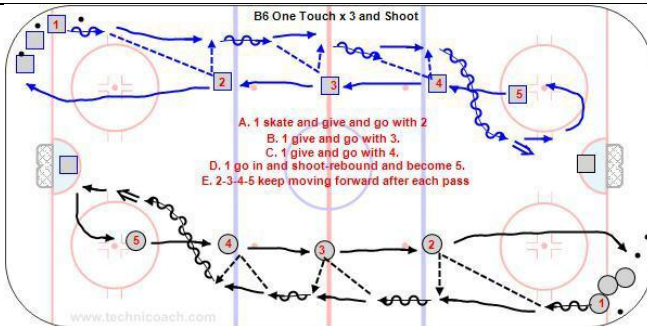
8 min.

### 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>



8 min.

### B6 One Touch x 3 and Shoot

**Key Points:**

One touch pass. Firm stick and follow through at the target. Both line move all the time.

**Description:**

B6 from diagonal corners down each side of the ice. Start with one player at each line and one extra behind.

A. 1 skate and give and go with 2.

B. 1 give and go with 3.

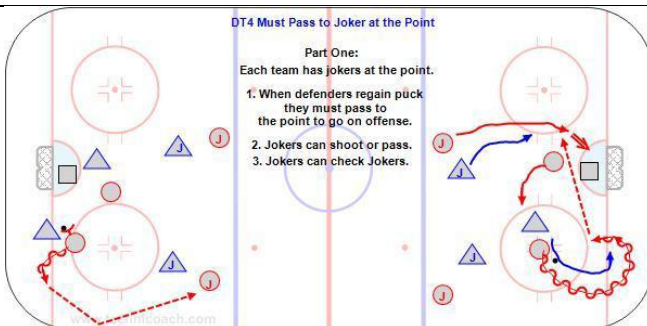
C. 1 give and go with 4.

D. 1 go in and shoot-rebound and become 5.

E. 2-3-4-5 keep moving forward after each pass.

Continue this flow from each side and then move to the other side and change directions.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120226094511455>



9 min.

### DT4 Each Team Pass to Joker at Point

**Key Points:**

Player at the point must get open for a pass and quickly make a play.

Defender get on the defensive side to block a shot and stay with the point man if he carries the puck.

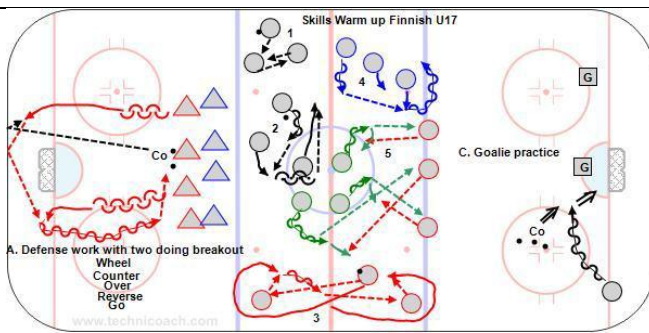
**Description:**

1. One zone game and each team has one or two jokers at the point.

2. To transition to offense you must pass to the point.

3. Progression is to add the rule that all goales must come from point plays such as shots, tip-ins, redirects, shot passes, screen, rebounds. This causes the players at the point to skate and get the puck through and the player covering to stay defensive side and block shots and passes.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2012091408474755>



## 15 min. D with Sean and Kevin-Goalies Nat-F Tom B Skills Warm up Finnish U17

### Key Points:

This is a great way to warm everyone up at the start of a practice. Defense do the various breakout options and read where the pressure is coming from. Pass the puck back to the coach and move thru everyone. Forwards pass with good technique and eye contact. Goalie coach work on technique and rebound control.

### Description

A. Defense work with two doing breakout options vs one forechecker.

B. Forwards lines of 3 work in the neutral zone.

1 - Stationary pass with eye contact.

2 - Pass while moving always face puck.

3 - #8 around partners give and go.

4 - Keepaway 2-1 in four areas.

5 - Two lines move and pass to other two lines on the blue line.

6 - Two lines of 3 pass while skating on one side of the neutral zone.

C. Goalies work with coach at one end.

<http://www.hockeycoachingabcs.com/filemgmt/index.php?id=88>

## 10 min. Everyone play both F and D. Total Hockey DT100 - 2 on 1 - D Join Attack and F Backcheck

### Key Points:

This is a continuous 2-1 with one D joining the rush and the high F backchecking.

Forwards enter the zone to support the defense and then attack and one backcheck.

Defense support from the point, defend and then join the attack.

Coach can vary the number of F or D to create different situations in each zone.

### Description:

1. Red 1 and 2 attack 2-1 vs blue 1.

2. Blue 1-2 support 1, Red 1 support 1 and 2.

3. Play 3 on 3

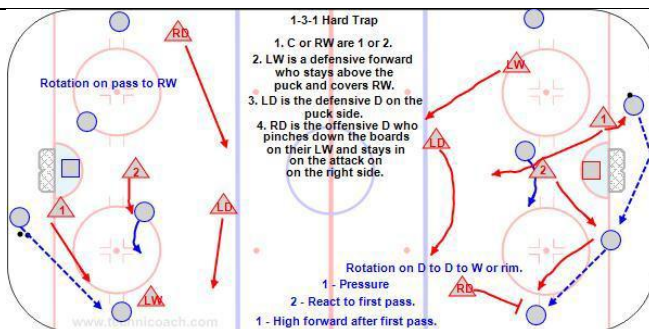
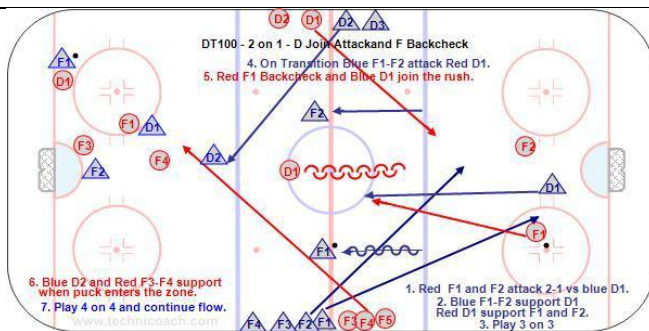
4. On Transition Blue 1-2 attack Red 1.

5. Red 1 Backcheck and Blue 1 join the rush.

6. Blue 2 and Red 3-4 support when puck enters the zone.

7. Play 4 on 4 and continue flow.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20121104082851444>



## 20 min.

### Pounce 1-3-1 Hard Trap Forecheck – LW and RD

### Contain – C-RW Pressure – LD support on Puck Side

I want the LW and RD to be part of the forecheck on the attack. The LD is always on the strong side. Usually the C plays low in the dzone with the two D using man on and a box behind. If the LW ends up back there they switch after the initial rush. I also want back pressure all of the time. My truth of hockey is. Forecheck - 2 in deep - only pinch on the strong side when positive you will get the puck. - lock the strong side boards on breakouts with the LW on one side and the RD on the other. - 3 forecheck on the strong side. Left side the lw, c, rw and Right side the C-RW and RD. - Backpressure all the way to the net. - always tight gaps. - angle off the back shoulder with the stick on the puck. - check from the defensive side always. - always 4 on the attack. - tight 3 man triangle and a D high on the rush to the net. - shoot when inside top of circles unless someone is wide open. - always give the puck to someone in better position than you and keep it if you are in the best position.

Example of my college women's team vs. U of Calgary at

the Olympic Oval – international size ice. I now start with a 1-3-1 with either the RW or C 1 and 2 deny the pass up the middle and then force the first pass.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20080727110408764>

A video of an explanation of the system I gave to my team at the Olympic Oval 2 hours before the game.

We used white tape to make a rink on the floor and we went over the system.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080727110405661>

Some clips of the Forecheck with my U18 Female team.

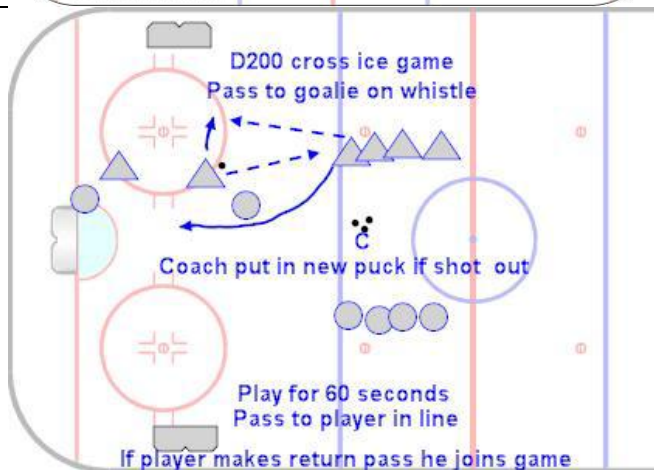
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**12 min. – Nets at one end back to back.  
6'**

**Game one: pass to jokers to go on transition to go on offense.**

**6'**  
**Game two: pass to jokers and they go onto offense.**



**8 min.**

**D200 With Players Joining After a Give and Go**

**Key Points:**

Pass hard and get open for a return pass.

**Description:**

1. Players are lined up either in two lines or along the blueline.
2. Coach dumps the puck in to start the game of 1 on 1.
3. When player with the puck give and go passes to a team mate he can join the game.
4. Play for 45-60 seconds before starting a new game.
5. Coach shoot in a new puck if the original puck is dumped out or a goal is scored.

**Explanation/Notes:**

