



Flyers

Practice Plan

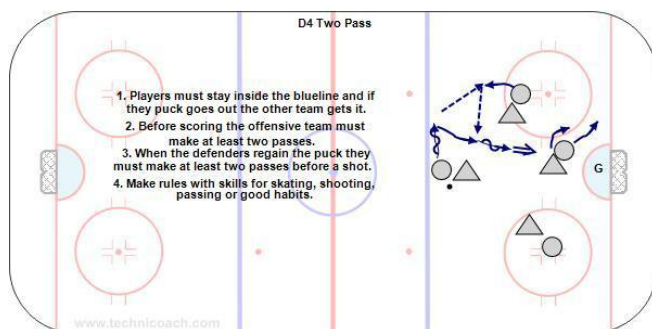
Date: 31-01-13

Time: 17:15-18:45

Venue: ECTAS

Power Play, backchecking, D join rush
4 game playing roles scoring

Transition, goalie instruction, puck handling,



7 min. – Tom, Kevin one end each

D4 Two Pass – Swiss U20

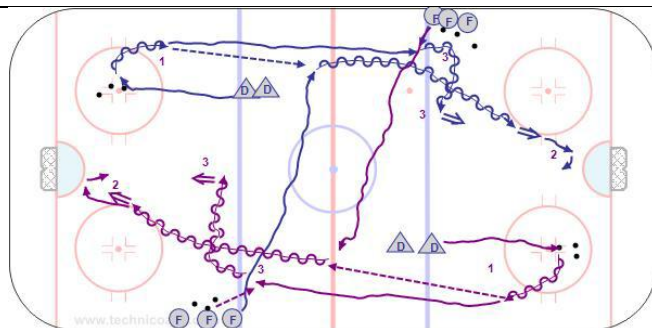
Key Points:

My favorite game to warm-up the players at the start of practice. The quicker they make the passes after regaining the puck the more scoring chances they produce. This video shows the Swiss U20 Team playing 2 Pass as a warm-up.

Description:

1. Players must stay inside the blueline and if they puck goes out the other team gets it.
2. Before scoring the offensive team must make at least two passes.
3. When the defenders regain the puck they must make at least two passes before a shot.
4. Make rules with skills for skating, shooting, passing or good habits. So the game is a template to either use as itself or modify rules to cause the players to do skills or moves within a game situation.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120313082015545>



8 min.

B202 Breakout Pass and Shooting Warm up

Key Points:

Make hard passes and the forward give a target.

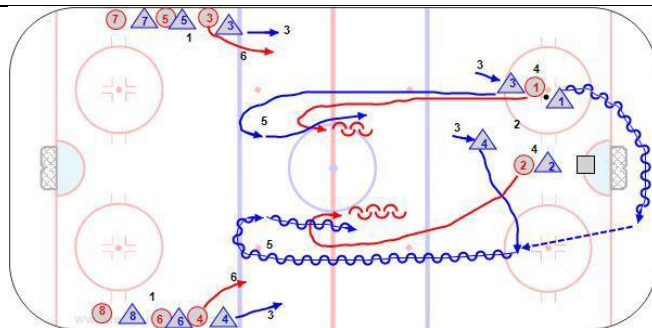
Options: The forward could give and go with the D after the initial pass. F could also rush the D so he has to shoot by the defender.

Description:

Done on both sides of the ice at the same time on the coaches whistle.

1. The D's pass to a F's cutting across the ice.
2. The F attacks and shoots then rebounds then screen for the point shot.
3. The D follows the play gets a pass from the forward and shoots.

Video: <http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090901074924530>



10 min. Natalie - Goalie Instruction at far end.

DT 400 Continuous Game of 2 on 2

Key Points:

Allow the attackers to cross the blue line before leaving.

Sequence is Support-Attack-Defend-Breakout-Rest

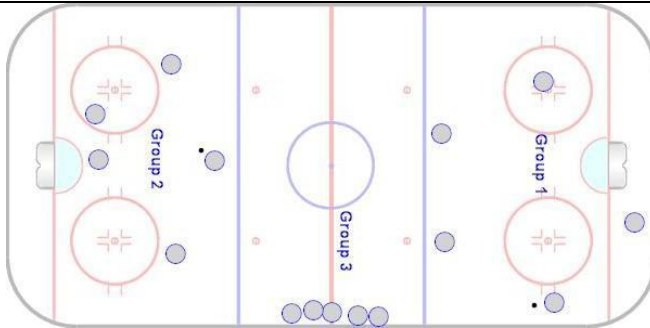
Description:

1. Players line up behind the blue lines on each side.
2. Offensive 1 and 2 attack vs defenders 1 and 2
3. Defenders 3 and 4 leave and the support the defense from the top of the circle.
4. Offensive 1 and 2 must attack with speed.
5. After a goal, frozen puck or breakout pass 3 and 4 skate to the far blue line and turn to attack the original offensive 1 and 2.

6. Two players leave to support the defending team.

7. Continue this flow.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120224091730987>



12 min. Tom G, Kevin K pp. each end.

T2 Kingston Power Play and Team Play Rotation

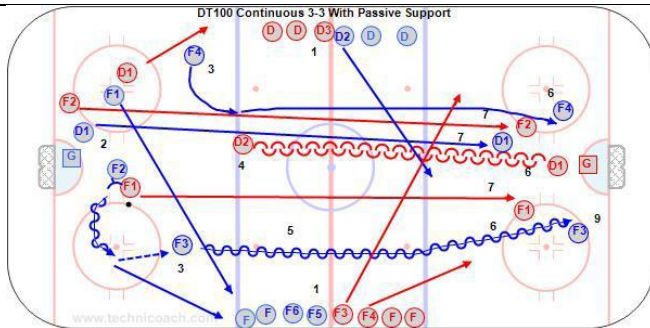
Key Points:

Practice options where every player gets a shot. Begin with a rotation attacking the seam between the D and the F and read what they give. If the D forces then the low play is available, if the F forces then the point is open. If the pk box is passive then there is a 2-1 at each corner, a 3-2 on each side and seams between players to attack. Force the pace by taking a shot by a different player every 3 seconds. Coach in each zone

Description:

- Line A at one end practice attack options.
- Line B at other end practice attack options. Both walk through pp 5-0.
- Line C in middle passing practice.
- On whistle line A dump the puck to the other end and breakout returning to the original end while group C replace group B at the far end and group B pass in the neutral zone.
- Repeat with group C breaking out and back and group B switch with group A who move to the middle.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20121022102206766>



10 min. - 2 coaches join and make it a 4-4

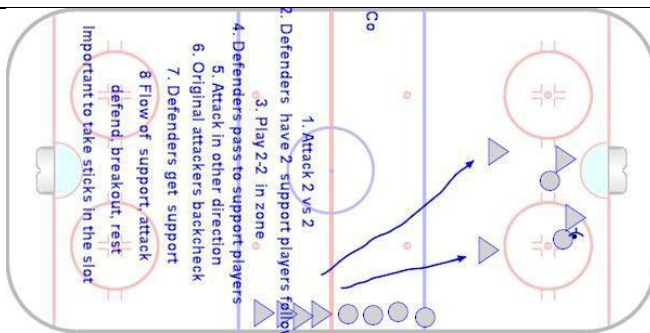
DT100 Continuous 3-3 With Passive Support

Key Points:

New players give passive support above the circles but can take the puck if it is loose or the offense cycles too high, just like a F covering the point would. The key for the offense is to quickly attack and the defenders to communicate on coverage.

Description:

1. Players line up in the neutral zone with D on one side and F on the other.
 2. Begin with a 3-3. Two RF and one RD attack vs. opposition two BF one BD.
 3. Defending team has two BF follow and support from the top of the circles.
 4. Attacking team have one RD support from the blue line.
 5. On a frozen puck, goal or take away the defenders pass to one of the BF above the circles.
 6. Attack 2-1 vs. the R defenseman.
 7. Original two RF backcheck and original BD join the 2 F on the attack.
 8. Original two RF return to the line-up.
 9. Play 3-3 in the zone.
 10. Two new RF from defending team and one BD from attacking team give passive support after the puck enters the offensive zone.
 11. Continue this flow.
-



10 min.

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.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080719141212210>



8 min.

D200 3 on 3 With 3 Pucks - Kevin shoot in pucks.

Key Points:

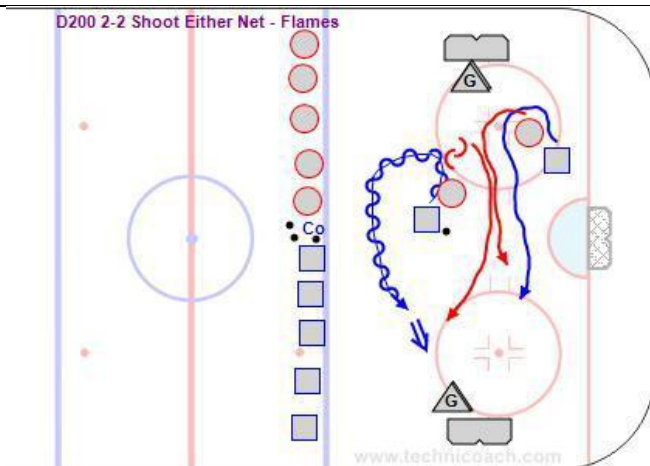
-Players can only shoot when the goalie is ready.

-No empty net goals.

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.
4. Hustle out of the zone on the whistle and play 20-30 seconds only.
5. Leave the puck in the net after a goal is scored.
6. Coach shoots in another puck when a goal is scored.
7. Count the pucks in the net after to determine the winning team.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=201110060922424>



8 min.

D200 2-2 Shoot Either Net – Flames

Key Points:

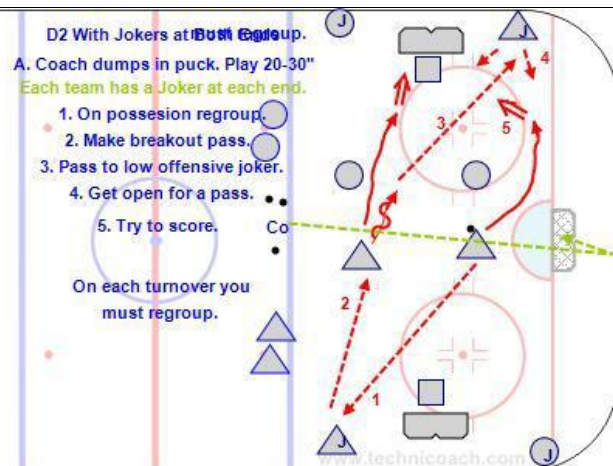
Quick reading the rush and change the point of attack. Need quick feet and quick thinking. Get defenders to commit then change direction. No reaching penalties.

Description:

1. Two teams on blue line with one at each half.
2. Play with only one puck in the playing area.
3. Players can score at either end.
4. Keep score.

*Alternative is to play from 1-1 to 5-5 with the same rule that you can score on either net.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120717094107392>

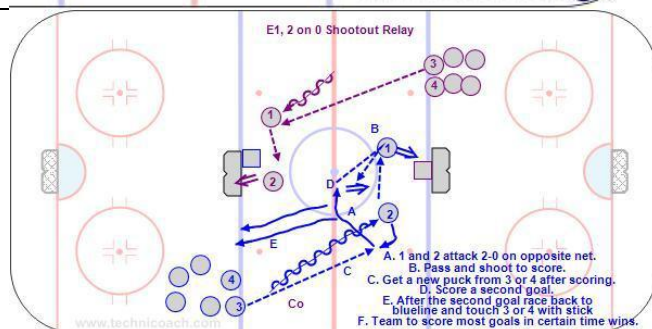


7 min.

D200 With Jokers at Both Ends Key Points:

Regroups and give and goes are stressed. **Description:** Each team has a Joker at each end. You must regroup with your defensive joker when you gain possession on the puck and pass to the offensive joker before shooting. A. Coach dumps in puck. Play 20-30" 1. On possession regroup. 2. Make breakout pass. 3. Pass to low offensive joker. 4. Get open for a pass. 5. Try to score. On each turnover you must regroup.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090817103542544>



10 min.

E1 One Goal Relay Race

Key Points:

Work on shooting one timers and scoring on rebounds. Good habits like face the puck, give a target with the stick on the ice. Limit of 2 passes before each shot.

Description:

- 1 attack 1-0 on opposite net.
- Pass and shoot to score.
- Get a new puck from 3 or 4 after scoring.
- After the goal race back to the blue line and touch 2 with stick on shin pad.
- Team to score most goals in certain time wins.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20130111093614490>