



Flyers

Practice Plan

Date: 7-02-13

Time: 17:15-18:45

Venue: ECTAS

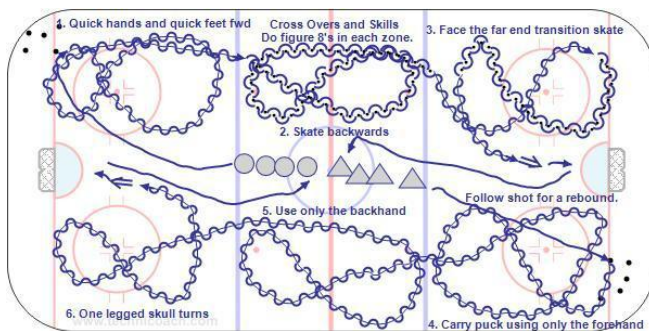
Lines:

Offensive team play. Middle drive, regroup

Notes:

Puck handling, passing, breakouts, penalty shots

6 min.



B6 or B4 Crossover Skating and Puckhandling

Key Points:

This is a great skating and puck handling warm up drill. Many variations can be used with the puck or in skating tasks.

Do a different skill in each zone. Keep the feet moving it is crossover in large #8's and not tight turns. You can also do as a B6 and start out of opposite corners.

Description:

Cross Overs and Puck Handling Skills

Do figure 8's in each zone.

1. Quick hands and quick feet fwd
2. Skate backwards
3. Face the far end transition skate
4. Carry puck using only the forehand
5. Use only the backhand.

<http://www.hockeycoachingabcs.com/mediagallery/video.php?n=201204181551244>

6 min.

C1 Breakout-Attack-Breakout 1-0 or 2-0

Key Points:

Time the support to be available when passer gets control of the puck. Give a target call for the pass, skate to the big ice inside the dots when you get the puck.

Description:

- A. At both ends player 1 shoot, rebound and pick up a puck from the corner.
- B. Player 2 be available for a breakout pass from the middle or the boards. It could be two players one in the middle and one on the boards.
- C. Player 1 pass to player 2.
- D. Player 2 go down and shoot on the net and rebound.
- E. After shooting player 2 get a new puck from the corner and make a breakout pass on the other side of the ice for either a 1-0 or 2-0 rush.

*Option: Player 2 could regroup with 1 before attacking.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=200807203338539>

8 min.

B5 Double Cross-Drop-Pass-Shoot Options

Key Points:

Cross over skate, leave the drop pass as still as possible.

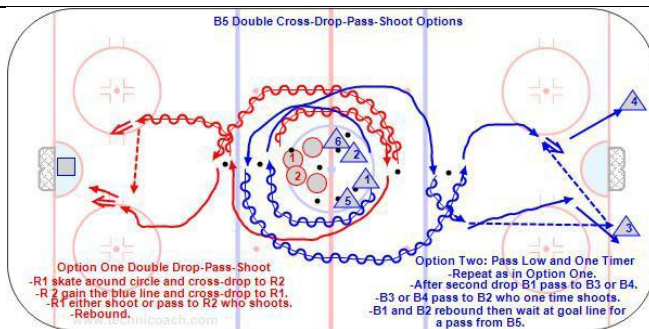
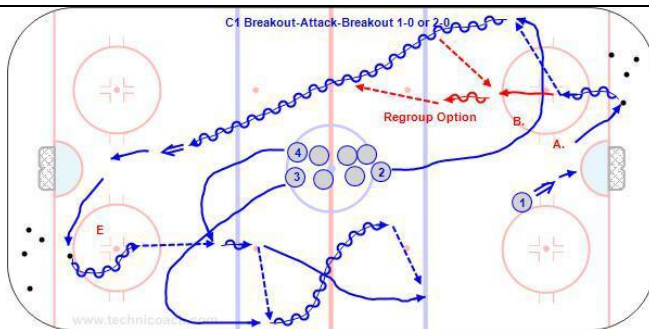
Pass quickly.

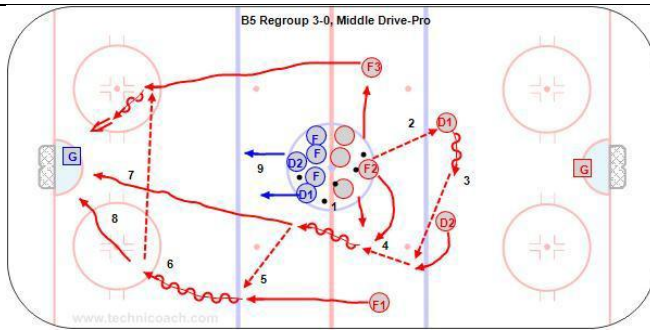
Going to the net for a bang in or practicing a one timer from the high slot is also easy to do.

Description:

Option One: Double Drop-Pass-Shoot

- R1 skate around circle and cross-drop to R2
- R 2 gain the blue line and cross-drop to R1.
- R1 either shoot or pass to R2 who shoots.
- Rebound.





10 min.

B5 Regroup 3-0, Middle Drive-Pro

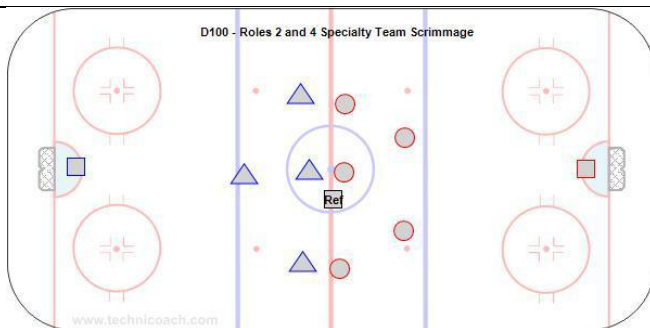
Key Points:

Defense move quickly and hinge the pass up the middle. Pass hard. Centre give the stick and skates as a flat target. Middle drive hard to the net.

Description:

1. All the players are inside the middle circle.
2. Red D1 get a pass from a Red F2.
3. Red D hinge and pass D1 to D2.
4. D2 pass to F2 supporting in the middle.
5. F2 pass to F1 on the strong side.
6. F1 gain blue line and pass wide to F3.
7. F2 middle drive skating hard to the net.
8. F3 shoot and all crash the net for a rebound.
9. Blue repeat in the other direction.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20100209041983>



15 min.

D100 – 4 on 4 Scrimmage

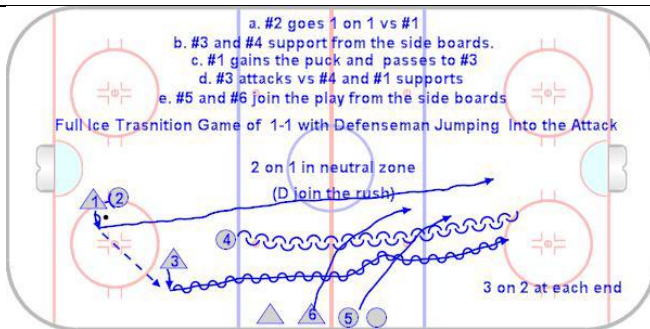
Key Points:

Divide the team into two groups of 8 and play 4 on 4 stressing the middle drive.

Description:

1. LD play defense and all others forward. 3 D each team.
- c. 4 on 4 each team and then a 3' time out.
- e. Coaches agree on a situation they want to focus on.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080723183918140>



10 min.

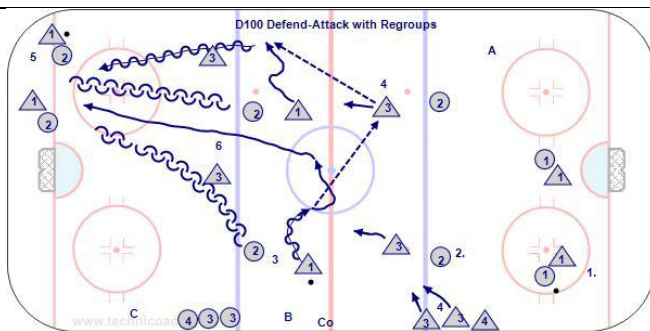
D100 Transition Game with Defense Joining the Attack

Key Points:

The defender make a pass and jump into the play right away. The new defender has to realize it is a late developing 2-1 and the attackers must make a play early before the defenders get support.

Description:

- a. Start with #2 attacking vs #1.
 - b. #3 support on defense and #4 support the attack.
 - c. After a goal or a defensive breakout #3 attack vs #4.
 - d. The original defender #1 join the attack (#2 return to the lineup when the puck crosses the blue line.) This creates a 2-1 in the neutral zone.
 - e. #5 and 6 join the play after the attack crosses the blue line and actively play a 3-2. #6 play to offensive point position.
 - f. After a goal or breakout continue the flow with 5 vs 6 and 4 joining the rush.
- You can run this game with all players playing F and D or if you have D joining the F could line up on one side and the D on the other side in the nzone.
- Starting with a 2-1 and two players supporting the D and one the attack would make a 3-3 on the original attack and a 3-1 in the nzone and a 4-3 in the offensive zone.
- Starting with a 2-2 attack and the offense getting support from 2 D and the defense from 2 F it would make a 4-4 on the original attack. One D joining the rush makes a 3-2 in the nzone and 5-4 at each end. (D stay up on the attack)



10 min.

D100 Transition Game of Defend-Attack with Regroups

Key Points:

This is a great progression from the original transition game. The coach may blow the whistle to indicate a regroup. The offensive players pass back to the supporting players.

They now line up behind the blue instead of red line. They may do a D to D pass to the original players who should be on the wall and in the middle or maybe switching.

Defenders must keep tight gaps instead of simply backing in.

If there is a turnover the defenders attack the other way vs the new supporting players. Attacking team regroup with the new supporting players on the coaches whistle.

Supporting point men stay at the point and only get the puck for one second before

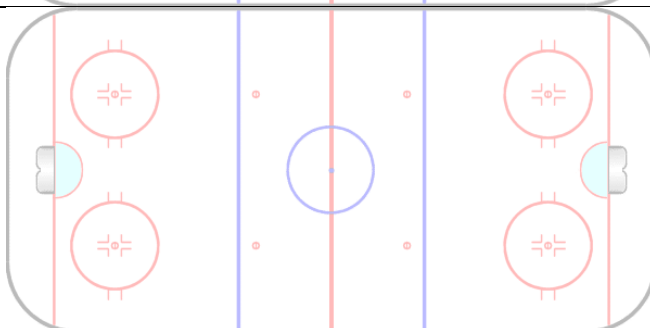
passing or shooting. they defend the breakout. Coach may or may not whistle

Description:

1. #1 offense attack vs #2 on defense.
2. Attackers get support from teammates 2.
3. Breakout and attack 2-2 vs supporting point men.
4. If the coach blows the whistle regroup with 3 who follow the play. Continue with 2 new players supporting each rush.
6. #3 follow the play and supports from the blueline.
7. Try to score vs 2 the original pointmen.



15 min. Sean 2/3 ice and Natalie at one end with goalies. One goalie at a time.



10 min. Regulation Shootout

Player start on the whistle and the goalie starts on the goal line.

Count how many each team scores.