



## Flyers

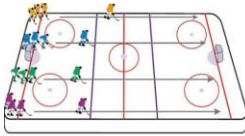
## Practice Plan

Date: 21-02-13

Time: 17:15-18:45

Venue: ECTAS

Lines:	Notes:
Breakouts, face-offs, skating, passing,	Shooting, goalie instruction, 6-5, pp, pk,



### 8 min.

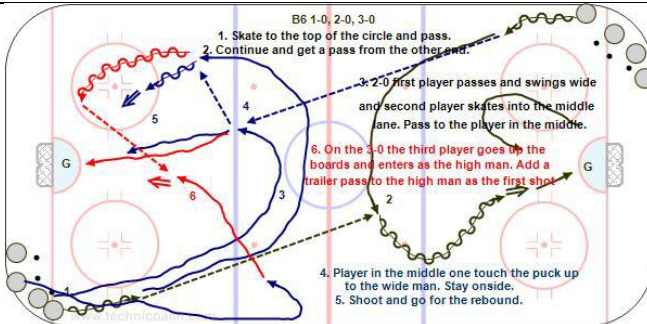
A2 Skating Warm-up for Edges and Balance

Key Points: Good players can move in all directions efficiently because they and use all edges and have great balance on the ice. Routines for skating, puck handling, shooting and passing are efficient ways for a coach to quickly review the foundation skills and allow the players to get a lot of reps and improve at their own rate.

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.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20110726073836113> The same warm up with 12-14 year olds. <http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20110423080435937>



### 8 min.

B6 1-0, 2-0, 3-0 Small Horseshoe

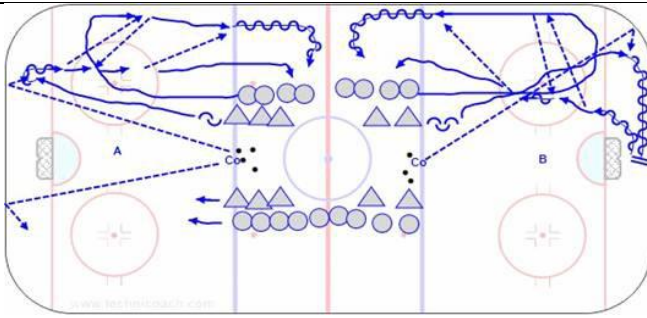
#### Key Points:

This is a great timing drill with good flow for early in the practice. Pass hard and get your top hand away from your body. Call for the pass. Give your stick and skates as a target.

#### Description:

1. Skate to the top of the circle and pass.
2. Continue and get a pass from the other end.
3. 2-0 first player passes and swings wide and second player skates into the middle lane. Pass to the player in the middle.
4. Player in the middle one touch the puck up to the wide man. Stay outside.
5. Shoot and go for the rebound.
6. On the 3-0 the third player goes up the boards and enters as the high man. Add a trailer pass to the high man as the first shot.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20120301081936833>



**10 min.**

### **B5 Murdoch Breakout Routine A to F - 1 and 2 D**

#### **Key Points:**

This is a good routine to use at the start of practice instead of just skating around the ice aimlessly.

- Work for 5-10 min. and get in a lot of reps.
- D shoulder check on the way to the puck.
- Forwards funnel through middle lane and watch puck before swinging up the boards.

#### **Description:**

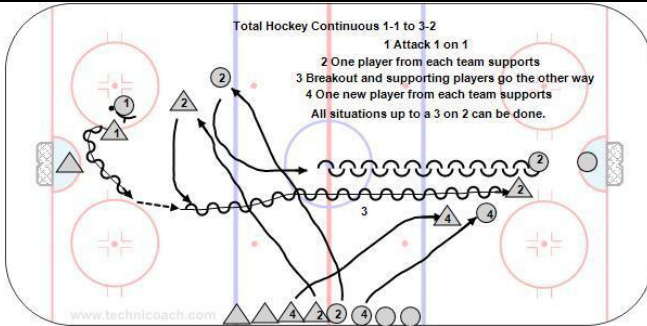
Wings and Defense

A. Coach shoots puck in and D gets the puck and passes to the wing who times his skating from inside to outside. D to W back to D and up to wing. Then repeat on the other side. All forwards take turns getting the pass on the wing.

B. Coach shoots the puck in and D skates back to get in while the wing times his skating from the middle to the outside lane.

The D drives the back of the net and stops and goes out the same direction making a counter pass to the wing, who returns the pass and gets another pass. Repeat on the other side.

<http://www.hockeycoachingabcs.com/mediagallery/video.php?n=20121101085219680>



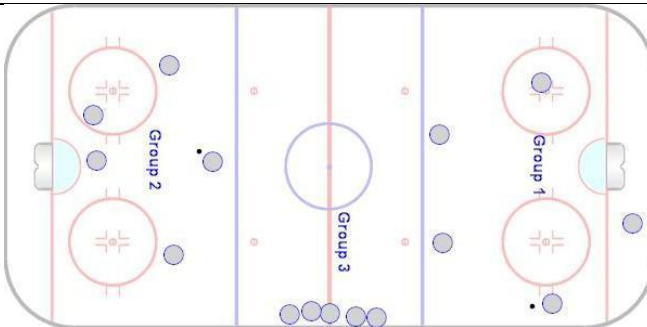
**10 min.**

### **DT100 Continuous 1-1, 2-1, 2-2**

**Key Points:** New players don't leave the line-up until the puck enters the offensive zone. On dump outs no one change but go back and regroup with the same players. Changes occur when the puck is over the offensive blue line or controlled over the defensive blue line.

**Description:** 1. Attack 1-1 with D getting support from 1 F and F from one D. 2. Defending F1 cover the point. 3. New offensive D join and play point. 4. On transition attack 1-1 thru nzone. 5. Continue flow with new O and D support. -Continue the flow of 1-1 in nzone and 2-2 at each end. -Dump-ins and regroup can be added.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090726085538618>



**12 min.**

### **T2 Kingston Power Play and Team Play Rotation**

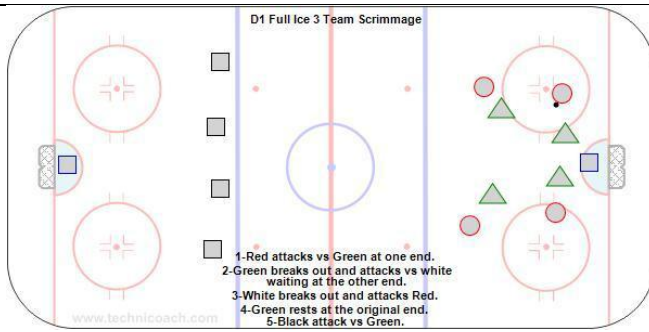
#### **Key Points:**

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>



15 min.

### D1 Full Ice 3 Team Controlled Scrimmage – Face-off Review

#### Key Points:

Give close support to the ball or puck. Defending team create speed through the neutral zone after the breakout. New defending team identify coverage when the attackers enter the zone.

#### Description:

Three teams play full court or full ice.

1-Red attacks vs Green at one end.

2-Green breaks out and attacks vs. Black waiting at the other end.

3-Black breaks out and attacks Red.

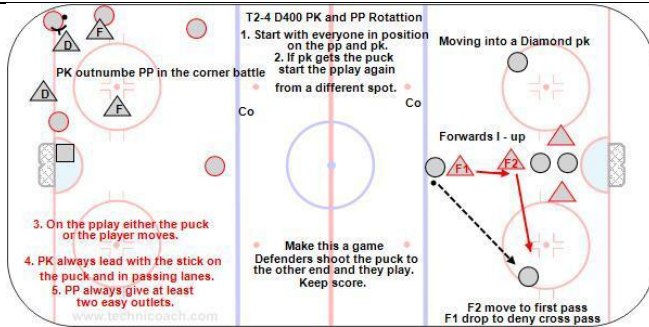
4-Green rests at the original end.

5-Black attack vs. Green.

#### Stop on coaches whistle and do face-offs in each zone.

They keep this rotation and play a game up to 5. Start another game at 0-0 but switch who they attack first i.e. now Green attacks Red and Red attack vs. Black and Black vs. Green. This rotation can be used to practice team play at full strength and power play and penalty kill.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=2012013110134174>



15 min.

### T2-4 D400 PK and PP and 6 on 5-One End Goalie Practice at other end.

#### Key Points:

PK outnumber the PP on loose pucks in the corner. PK skate in straight lines. Always one pk denying the mid point and one in front. PP change the point of attack when outnumbered. Rotate the mid point player to the middle or the back door.

#### Description:

1. Start with everyone in position on the pp and pk.

2. If pk gets the puck start the pplay again from a different spot.

3. On the pplay either the puck or the player moves.

4. PK always lead with the stick on the puck and in passing lanes.

5. PP always give at least two easy outlets.

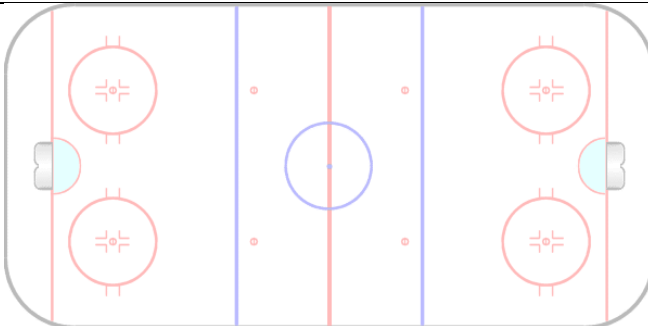
6. PP give low support when puck on half wall.

7. PK cut the ice in half and force passes that must beat two defenders.

8. Work 30-60" rotate on whistle.

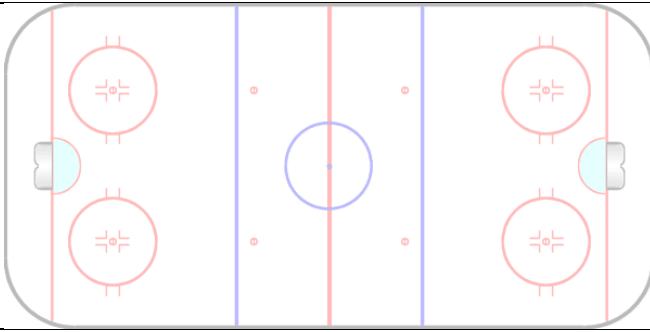
\*Game situation: defenders shoot puck to other end.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20101206083505234>



15 min.

### Regulation shootout starting on the whistle.



**Explanation/Notes:**

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