



Flyers

Practice Plan

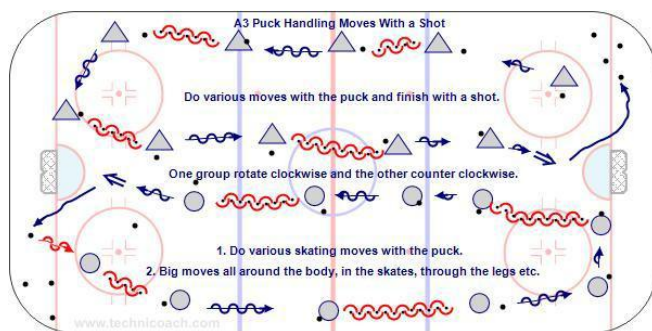
Date: 26-02-13

Time: 16:00-17:30

Venue: Max Bell 2

Middle drive, goalie practice, skate, shoot, score

Puck handle, regroup, hinge, point shots,



8 min.

A300 Edges and Puck Handling with a Shot

Key Points:

Move the puck all around the body in two circles going opposite directions. Finish with a shot. Use all of the edges and big moves reaching as far as possible.

Description:

1. Dark group skate down half the rink with a puck and shoot from the middle and white group skate the opposite way and shoot on the other net.
 2. Skate on all of the edges and use big moves by reaching the opposite. i.e. Skate left and reach as far as you can to the right.
 3. The players skating down the middle finish with a shot and then get a new puck.
 4. Exercises are done while zig-zagging in and out.
 - a. Forward skate and alternate on the front inside edges.
 - b. Backward skate and alternate on the inside edges.
 - c. Skate forward and cross-over alternating on the outside edges.
 - d. Skate backward and cross-over alternating on the outside edges.
 - e. Open hip turn each way.
 - f. Slalom and reach as far as possible with the puck the opposite way.
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7 min.

B202 Pass to All Players

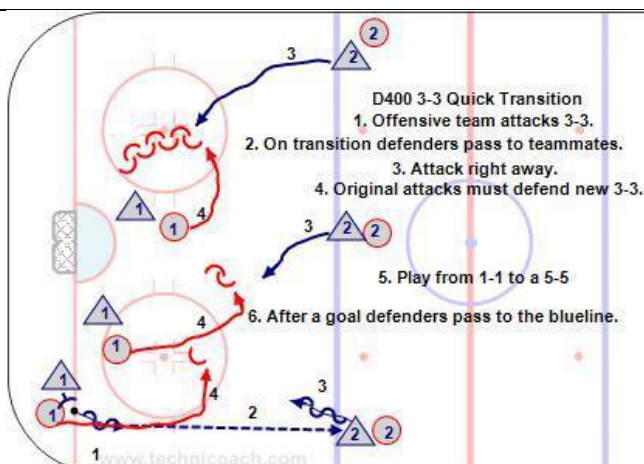
Key Points:

Give and go pass. Give a target and make eye contact before passing.

Description:

1. Blues start with half on each blue line.
 2. Reds weave around in the middle.
 3. Red pass to each blue player.
 4. Alternate sides each pass.
 5. Switch every 30".
- *Compete to see who makes the most passes.

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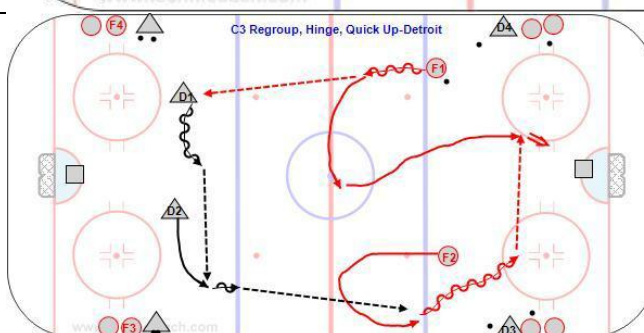
8 min.

DT400 Game of Quick Transition

Key Points: The resting players attack right away when they get a pass and the original attackers must communicate and cover one attacker each.

Description: 1. Offensive team attacks 3 on 3. It can be 1-1, 1-2, 2-1, 2-2 or 2-3 also if the coach wants to practice these situations. Upt to 5-5 is possible. 2. On transition to offense the defenders pass to their teammates waiting behind the blue line. 3. Attack right away (don't have to wait for teammates to get onside in this game.) 4. Original attackers now defend and communicate with each other on how to stop the attack. 5. After a goal the defenders is allowed to pass to the new attackers.

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7 min.

B600 Regroup, Hinge, Quick Up-Detroit

Key Points:

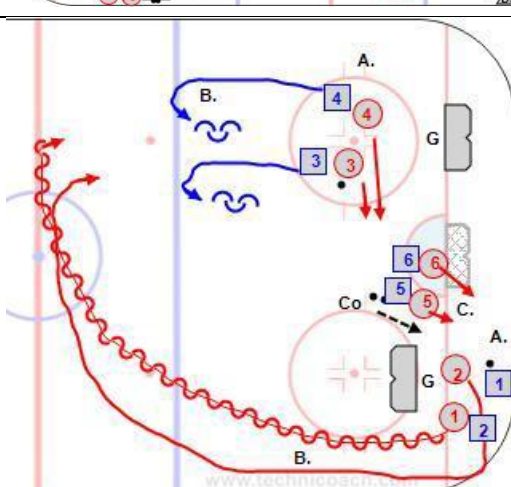
Hinge and push the puck up the ice quickly. Strong side F stretch and weak side give middle support.

Description:

1. F1 skate and regroup with D1.
2. D1 skate to the middle and pass to D2 in the wide lane.
3. D2 quick up to F2 who stretches on the strong side boards.
4. F1 and F2 attack.

Repeat the other way with F3 regrouping with D3.

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20 min. Sean

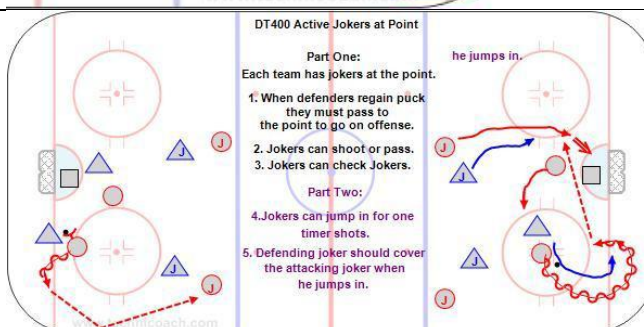
DT400 Multiple Situations in Small and Smaller Area

Key Points: This SAG goal is to practice READING Game Situations by constantly changing the situation from 1-3 on offense or defense at once. Set one net up on the goal line below the face-off dot facing up ice and the other net facing the corner just inside the circle. The game is continuous and the coach shoot in a new puck on a goal.

Description: A. Blue 1 and 2 attack Red 1 and 2 in the corner and Blue 3 and 4 attack Red 3 and 4 from the red line. B. Coach whistles and Red 1 and 2 carry the puck out to the red line and attack the other net vs. Blue 3 and 4. C. Coach shoots in a new puck and Red 5 and 6 attack vs. Blue 1 and 2 in the corner. Red 3 and 4 return to the line.

Option: Vary the number of players from 1 to 3 and switch up who starts on offense half way through the game. 1-1, 2-2, 1-2, 2-2, 1-3, 2-3, 3-3, 3-2, 3-1

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10 min.

DT400 Active Jokers at Point

Key Points

Each team has two jokers at the point. Introduce the game allowing jokers to check jokers and then add that jokers can come in for one timer shots.

This transition game creates three situations. In the first part the players at the point must get open and take a shot or make a pass. The defender practices covering the point. In the second part add that the jokers at the point can come in for a one timer shot

Description:

Part One: Each team has jokers at the point.

1. When defenders regain puck they must pass to the point to go on offense.

2. Jokers can shoot or pass.

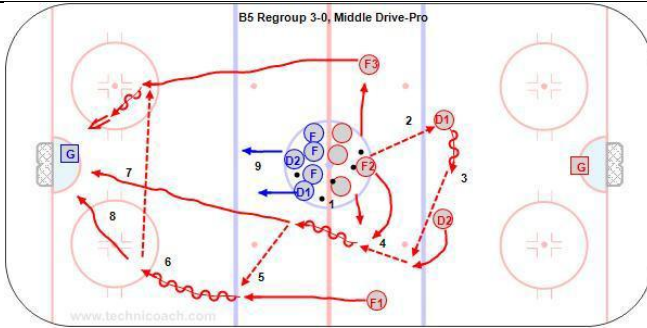
3. Jokers can check the opponents Joker.

Part Two:

4. Jokers can jump in for one timer shots.

5. Defending joker should cover the attacking joker when he jumps in.

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10 min. Goalies with Nat. – 1 G in net. Middle Drive on one net. Goalie at other.

B5 Regroup 3-0, Middle Drive-Pro

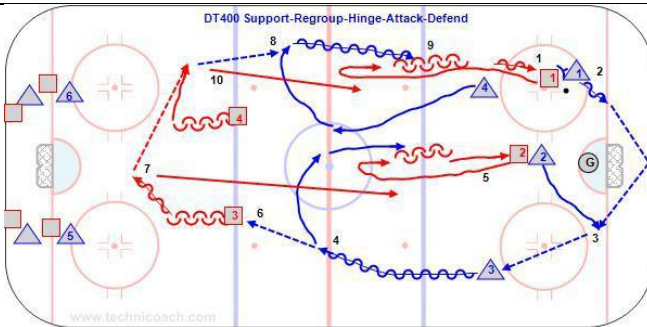
Key Points:

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 blueline 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.

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10 min. Goalie practice at one end.

DT400 Support-Regroup-Hinge-Attack-Defend

Key Points:

New players give defenders support from the top of the circles as if they were wingers. If the puck is carried above there they can.

Description:

1. Red 1-2 attack Blue 1-2.
 2. Blue 1-2 defend.
 3. Pass to Blue 3-4 after a turnover or goal.
 4. Blue 3-4 breakout the other direction.
 5. Red 1-2 follow the play as defenders
 6. Blue 3-4 regroup with Red 3-4.
 7. Red 3-4 hinge at least once.
 8. Red 3-4 pass to Blue 3-4.
 9. Blue 3-4 attack vs Red 1-2.
 10. Red 3-4 follow attack to support Red 1-2.
 11. Blue 5-6 move to nzone ready to regroup with Red 3-4.
- Continue this rotation of support-regroup-hinge-attack-defend

10 min.

E1 D200 Shootout Game

Key Points:

As soon as there is a rebound or goal the defender pick up the puck and attack the other way.

Description:

1. Coach dumps the puck in and players race for it.
2. Puck carrier try to score defender defend.
3. On rebound or goal defender attack other way.
4. Shooter must get outside of the blue line.
5. When teammate inside then first player in the line backchecks.

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