



Flyers

Practice Plan

Date: Nov. 1

Time: 75 minutes

Venue: Fairvies

Lines:

Skills: skating, shoot, pass, puck handle

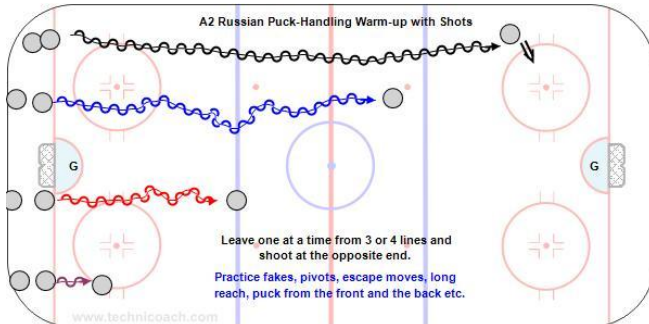
Decisions with the puck.

Notes:

Team Skills: close support, D options

Forward cycle and create 2 on 1's

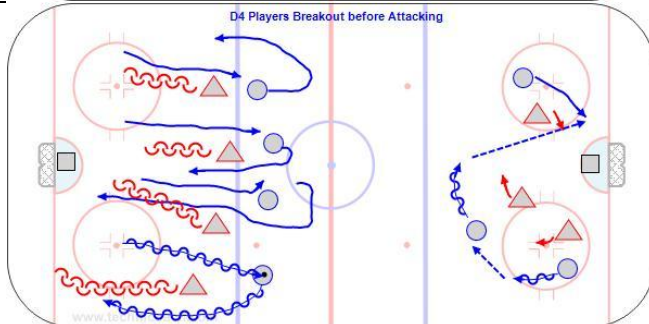
Entire practice is Greens vs Whites



10'

A200 Edges and Balance Routing ending with a shot.

Russian Big Moves Routine ending with a shot.

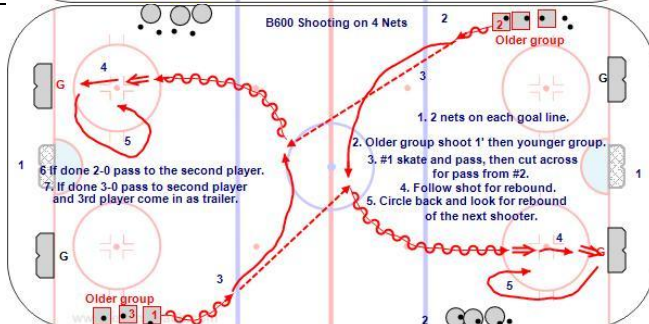


12' Two games of 6'

D4 Baggo at Each End

Rule: two touch or 1" with the puck and all goals must be on one timers.

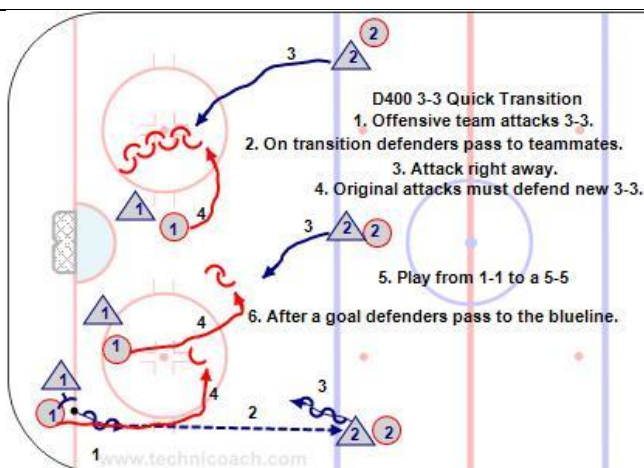
Keep score



6'

B600 1-0 and 2-0 but with one net at each end.

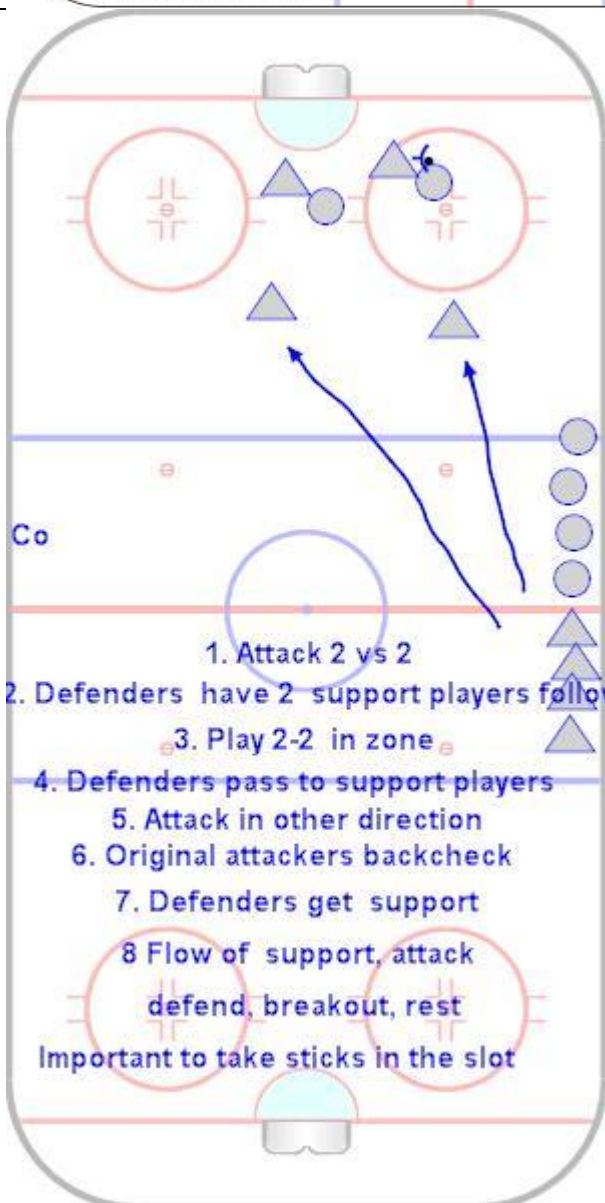
Greens leave from one side and whites from the other.



20'

Sean work with D on moving the puck away from pressure, D to D, facing the play and gaining the big ice between the dots.

Tom with forwards. Give and go stressed. Play 1-1, 2-1, 1-2, 2-2 quick transition game.



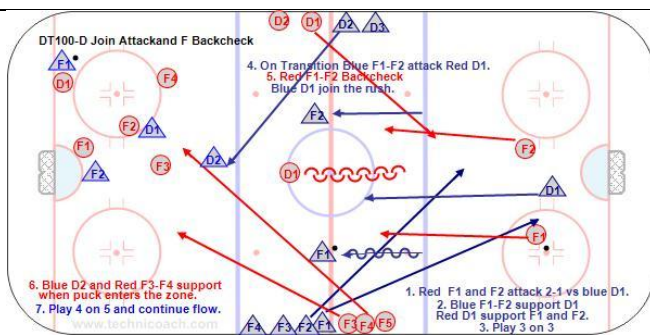
10'

D100 Backchecking Game

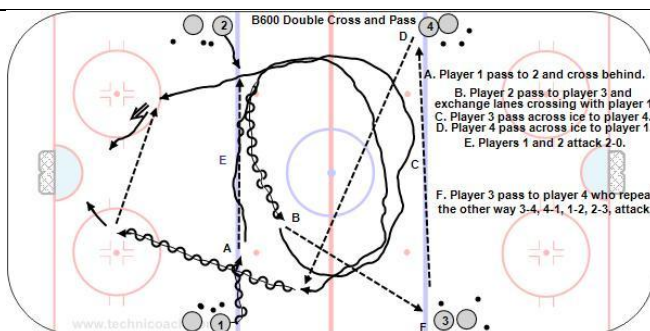
- 1 on 1 x 1 rep
- 2 on 2 x 2 reps
- 3 on 3 x 3 reps

Stress attacking quickly and taking sticks in the slot on the backcheck.

Keep score

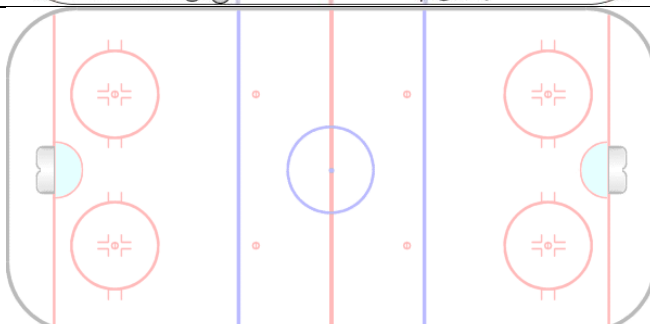


10'
DT 100 D Join the Play and F Backcheck
 Introduce the game and play 1-1 and 2-2.
 Keep score



E1 One timer shot shootout from the B600 formation.
 Rule: you must pass once inside the offensive zone and goals must be one timers or one touch shots.
 Keep Score.

Explanation/Notes:



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