



Practice Plan

Team: Jr. Flyers

Practice No.: _____

Date : 12/12/13

Time: 8:00 pm

Duration: 75 Mins

Version No.: _____

Prepared by: _____

Objectives / Main tasks :

Practice starts with five minutes of free form skating and stick handling.

Drill no. : 1 Duration : 5 Minutes From : _____ To : _____

Title : Jackson 5 Category #1 : Robert Morris Drills Category #2 : Timing

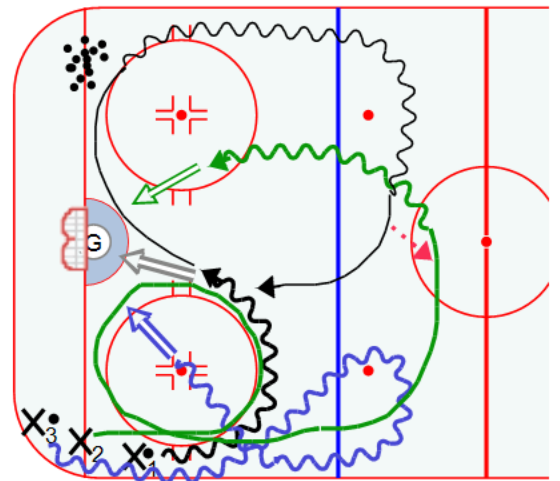
Description

Three skaters run this drill together. Three shots are taken.

- 1) X1 Skates a pattern to pressure the seam and takes a shot
- 2) X2 Skates the full circle without a puck
- 3) X3 Skates an inside/out pattern around the dot with a puck
- 4) X1 picks up a puck at the far circle and does a neutral zone exchange with X2
- 5) X3 comes down the wall and shoots
- 6) X2 shoots while X1 crashes the net for a rebound or X2 passes to X1 and goes to the net for a rebound

Make sure the timing is right on this drill so you don't have two shooters taking shots at the same time. You want your goalie to square up on the first shooter and then have time to come back to a ready position and defend the second shot.

Variation:
X2 starts with a puck and X3 without a puck
X2 makes a drop pass to X3 near the blue line as their patterns converge



Key points:

Timing	Shooting
Good Passing	

Drill no. : 2 Duration : 8 Minutes From : _____ To : _____

Title : Boston College Warm-Up Category #1 : Passing Category #2 : Passing / Shooting

Description

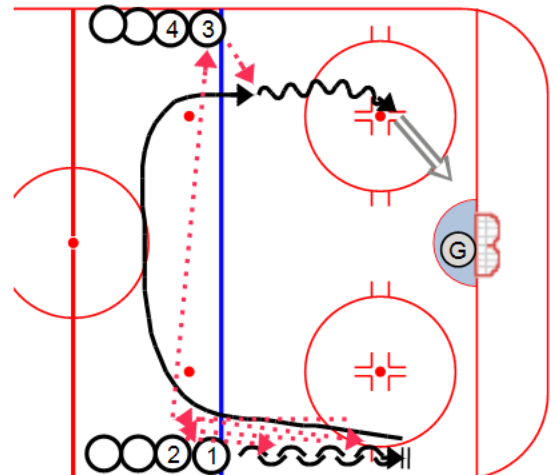
Drill starts with 1 skating backward to the hash marks while making one touch passes with 2.

Once 1 hits the hash marks he stops hard and powers up to the blue line again while making one touch passes.

When 1 reaches the blue line 2 will make a cross ice pass to 3.

3 will chip a pass out to 1 entering the zone and 1 will take a shot from the outside.

3 starts the drill with 4 in the opposite direction once the pass to 1 is made.



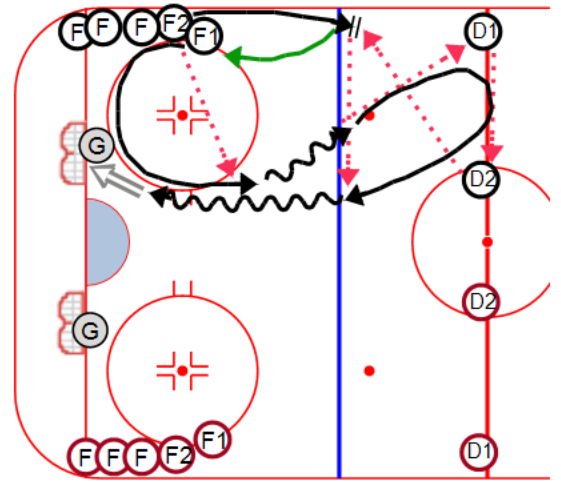
Key points:

Drill no. : 3 Duration : 5 Minutes From : To :

Title : Dombro 5 Pass Drill Category #1 : Passing Category #2 : Direct Passing

Description

Drill starts with F1 skating around the bottom of the circle and receiving a pass from F2.
 F1 carries puck to blue line and passes to D1.
 F2 posts up at the blue line along the wall.
 D2D Pass
 F1 loops between the D and back toward the blue line.
 D2 passes to F2 who chips puck to F1.
 F1 goes in for a shot.
 F2 skates back down and around the bottom of the circle becoming the new F1. Drill is continuous.
 Can be run from both sides at the same time if you stagger the start a little.



Key points:

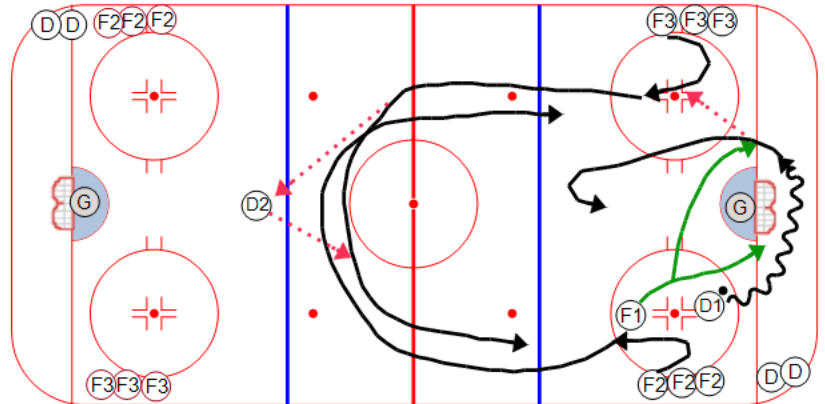
Drill no. : 4 Duration : 10 Minutes From : To :

Title : Behind the Net FC 2 on 1 Category #1 : Cornell Category #2 : Pressure

Description

D1 starts at the bottom of the circle with a puck.
 F1 starts inside the circle behind D1
 D1 skates behind the net looking to make a breakout pass to F2 or F3
 F1 forechecks D1 either hard from behind or around the far side. D1 must read the pressure from F1 and make the correct breakout pass.
 Once the BO pass is made the forwards skate up ice and exchange a pass with D2 and come back in 2 on 1 against D1.

To run this as a 1/2 ice drill remove D2 and just have F1 & F2 loop back in against D1.



Key points :

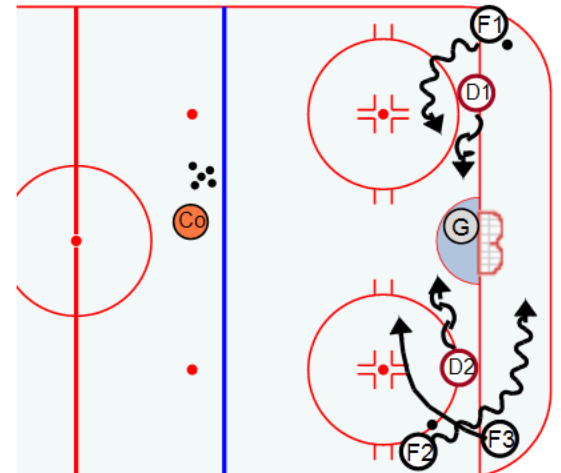
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Drill no. : 5 Duration : 10 Minutes From : To :

Title : Kazakhstan 1x1 2x1 3x2 Category #1 : Coach Nielsen Category #2 : Battle

Description

On the first whistle F1 goes 1v1 against D1. Coach blows whistle to end the 1v1.
 F2 & F3 then attack D2 2v1. Coach blows whistle to end the 2v1.
 All three forwards look to the coach to receive a pass and then attack 3v2.



Key points:

Drill no. : 6 Duration : 10 Minutes From : To :

Title : D Under Pressure Breakout Category #1 : Half-ice Category #2 : Breakout

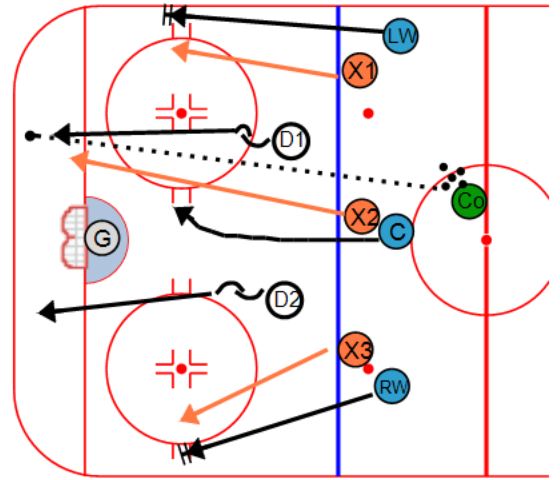
Description

The goal of this drill is to work on the D's ability to make good decisions and move the puck properly under hard pressure. This drill can also be used to work the forwards on proper forecheck technique for your system.

Players line up as shown. X are the forechecking line while the blue are the offensive players who will receive the breakout pass.

Coach dumps the puck into the zone and the D have to go back hard to retrieve it with pressure coming. Make sure the D shoulder check and communicate to execute a good breakout. The D can work D2D, Reverse, Right Up or Wheel plays to avoid the forecheck.

This is just a BO drill but you can have the Offense come back into the zone 3v2 with the forecheckers clearing the zone after the BO.



Key points:

D Shoulder Check	D Communication
Goalie Communicate w/ D	Good Passes

Drill no. : 7 Duration : 7 Minutes From : To :

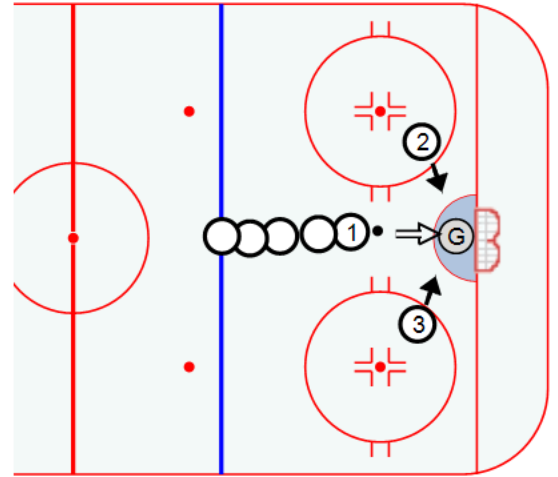
Title : 5 Second Shooting Category #1 : Coach Nielsen Category #2 : Goalie

Description

Players line up as shown.

1 shoots at the goalie and if he doesn't score the three players have five seconds to score a goal. Coach counts out loud 1,2,3,4,5 and if no goal is scored or the goalie holds the puck the players have to sprint to the red line and back.

This drill helps the goaltenders work on rebound control and is a good competitive game for the players to participate in.



Key points:

Drill no. : 8 Duration : 15 Minutes From : To :

Title : 4 on 4 with Transition Category #1 : Jack Arena Category #2 : Half Ice

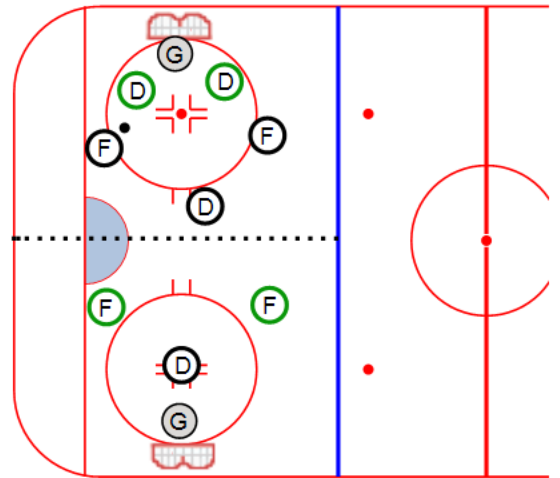
Description

This game is played with a mid-line. The puck MUST be passed across the line not skated.

Each team MUST keep two players in their offensive half and one in their defensive half. This results in 3v2 in the offensive half because one of the D can join the play in the offensive zone. In this diagram the play has gone into the black teams offensive zone and one D has joined the play. When green gains control and passes to green in the offensive zone the black D has to hustle back to take away the 2v1 but a green D can join to make it a 3v2.

Points of emphasis:

- Quick transition both offensive and defensive
- Identify and attack odd man situations
- Quick puck movement leads to more/better opportunities



Key points:
