



2025-26 Durham Junior Lightning



Practice No: 1

Date : 2025-08-20

Time : 8:15pm - 9:45pm

Duration : 80 minutes

Version no : _____

Prepared by : _____

Objectives / Main tasks :

Skating, Passing, Stickhandling & Shooting
1v1 Checking - Gap Control, Stick on Puck/Body on Body
Offensive Zone Forechecking

GOALIES	Left DEFENSE	Right DEFENSE	Left WING	Centers	Right WING
Oakes	Lapointe	Matt	Himle	Chaulk	Peterson
Wilkinson	Green	Aquilina	Bryk	Thatcher	Riches
	Supryka	Mitchell	Fleming	Halleran	Biderman
				Bergman	

Drill no. : 1 Duration : 8 Minutes From : 8:25pm To : 8:33pm

Warm-up

Skills

Drill Title : One Touch Explode

Components : _____

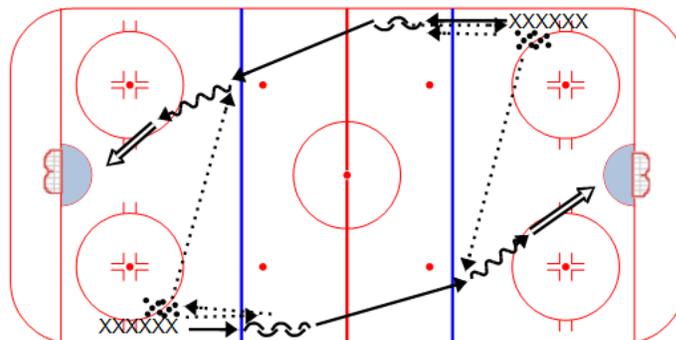
Content elements :

Description

- X1 FWD, PIVOT, RECEIVES PASS AND ONE TOUCHES IT BACK
- X1 DRIVES THE FAR BLUE LINE, RECEIVES PASS ON SIDE AND ATTACKS GOALIE 1V0

Key Points

- Communication
- Good Target
- Hard Strides
- Eyes Up



Drill no. : 2 Duration : 8 Minutes From : 8:33pm To : 8:41pm

Warm-up

Skills

Drill Title : Quick Feet 2 x 1 - 0

Components : _____

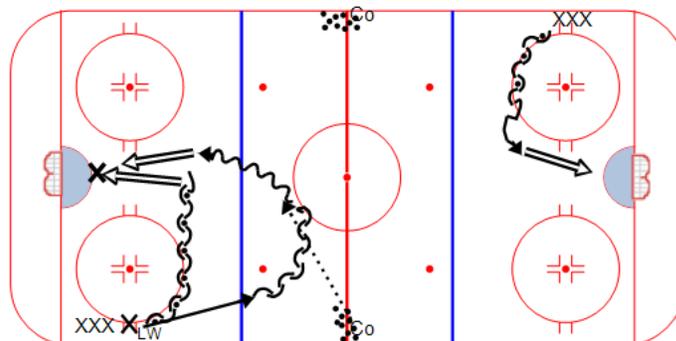
Content elements :

Description

- X1 GETS UP, PIVOTS AND RECEIVES A PASS FROM THE COACH IN STRIDE AND ATTACKS GOALIE 1v0
- X1 GRABS A SECOND PUCK, QUICK FEET AND SHOOTS, DRIVES NET FOR ANY REBOUNDS

Key Points

- Communication
- Good Target
- Quick Feet
- Eyes Up



Drill no. : 3 Duration : 8 Minutes From : 8:41pm To : 8:49pm

Skills

Drill Title : SL 1 - 1, 2 - 1

1v1 Checking

Components :

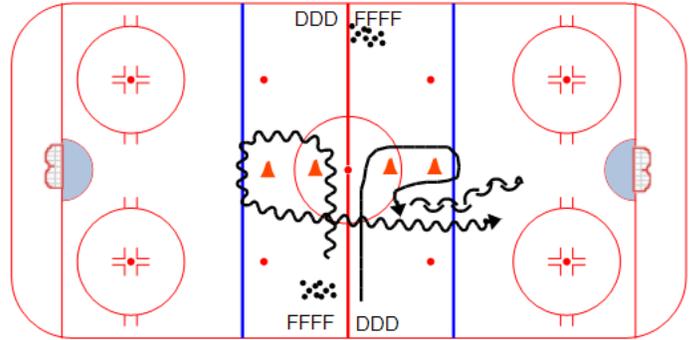
Content elements :

Description

- F1 DRIVES AROUND THE INSIDE AND ATTACKS D1 1v1
- D1 DRIVES AROUND THE CONES, SETS GAP AND DEFENDS 1v1

Key Points

- Quick Feet
- Gap
- Creativity
- Battle / Compete



Drill no. : 4 Duration : 10 Minutes From : 8:49pm To : 9:00pm

Offensive Puck Support

Drill Title : Reds 2 - 1

Finishing

Components :

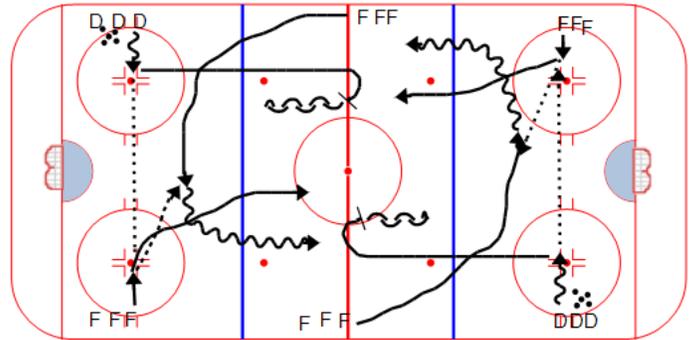
Content elements :

Description

- D1 PASSES TO F1
- F2 SUPPORTS F1 AND RECEIVES A PASS THRU THE MIDDLE
- F1/F2 ATTACK D3 TO THE OPPOSITE END

Key Points

- Communication
- Timing & Support
- Execution
- Battle / Compete



Drill no. : 5 Duration : 12 Minutes From : 9:00pm To : 9:12pm

Timing & Support

Drill Title : Rush 1v0, 2v1, 3v2, 4v2

Offensive Zone Entries

Components :

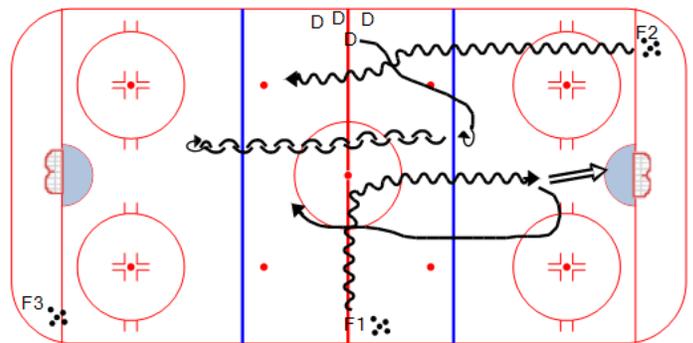
Content elements :

Description

- F1 ATTACKS 1V0
- F1 SUPPORTS F2 AND THEY ATTACK D1 2V1
- F1/F2 SUPPORT F3 AND THEY ATTACK D2/D3 3V2
- NEXT F1 ATTACKS THE OPPOSITE DIRECTION

Key Points

- 1v1 Checking
- Timing & Support
- OZ Entries
- Battle / Compete



Drill no. : 6 Duration : 15 Minutes From : 9:12pm To : 9:27pm

Breakouts Against Pressure

Drill Title : Breakout vs. 1/2/3 Forecheckers

Battle / Compete

Components :

Content elements :

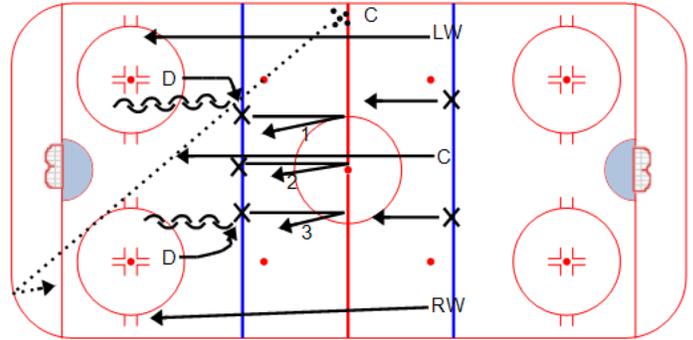
Description

- BREAKOUT UNIT GAPS UP, COACH CHIPS PUCK INTO THE ZONE AND C/RW/LW FORECHECK THE BREAKOUT

* 2X PUCKS PER ROTATION *

Key Points

- Stick on Puck
- Pressure to Contact
- 2nd Quick Support
- Reload Quickly

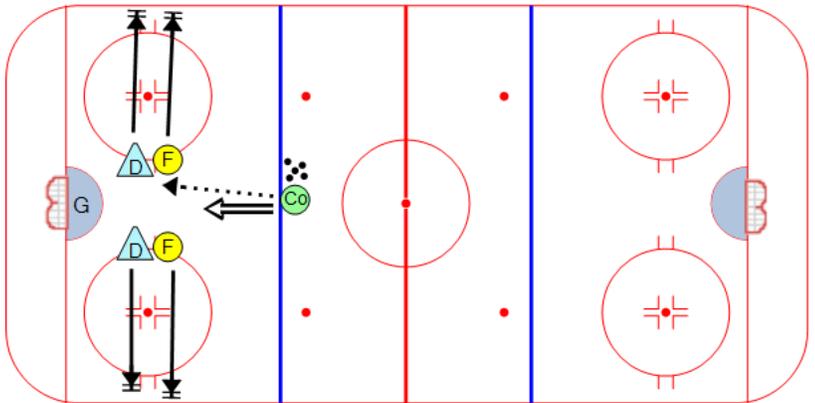


Drill no. : 7 Duration : 13 Minutes From : 9:27pm To : 9:40pm

Title : Who Wants It Category #1 : Timing & Spacing Category #2 : Battle / Compete

Description

- 1) ON THE 1ST WHISTLE TWO D AND TWO FORWARDS SKATE TO THE SIDEBOARDS, STOP AND RETURN TO THE SLOT LOOKING FOR A PASS / TIP / REBOUND FROM THE COACH.
- 2) CONTINUE 2 VS. 2 UNTIL A GOAL IS SCORED OR THE PUCK SHOT OVER THE BLUE LINE.
- 3) ON THE 2ND WHISTLE ALL FOUR PLAYERS SKATE TO THE NEAREST SIDE BOARDS, STOP AND RETURN TO THE SLOT LOOKING FOR A PASS / TIP / REBOUND FROM THE COACH.
- 4) CONTINUE 2 VS. 2 UNTIL A GOAL IS SCORED OR THE PUCK IS CARRIED OUT BY THE D.



Key points : 1v1 Checking Get Open & Available Stops & Starts Finishing