



2025-26 Durham Junior Lightning



Practice No: 2

Date: 2025-08-21

Time: 7:15pm - 8:45pm

Duration: 80 minutes

Version no: _____

Prepared by: _____

Objectives / Main tasks :

Skating, Passing, Stickhandling & Shooting
Backchecking - Creating the Wedge, 1v1 Checking
DZC - 3v3 Down Low / 5v5, DZ Face-Off Wins/Losses

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	

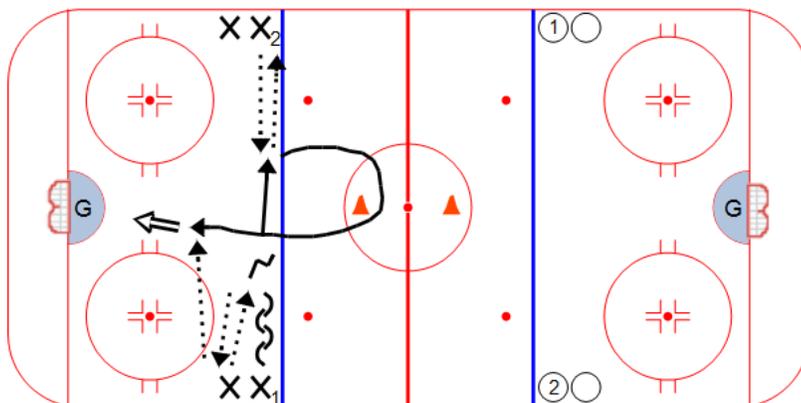
Drill no. : 1 Duration : 8 Minutes From : 7:25pm To : 7:33pm

Title : Weidy One Touch Category #1 : Warm-up Category #2 : Skills

Description

1) X1 SKATES BACKWARDS ONE-TOUCH PASSES WITH NEXT PLAYER IN LINE, THEN PIVOTS AND EXCHANGES ONE TOUCH PASS WITH X2.

2) X1 CROSSES OVER AROUND CONE AND RECEIVES PASS FROM ORIGINAL LINE AND ATTACKS THE NET.



Key points : COMMUNICATION QUALITY PASSES EYES ON TARGET FOLLOW SHOT

Drill no. : 2 Duration : 8 Minutes From : 7:33pm To : 7:41pm

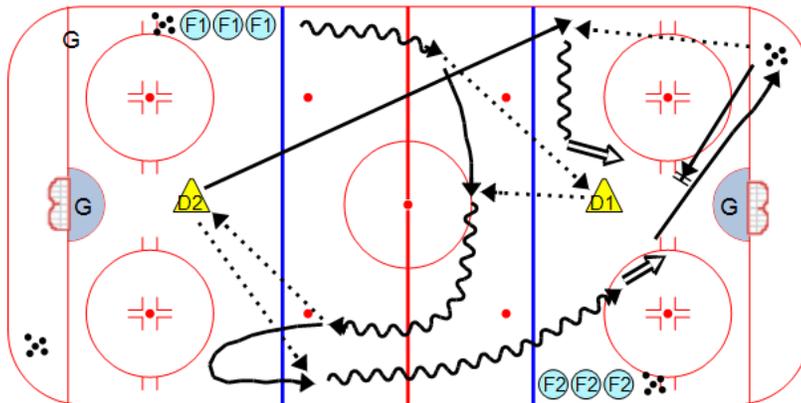
Title : Brandon Doubleback Category #1 : Warm-up Category #2 : Skills

Description

1) F1 GAINS RED LINE PASSES TO D1 AND THEN FILLS MIDDLE LANE FOR RETURN PASSES.

2) AFTER RETURN PASS F1 TAKES PUCK WIDE GAINS RED LINE, PASSES TO D2, REVERSE PIVOTS / OPEN UP, RECEIVES A RETURN PASSES FROM D2 AND ATTACKS NET FOR A SHOT.

3) D2 GAINS FAR BLUE LINE RECEIVES A PASSES FROM THE CORNER FROM F1, DRAGS AND SHOOTS WHILE F1 LOOKS FOR A SCREEN / TIP AND REBOUND.



Key points : D FEET MOVING ACCEL INTO PASSES GET OUT ON TIP PLAY TO THE WHISTLE

Drill no. : 3 Duration : 8 Minutes From : 7:41pm To : 7:49pm

Backchecking

Drill Title : Gatorade Backcheck 2v2/3v3

Battle/Compete

Components :

Content elements :

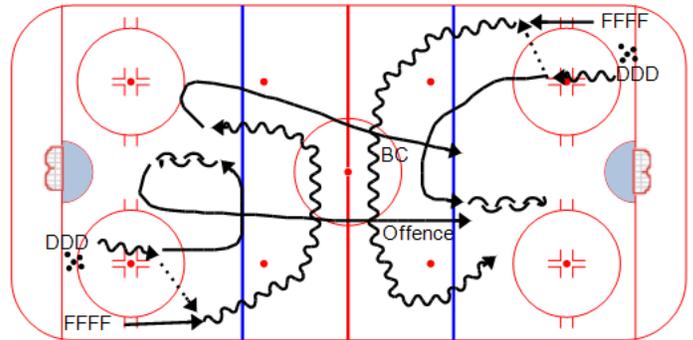
Description

- F1 ATTACKS D1 1v1
- F1 BACKCHECKS TO SUPPORT D2 AT THE OPPOSITE END
- D1 JOINS THE ATTACK AT THE OPPOSITE END TO SUPPORT F2

* DRILL IS CONTINUOUS *

Key Points

- QUICK FEET
- DEFEND MIDDLE
- READ SPACE
- GAP CONTROL



Drill no. : 4 Duration : 11 Minutes From : 7:49pm To : 8:00pm

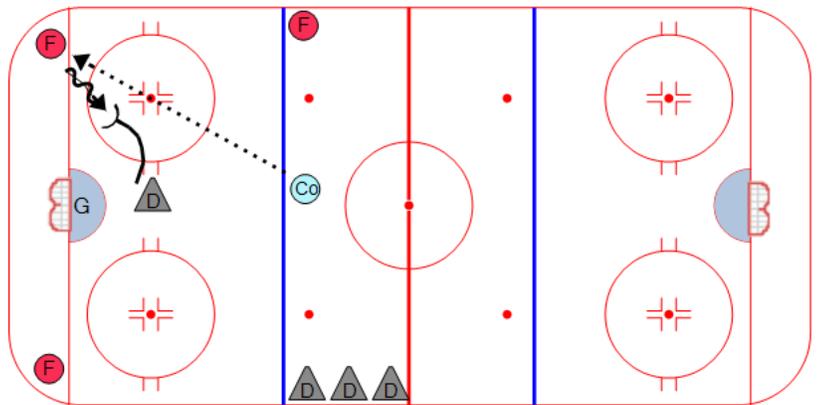
Title : 3x 1v1 with 2nd Effort

Category #1 : 1v1 Checking

Category #2 : Battle/Compete

Description

- 1) (CO) EITHER FLIPS OR PASSES A PUCK TO ONE OF THE THREE FORWARDS.
- 2) FORWARD ATTACKS THE NET LOOKING TO SCORE.
- 3) D READS SITUATION AND DECIDES WHETHER TO PRESSURE OF CONTAIN DEPENDING OF WHETHER OR NOT THE FORWARD HAS FULL CONTROL.
- 4) AFTER PASSING TO ALL THREE FORWARDS (CO) PASSES PUCK TO D AT THE BL WHO DRAGS AND SHOOT WHILE LAST FORWARD AND D BATTLE FOR POSITIONING.



- Key points :** PRESSURE / CONTAIN GAP CONTROL ATTACK THE NET PLAY TO WHISTLE

Drill no. : 5 Duration : 12 Minutes From : 8:00pm To : 8:12pm

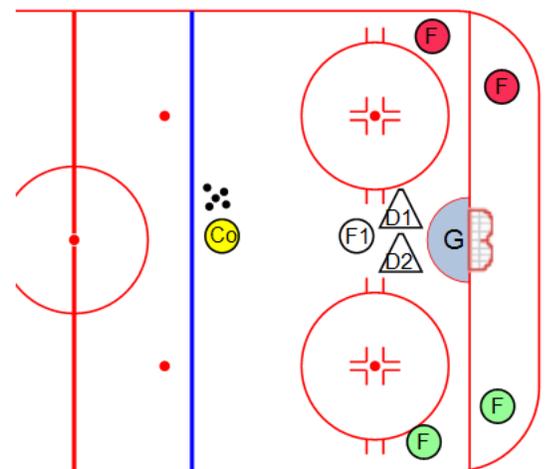
Title : King Low

Category #1 : Defensive Team Play

Category #2 : 3v3 Down Low

Description

- ON WHISTLE, COACH PASSES TO EITHER OFFENSIVE UNIT
- OFFENSIVE UNIT ATTACK D1/F1 2v2
- DOUBLE WHISTLE ENDS BATTLE
- NEXT WHISTLE, (C) PASSES TO OPPOSITE OFFENSIVE UNIT
- OFFENSIVE UNIT ATTACK D2/F1 2v2
- DRILLS IS CONTINUOUS FOR 3-5 REPS SIDE TO SIDE



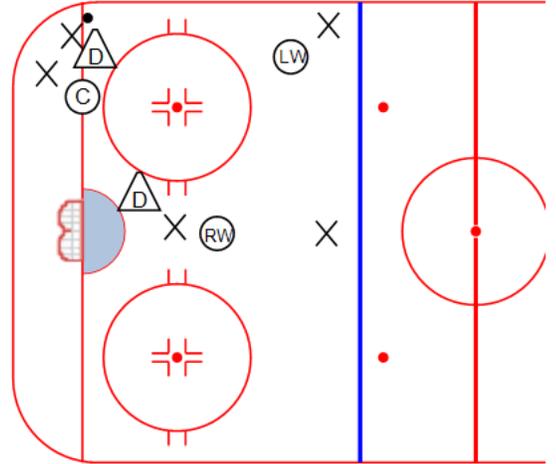
- Key points:** STICK ON PUCK FREE HAND ON HIPS
BODY ON BODY NET / ME / MAN

Drill no. : 6 Duration : 13 Minutes From : 8:12pm To : 8:25pm

Title : 5-5 DZC Category #1 : DZC Category #2 : Battle / Compete

Description

Start with a pin



Key points:

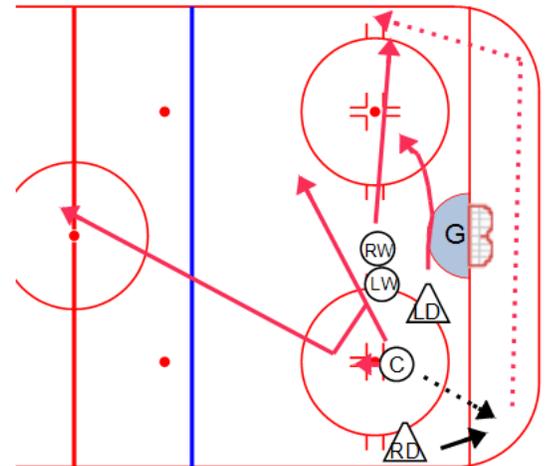
COMMUNICATION	SWARM PRESSURE
HEAD ON A SWIVEL	TRANSITION

Drill no. : 7 Duration : 15 Minutes From : 8:25pm To : 8:40pm

Title : Rip - DZ Face-Off Category #1 : Face-Offs Category #2 : DZC

Description

(C) - WINS DRAW BACK TO RD, SUPPORTS THROUGH THE MIDDLE
 (RD) - WRAPS PUCK, RETURNS TO THE NET FRONT
 (RW) - GETS TO WALL FOR RIM
 (LW) - WINS THE POCKET, STRETCH SUPPORT MIDDLE
 (LD) - SUPPORTS UNDER INSIDE THE DOTS
 (G) - COMMUNICATES LW OPTIONS



Key points:

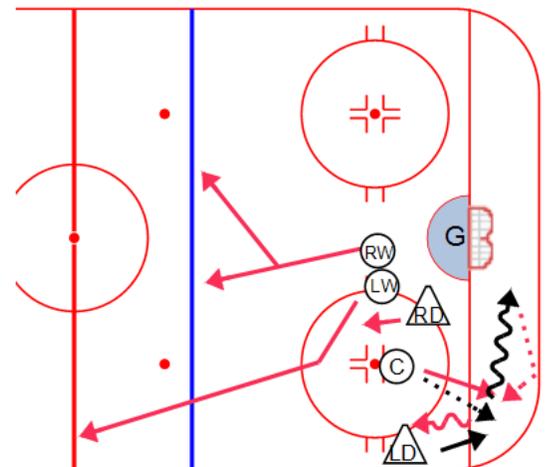
ASSUME A LOSS	BUMP & JUMP
ADJUST TO A WIN	WIN THE POCKET

Drill no. : Duration : Minutes From : To :

Title : Reverse - DZ Face-Off Category #1 : Face-Offs Category #2 : DZC

Description

(C) - WINS DRAW BACK TO LD, SUPPORTS FOR REVERSE
 (LD) - CARRIES TO HASH MARKS, REVERSES TO CENTRE, GETS TO NET FRONT
 (RW) - SLASH SUPPORT / WIDE SUPPORT
 (LW) - WINS THE POCKET, PUSHES BACK OPPOSITION D
 (RD) - SUPPORTS INSIDE DOTS
 (G) - COMMUNICATES C OPTIONS



Key points:

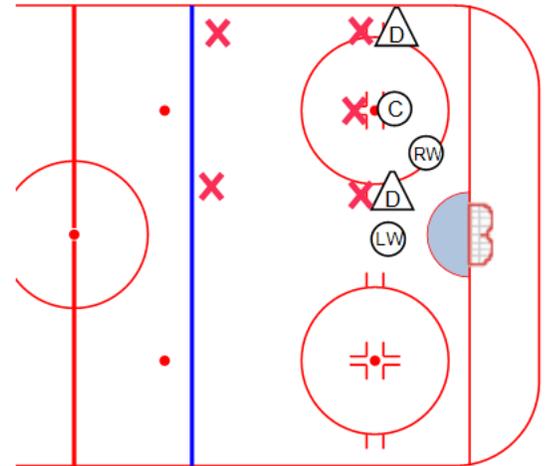
ASSUME A LOSS	BUMP & JUMP
ADJUST TO A WIN	WIN THE POCKET

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

Title : Live DZC from Face-Off Category #1 : Category #2 :

Description

- LIVE 5v5 DZC FROM FACE-OFF



Key points:

ABC	ME / NET / MAN
HEAD ON A SWIVEL	FIND / FIX / FINISH