



2025-08-25 - #3 Practice Plan

Date: Aug 25 2025

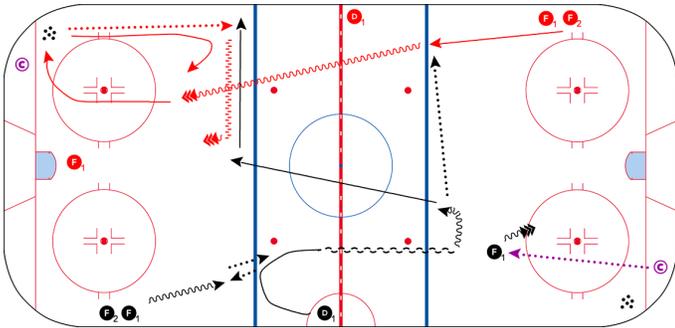
Practice No: 3

Time: 7:15 pm

Duration: 79 mins

Thunderbird

10 mins



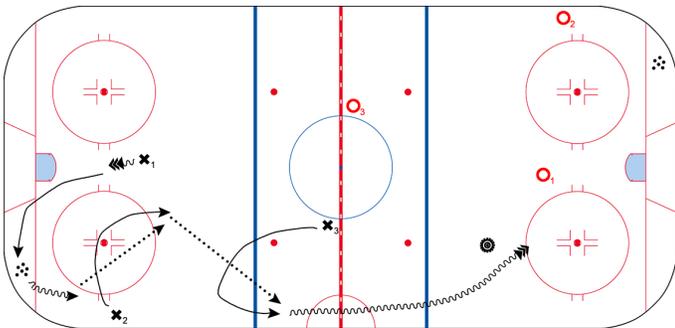
- D1 pivots and touches the blue line and call for a pass from F1 who begins to take some ice.
- F1 and D1 exchange one-touch passes.
- Inside the blue line, D1 takes some ice and finds F2 on the far side of the ice with a flat pass.
- F1 continues skating, receives a pass from the coach and shoots quickly.
- F2 drives down to the far end and either shoots with F1 screening or finds D1 on the 2nd wave for a quick shot.
- F2 keeps speed, grabs a puck from the corner and passes to D1 on the wall. D1 sprints to the middle and either shoots or passes to F2 on the high roll.
- Both ends at the same time.

Key Points

- Sticks on the Ice
- Communication - Eye Contact & Call for the Puck
- Net Front Presence - Tips/Screens/Rebounds

Swedish Swing

10 mins



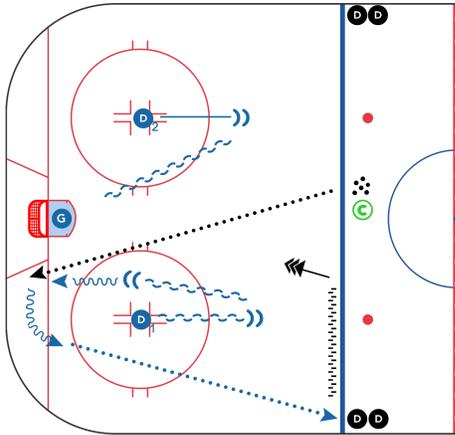
- To start the drill, O1 and X1 shoot from the slot.
- Picking up a puck in the corner, O1 passes to O2, X1 passes to X2.
- Before receiving the pass, O2 and X2 curl into the centerline.
- O3 and X3 curl into the outside lane.
- O2 passes to O3, and X2 passes to X3.
- O3 and X3 shoot on goal and continue the drill.
- Players advance to the next line.

Key Points

- Sticks on the Ice - TWO HANDS
- Eye Contact - Communication
- Timing and Support - Moving into Pass Reception

Partner Communication

8 mins



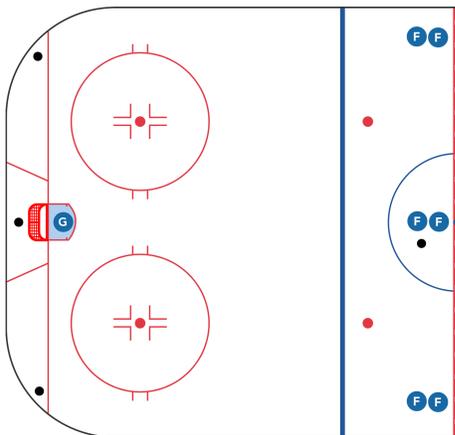
- COACH DUMPS THE PUCK IN, D1 RETRIEVES THE PUCK AND PERFORM BREAKOUT RETRIEVAL OPTION (UP, OVER, REVERSE, RIM)
- D2 REPORTS TO THE NET AND COMMUNICATES SELECTED OPTION WITH PARTNER BASED ON PRESSURE
- D PASSES LOW -> HIGH, D SPRINTS THE LINE AND SHOOTS
- REPEAT WITH SAME D PAIRING WITH DUMP ON THE OPPOSITE SIDE

Key Points

- CHECK SHOULDERS
- COMMUNICATION - EYES FOR PARTNER
- SUPPORT/TIMING
- USE THE GLASS

Tri-Offence

7 mins



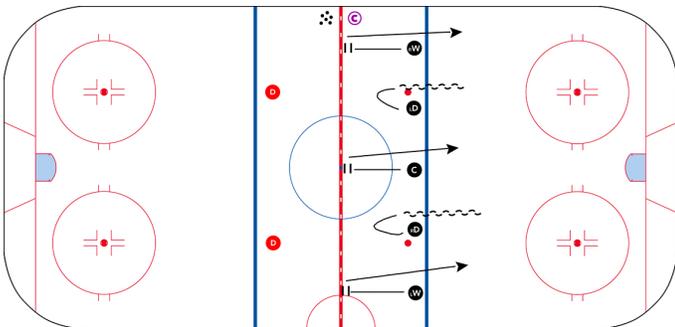
- 3x PLAYERS ATTACK AND MAKE ONE PASS AFTER THE BLUE LINE BEFORE SHOOTING
- AFTER PLAYING THE REBOUND, PLAYERS PERFORM A 2x-PLAYER CYCLE WITH THE PUCKS OUT OF ONE CORNER FOR A SHOT WITH REBOUND
- THEN PERFORM CYCLE WITH PUCK FROM THE OPPOSITE CORNER
- LASTLY, SETUP DOT PLAY FROM BEHIND THE NET FOR A SHOT WITH REBOUND

Key Points

- EYES UP
- GOALIE PRESENCE
- TIMING & SPACING
- BATTLE/COMPETE

Breakout, Regroup, Regroup -> Dump

12 mins



- Forwards skate to the red line and stop, skate hard through the middle.
- D gaps up and pivots to backwards.
- Coach dumps the puck into the zone.
- The unit of five breaks out, gains the red line, regroups, gains the red line, regroups with original D, gains red line, dumps the puck into the zone.

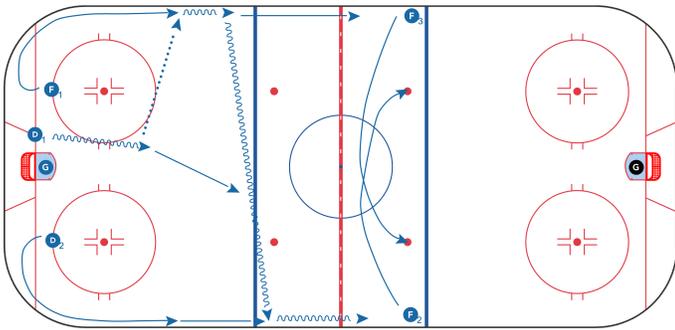
*** Progressions - 1) Add coach pressure 2) Add live forecheckers after the dump ***

Key Points

- Timing & Support
- Dumps Away from Goalies
- Quick Transition in NZ

Swing & Post PP Breakout

8 mins



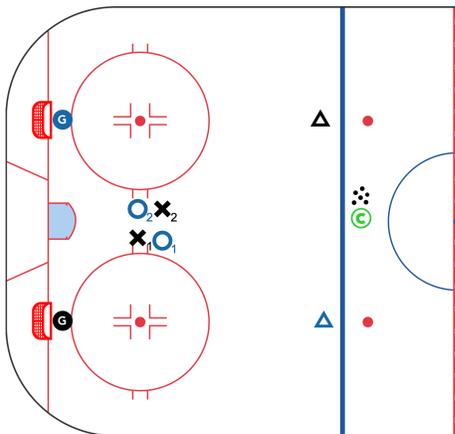
D1 - Retrieves the puck and attacks the opposition's first forechecker immediately.
D2 & F1 - Swing low and provide lateral support for D1.
F2 & F3 - Post up at the far blue line. After 1st pass, they swing through the middle and provide dot support for the puck carrier.

Key Points

- Good timing and support
- The second flat pass helps us avoid the forcing of our puck carrier
- F2/F3 hold opposition D back and clear space outside for clean entries

Tip, Screen, Rebound Game

12 mins



- TEAM TRY TO SCORE ON THE NET WHERE THERE DMAN IS SHOOTING
- PLAYERS IN THE ZONE MUST WORK TO GET POSSESSION AND THEN PASS TO THEIR DEFENDER OR POINT PLAYER
- THEY MUST GO TO THE NET FOR A TIP/SCREEN, OR ONE MORE CRACK AT THE REBOUND. DEFENDER MUST SHOOT
- TEAM WITHOUT THE PUCK MUST DEFEND AND TRY AND GET PUCK TO THEIR DMAN

Key Points

- COMMUNICATION
- EYES UP
- GOALIE PRESENCE (TAKE EYES AWAY)
- TIPS/SCREENS/REBOUNDS - BE HUNGRY

Oakes --- Wilkinson

0 mins

Lapointe | Matt --- Green | Aquilina --- Supryka | Mitchell

0 mins

Bryk | Thatcher | Riches

0 mins

Fleming | Halleran | Biderman

0 mins

Himle | Chaulk | Peterson & Bergman

0 mins