



2025-08-27 - #4 Practice Plan

Date: Aug 27 2025

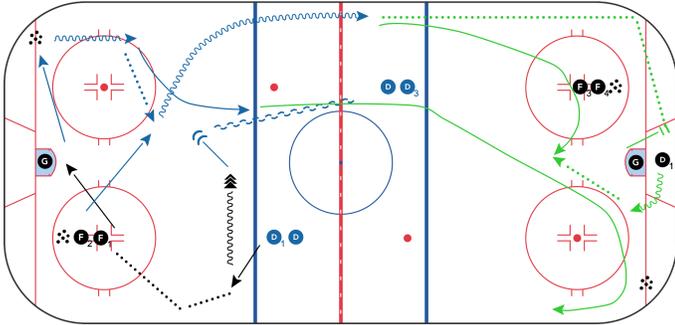
Practice No: 4

Time: 8:15 pm

Duration: 88 mins

Senator Shuffle

8 mins



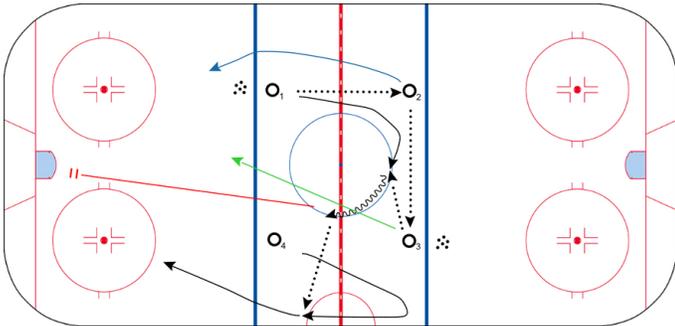
- **F** 1 chips the puck to **D** 1, **D** 1 sprints the middle and shoots with **F** 1 screening and attacking rebound.
- **F** 1 retrieves a puck from the corner and passes to **F** 2 who supports the middle, **D** 1 plays a tight gap.
- **F** 2 rims the puck, **D** 1 communicates either "SET" or "OVER" for the goalie.
- **D** 1 breakouts out through the middle, and the group attacks 3v0 to the far end.

Key Points

- Sprint the line with eyes up
- Leaky goalie - net-front presence, attack rebounds
- Shoulder check - read pressure
- D/G communication - "SET" or "OVER"
- Support and timing

4 Dot Timing - 2v0, 3v0, 4v0

8 mins



- O1 passes to O2.
- O2 quickly passes to O3.
- O1 who has supported the middle receives a pass from O3.
- O1 receives the pass and finds O4 wide who has provided anchor support.
- O5 starts the drill in the opposite direction.

*** Progressions ***

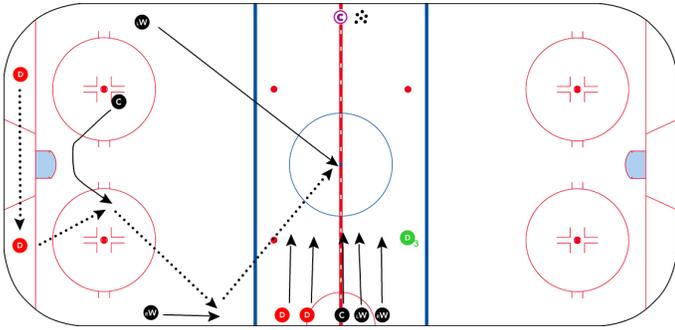
- 2v0 with O1 and O4
- 3v0 with O1, O2, O3
- 4v0 with O1, O2, O3 and O4

Key Points

- Passing Execution - Stick on the Ice, Eye Contact, Flat Passes
- Timing and Support
- Diamond Attack Entries - Puck Driver, Net Driver, Dot Driver, Point Support

Miny Breakout Series

10 mins



- Players start on the wall, coach dumps puck and players must skate out pas the dots before going back for retrieval.
- Predetermined breakout passing sequence then 2F's go full ice 2v1, 3rd F loops in the NZ and attacks D 1v1.
- Add coach pressure to the breakouts.

OPTIONS:

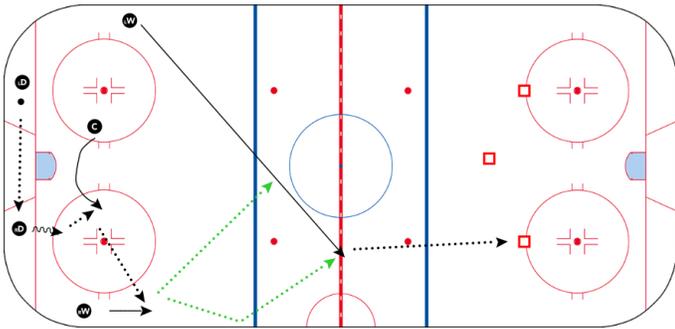
- **D -> D -> C -> WALL -> WSF**
- **D -> D -> WALL -> WSD**
- **DRIM -> WSF CHIP -> SLASH SUPPORT**
- **D REVERSE -> D -> C FLIP -> NZ SUPPORT**

Key Points

- Communication
- Timing & Support - Proper Spacing
- Game Intensity

NZ Forecheck Progression (3 Phases)

10 mins



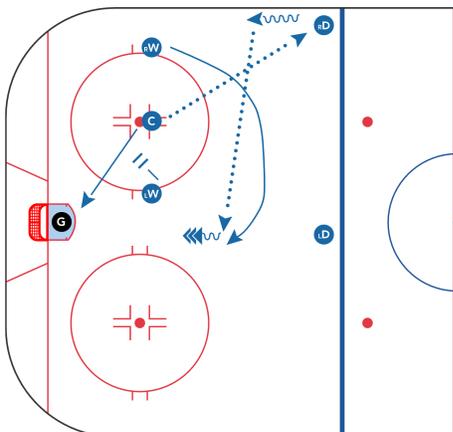
- Unit of 5 initiates breakout and moves quickly into the neutral zone.
- After breaking out, the forward with the puck passes to one of the D in the unit positioned at the far end.
- That unit attempts to move up the ice while the 5 player units attempts to forecheck and turn the puck over.
- Once the 5 player unit gains control of the puck they attack the full length of the ice 5v3.

Key Points

- Cut ice in half and good stick and body positioning
- Holding lanes ready to attacking passing options
- Quick counter on turnovers

DWJL Face-Offs OZ: Vegas

20 mins



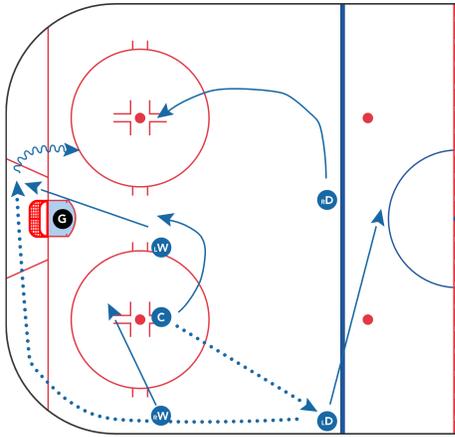
- C wins the draw to the RD
- RW sprints across to W/S & opens up for a shot on the goal
- LW bumps & jumps opposing forward, trying to come through
- C ties up and then gets to the net front
- RD sprints down the wall to create a passing lane behind RW, who is sprinting to the slot

Key Points

- Bump and jump
- Win the pocket
- Assume a loss and adjust to a win

DWJL Face-Offs OZ: Warrior

0 mins



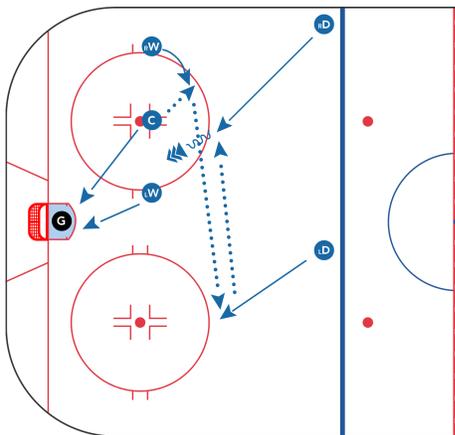
- C wins the draw to the LD, then fills the bumper spot
- LD rimes to puck to the far post behind the net, then offers staggered support
- LW picks up the rimmed puck and attacks the net with pass options to RW, C and RD
- RW bumps & jumps then drives the back door
- RD drive strong side dot

Key Points

- Bump and jump
- Win the pocket
- Assume a loss and adjust to a win

DWJL Face-Offs OZ: St. Louis

0 mins



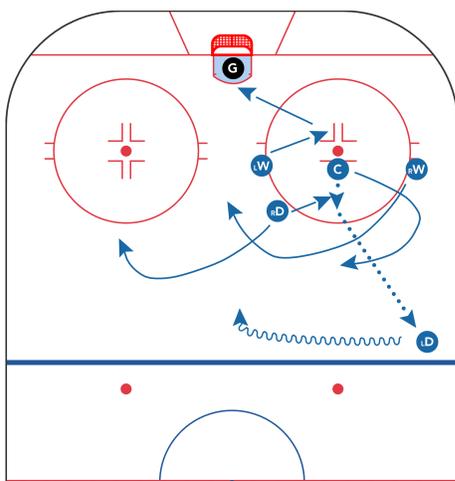
- C wins the draw to the pocket
- RW wins the pocket and quickly moves the puck to the LD
- LD receives pass, fakes and returns pass to the RD
- RD receives pass and quickly shoots through traffic
- C & LW provide goalie presence and net front traffic

Key Points

- Bump and jump
- Win the pocket
- Assume a loss and adjust to a win

Spotted v1 - PP Face-Off

0 mins



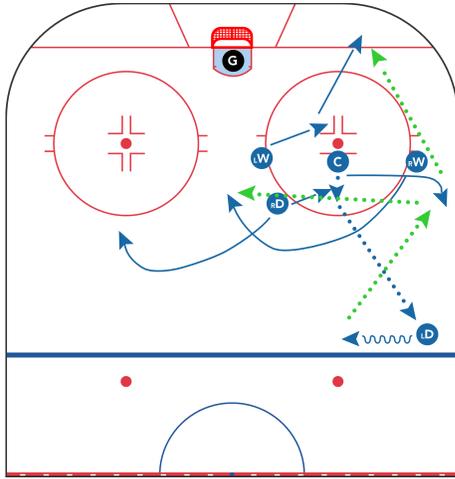
- RD & RW - Recover the puck and move it to the LD, then spread the zone, getting a net presence in front for a quick shot option.
- LW - Jumps immediately behind their centre on puck drop but heads to the front of the net on a clean face-off win to provide a screen or tip on a quick attack. You must be ready to drop below the goal line if you are not shot.
- RW - Moves toward the face-off dot and then provides a high screen/tip option on a quick D shot or slot pass option.

Key Points

- Bump & Jump
- Compete, Compete, Compete - Outwork the PK
- Shot Mentality - Shot within 7 seconds of puck drop

Spotted v2 - PP Face-Off

0 mins



RD & RW - Recover the puck and move it to the LD, then spread the zone, getting a net presence in front for a quick shot option.
 LW - Jumps immediately behind their centre on puck drop but heads to the front of the net on a clean face-off win to provide a screen or tip on a quick attack. You must be ready to drop below the goal line if you are not shot.

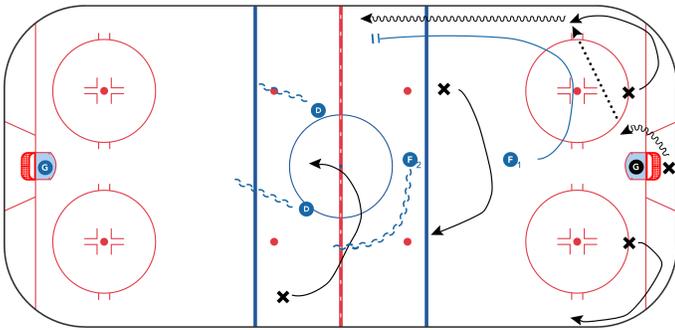
RW - Moves toward the face-off dot and then provides a high screen/tip option on a quick D shot or slot pass option.

Key Points

- Bump & Jump
- Compete, Compete, Compete - Outwork the PK
- Shot Mentality - Shot within 7 seconds of puck drop

1-1-2 into 1-3 PK Forecheck

0 mins



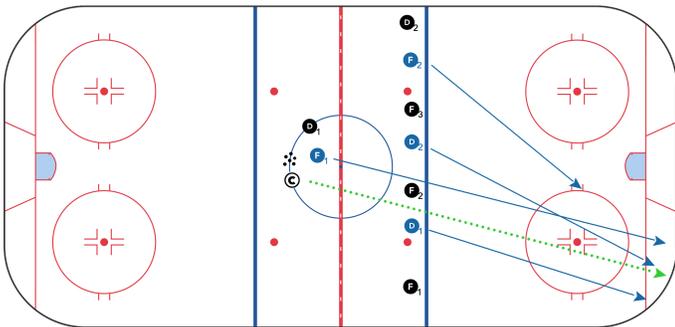
- F1 attacks the first pass
- F2 holds the middle, then supports the far lane
- D1/D2 work with F2 to deny the entry
- 4 GO Rodeo Scrum on any loose pucks

Key Points

- Own the Middle - Force Puck Wide
- Force Dump - Gap Control (deny the entry)
- Attack on Turnovers

PP Puck Recovery vs. PK 4 Go Scrum

0 mins



Line Up PP (Black) vs Penalty Kill (Blue).

The coach dumps the puck into the zone. PP works to recover the puck —PK races to recover or scrum the puck along the wall. Play until the PP releases the pressure into the in-zone power play setup or until the PK gains possession or forces whistle.

PK '4 Go' Scrum

#1 Races into the battle, sacrifices their body, and keeps the puck at the point of attack

#2 Denies the top - no passes to the point

#3 Denies the bottom - no rims to release the pressure

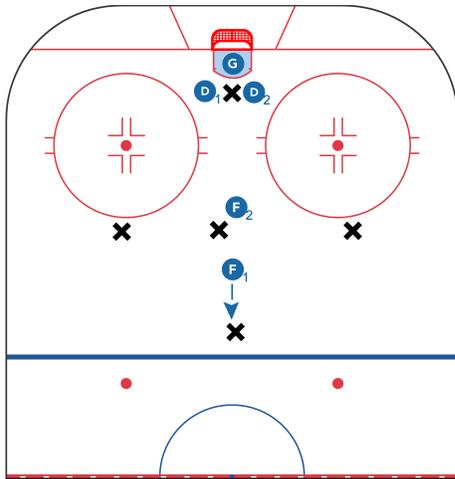
#4 Dot Support / Release valve

Key Points

- ABC - Always be communicating
- Sticks on the ice and active
- Stops and starts

Triangle & One Intro

0 mins



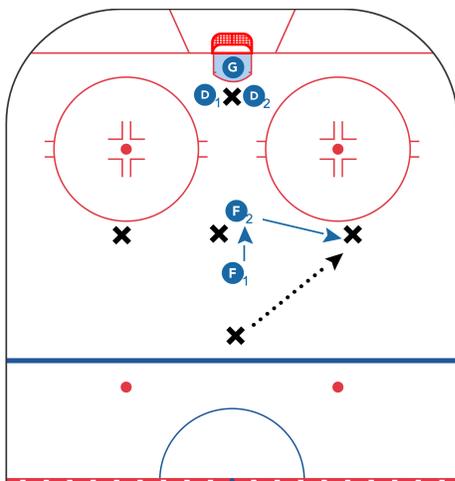
- D1/D2 just outside the outer edges of the crease form the basis of the triangle.
- F2 is positioned in a mid-to-high slot, completing the triangle. D1/D2/F2 form the core and look to deny cross-seam passes and scoring opportunities with active sticks.
- F1 activates straight from the goal toward the opposing player to concede possession and angle to a lower-danger portion of the ice.

Key Points

- Communication
- Coordination
- Straight Line Pressure
- Aggressive 4 GO Rodeo

Triangle & One Exchange

0 mins



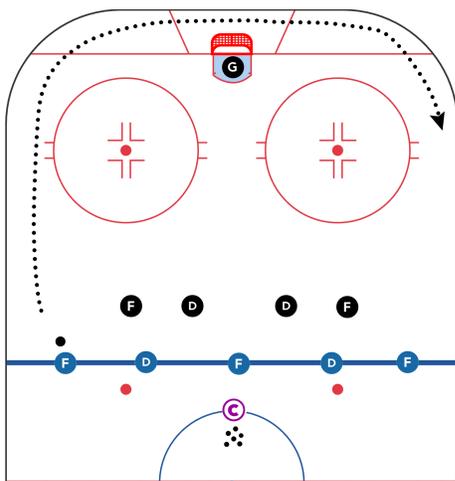
- F1/F2 can exchange responsibilities where F2 activates into the "ONE" position, and the previous pressure forward rotates down to fill the vacated spot in the triangle.

Key Points

- Communication
- Coordination
- Straight Line Pressure
- Aggressive 4 GO Rodeo

PP/PK Half Zone Rim Recovery SIG

20 mins



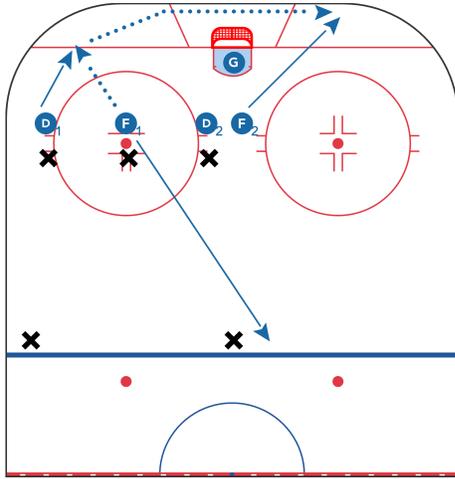
- The PP unit is outside the blue line, ready to rim the puck in.
- The PK unit faces the PP unit on one knee, ready to defend after the rim.
- The coach is prepared to give a second puck if the PK can make a quick clear.

Key Points

- Rims should be high on the glass, and PP forwards should outnumber the defenders on loose pucks to recover the puck quickly.
- The second PP and PK units move into the start position after the coach blows the whistle to stop playing with the first puck.
- The coach has the option of also rimming in the second puck.

5v4 PK Face-Win - Chip

0 mins



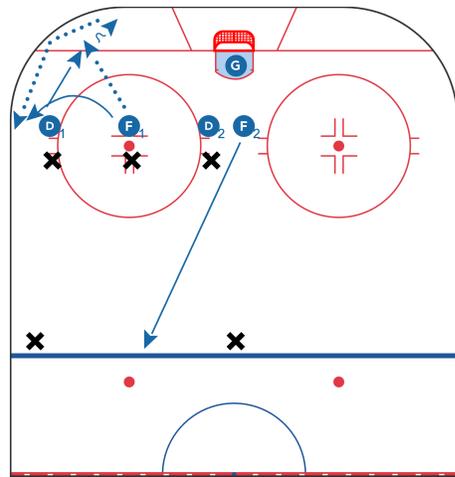
F1 - DRAWS PUCK BACK TO D1, TIES UP OPPOSING CENTRE
 D1 - OWNS LANE, CHIPS PUCK TO RW
 F2 - SUPPORTS D1, QUICKLY SHOOTS DOWN ICE OR FINDS SC FOR STRETCH PASS
 D2 - TIES UP OPPOSITION TRYING TO GET THROUGH

Key Points

- Be Face-Off Ready
- Rodeo Mentality
- Block Shots

5v4 PK Face-Win - Reverse

0 mins



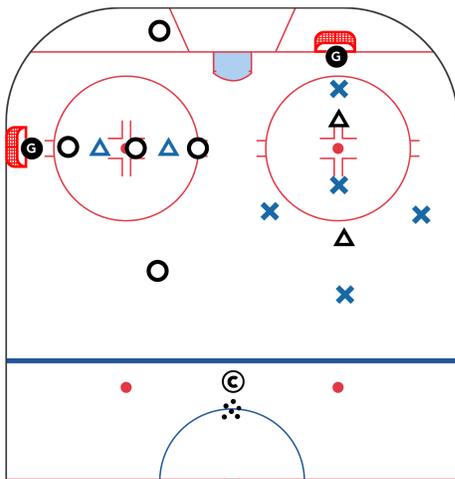
F1 - DRAWS PUCK BACK TO D1, RECEIVES REVERSE FROM D1
 D1 - RETRIEVES PUCK, BRINGS OPPOSITION CHECK WITH HER, REVERSES TO F1
 F2 - STRETCHES OR SLASH SKATES AS OPTION FOR F1
 D2 - TIES UP OPPOSITION TRYING TO GET THROUGH

Key Points

- Be Face-Off Ready
- Rodeo Mentality
- Block Shots

Devils 5v2 PP

12 mins



- The coach starts play by passing to the attacking players on either side to start 5v2 play. If defenders recover a loose puck, they move it quickly to their attacking unit on the other side. If the goalie freezes the puck, goes out over the blue line, or a goal is scored, the Coach throws in a new puck to the opposite side.

Key Points

- Outnumber and win races/battles to recover loose pucks
- Quick puck and player movement
- Crash the net for rebounds on all shots

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