



2025-09-09 - #6 Practice Plan

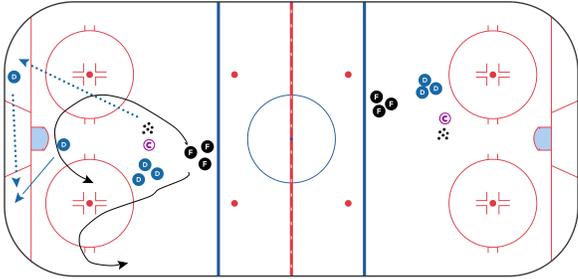
Date: Sep 9 2025

Time: 8:15 pm

Duration: 80 mins

Breakout Options

8 mins



The coach will call the breakout (Up, Over, Wheel, Reverse - D & C, RIM)

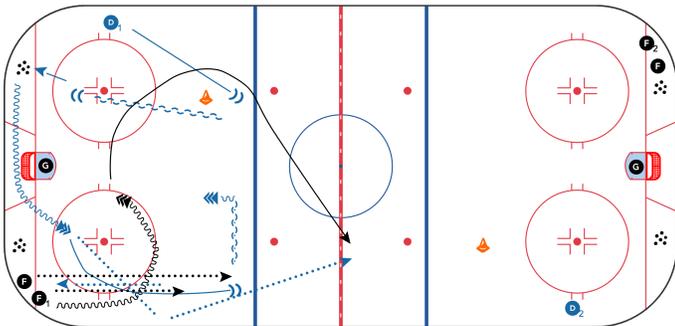
Progressions: 2v0, 2v1, Add NZ Regroup 2v0 Option

Key Points

- Check shoulder
- Protect the puck
- Get back quickly
- Execute with speed and precision

Glass & Out

8 mins



FWD - Around the circle shot, timing is needed to receive the pass off of the glass in the NZ and screen, tip, and rebound for the second shot from D.

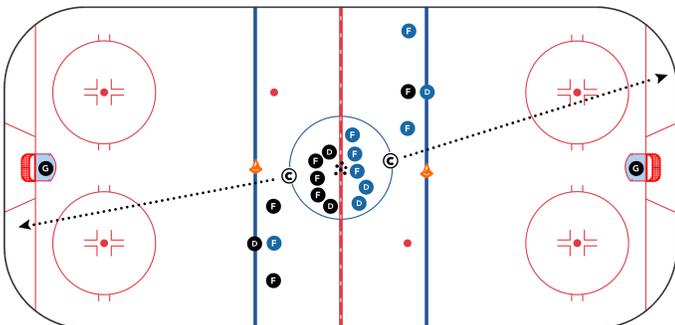
DMAN - Retrieval, shot off the glass, one-touch passing with next forward in line, sprint the blue line and shoot.

Key Points

- Flat passes with Execution
- Wheel tight to the Net
- Net Front Presence

Breakout 2v1 with Backcheck

10 mins



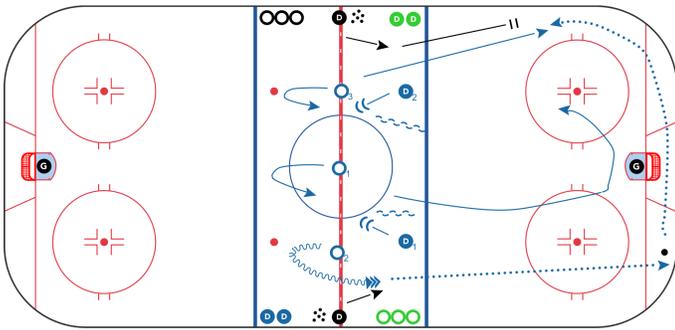
- The defenseman retrieves the puck, reads pressure, and headmans to the open player. They leave 2v1.
- Play is mirrored on the other side of the ice.
- The defensemen make the pass and sprint up to close the gap on the attacking forwards, defending the 2v1.
- The forechecker turns into a backchecker, ensuring the attackers move at the game pace.

Key Points

- D must shoulder check while retrieving the puck
- D finds an open teammate, whether it is a centre or wing
- SPRINT up to close the gap as aggressively as possible
- Maintain inside-out leverage and defend the 2v1

Breakout Out Against D Pinch

10 mins



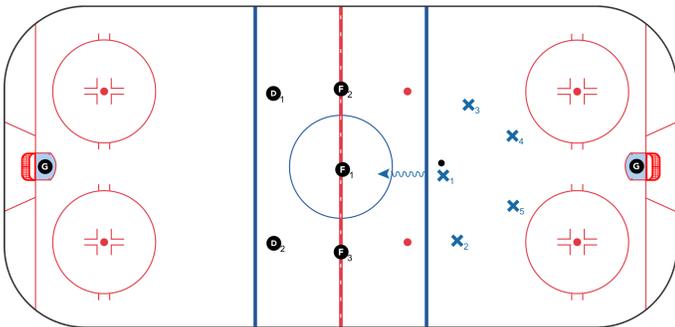
- F1, F2 and F3 take three quick strides forward, curl back and chip puck deep for D1.
- D1 retrieves puck and quick rims it around the boards to F3 who chips it past the pinching D man.
- F2 Center comes across to support the chip, recovers puck and heads up ice with F1 and jumping D2.
- F3 and defender D3 must hustle back to get into the rush.

Key Points

- Work on good board technique by the wingers and pinching D should vary their pinch pressure.
- Wingers need to read how much time they have and either: take puck and pass, chip past the D or counter pinch.
- Center should come across in a support position below the winger in case the puck does not get out and provide a pass option.

Wild 1-2-5 Forecheck & Breakout

12 mins



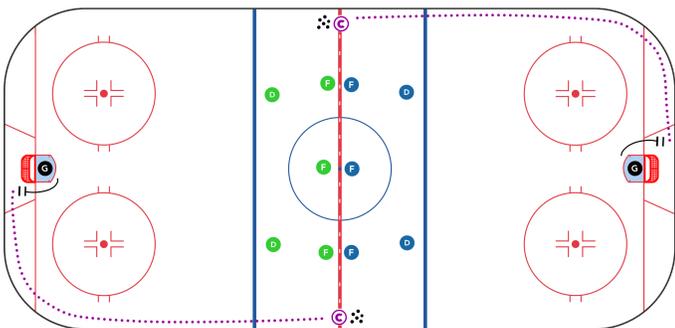
- X1 chips puck in deep and forechecks D hard, makes contact.
- Breakout team breaks it out, passes to next two forwards (X2/X3) who now chip it deep and forecheck two hard, making contact.
- Breakout team again breaks it out, passes to the D (X4/X5), then X1/X2/X3/X4/X5 come back, chip the puck deep and forecheck 5v5.

Key Points

- The first and second forecheckers look to make contact on forecheck
- The 3rd forechecked, seals the middle or and covers for the pinching D
- Good communication
- Game Speed

Stop, Drop, Roll

12 mins



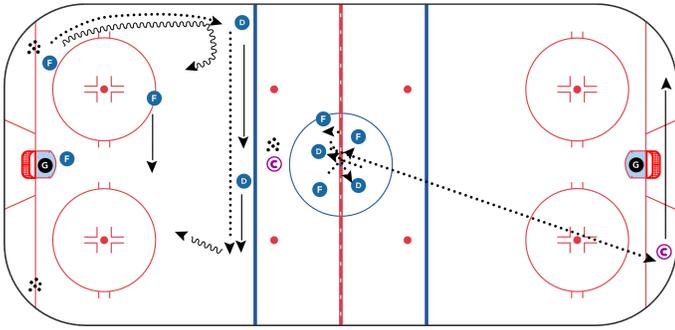
- Coach rims the puck in for the goalie to setup or passes to D in the corner.
- Each group completes a 5v0 breakout.
- When both teams get into the NZ, the coach blows the whistle.
- All 10x players must stop, drop, and roll over, then get back up.
- The coach will dump another puck in, one team will breakout, and the other will be forechecking.

Key Points

- Sprint back to retrieve the puck
- Communicate with the goalie for the set/play option
- Quick and close support options
- Create 2v1's

Giant Breakouts

12 mins



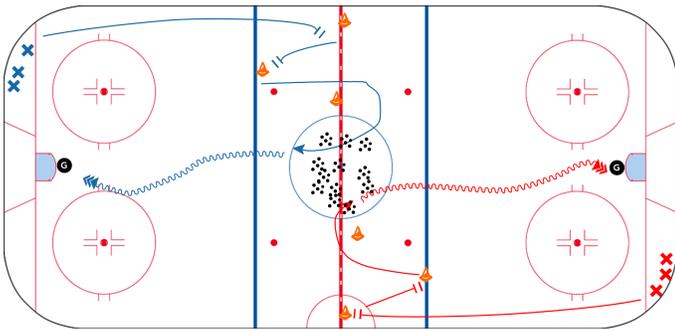
- FORWARDS MOVE AROUND NZ, COACH DUMPS PUCK IN ON COACH
- BREAKOUT FROM DZC, WALL/MIDDLE TO WEAKSIDE SLASH (DIRECT)
- COACH DUMPS PUCK TO OPPOSITE SIDE, BREAKOUT FROM DZC, WALL/MIDDLE TO WEAKSIDE SLASH (INDIRECT CHIP TO FAR SIDE OF NZ)
- OPPOSITE END OZ ATTACK FROM BOTH CORNERS
- LOW TO HIGH, D --> D STRETCH THE ZONE
- LOW TO HIGH, D --> D SPRINT TO HIGH ROLL

Key Points

- LIFT STICK, DSP, PRESSURE TO CONTACT
- 2ND QUICK SUPPORT
- CHIP TO WEAKSIDE
- SLASH SUPPORT
- SPREADING OUT THE OZ

Relay Race

8 mins



- Players are divided into opposite corners. Switch corners and repeat. The total number of goals scored determines the winner.
- On coaches whistle 1st skaters in the line race to the red line with a hard stop at the cone then skate back towards the blue line with a hard stop at the second cone, head back towards the Center and go around the third cone and pick up a puck and head in for a shot on net
- The next skater goes when their teammate crosses the goal line

Key Points

- Stops and starts
- Shoot with purpose
- Encourage teammates

Oakes/Wilkinson -- Supryka/Aquilina | Lapointe/Mitchell | Green/Matt -- Fleming/ThatcherRiches | Bergman/Biderman/Himle | Bryk/Chalk/Halleran | Peterson

0 mins