



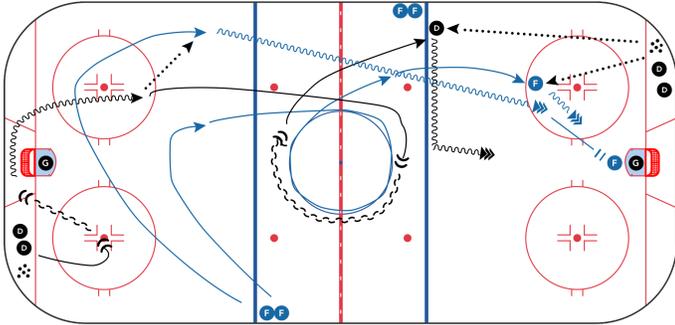
2025-09-10 - #7 Practice Plan

Date: Sep 10 2025

Time: 7:15 pm

Niagara Warm-up

8 mins



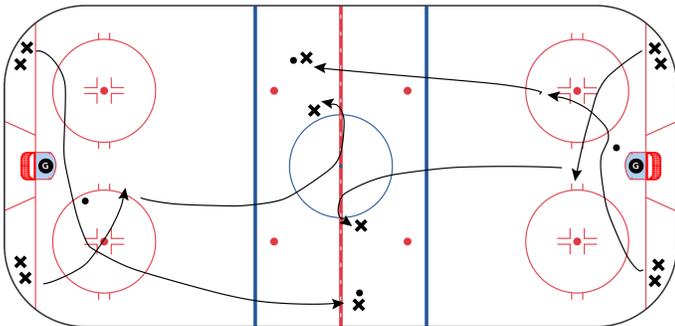
Defence pivots and retrieves loose puck while two forwards swing low. Defence makes a middle pass with the middle forward passing to the wall forward. This player will continue to shoot and stop in front of the net. The middle forward will skate a full circle around the middle while the defence will follow up the play and do the same thing skating backwards. They will now enter the zone and take a shot each.

Key Points

- Eyes Up
- Hard, Flat Passes
- Goalie Presence

Fast Break Angles

8 mins



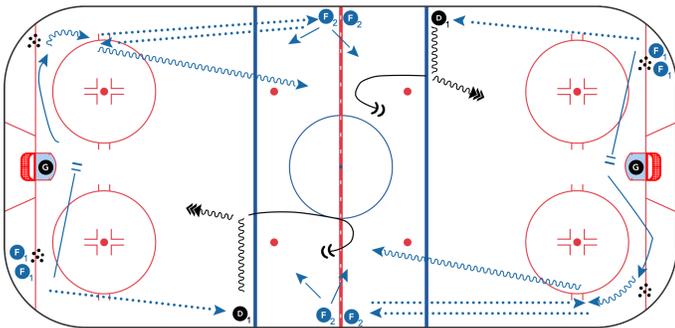
- Player 1 and 2 skate at each other from the corners.
- Player 1 leaves the puck for player 2 who tries to get full speed and take a straight line to the opposite net.
- Player 1 must sprint up the ice and gap up and angle the player to the board and separate player from puck in the NZ
- Players can't cut into the middle of the ice until they enter the zone

Key Points

- Communication
- Angle to Bad Ice
- Use Stick & Body to Influence
- Physical

Vegas Rush

10 mins



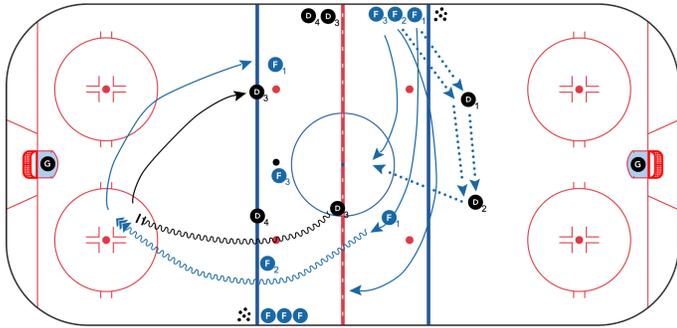
- F1 passes to D1 and goes to the net and provides a moving screen for the D to shoot. Both sides go at the same time.
- F1 will pick up a puck in the opposite corner and pass to F2, who will pass back to F1
- F1 will now proceed to skate full speed to the opposite net, and F2 can decide to pick which side they want to attack
- Each rep could include a 3 on 1, 2 on 1 or an 1 on 1 depending which way F2 picks

Key Points

- Communication
- D Fold to the Middle
- Angle to Bad Ice
- Scoring & Finish

Toronto 1 on 1 / 3 on 2

12 mins



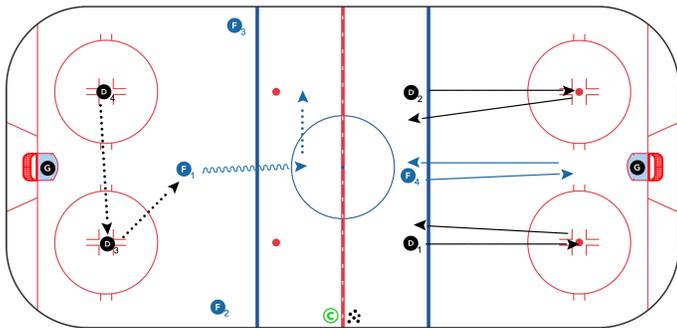
F1 starts by passing to D1 and getting open for a puck while D3 gaps up and tries to surf on the player. These two players continue to play a quick 1 on 1. On the whistle F2 and F3 make a pass to D1 and D3 will gap up and play a 2 on 1. F1 has to open up for a stretch option while D3 maintains tight gap. F2 and F3 will enter into the zone trying to obtain a middle entry 3 on 2.

Key Points

- Surfing (FWD), Force to Bad Ice, Contact
- Timing & Support
- Entries

Defence Gap Up

12 mins



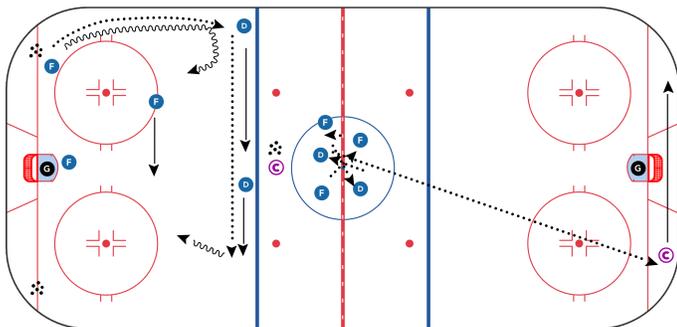
- Coach places a puck anywhere on the ice and D3 and D4 have to move the puck D 2 D and look for breakout options
- D1, D2, and F4 must sprint to the face-off dot and race back to the NZ done to defend the attack.
- Offence has to problem solve and try to beat the 3 on 3 attack with D3 and D4 trying to be options to create odd person scenarios

Key Points

- Communication
- Owning Inside the Dots
- Transition & Attack

Giant Breakouts

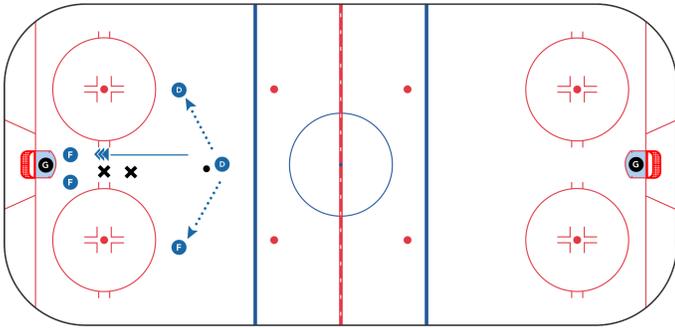
12 mins



- 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



- Powerplay sets up in their formation of choice
- Coach spots a puck in a different location each time, PP must beat out the PK to gain puck possession
- PP has 30 seconds to score as many goals as possible, coach spots a new puck in different areas after each goal

Key Points

- Outnumber on Loose Puck
- Low -> High or Behind the Net
- Low Options & High Options
- 4 @ the Net

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

0 mins