



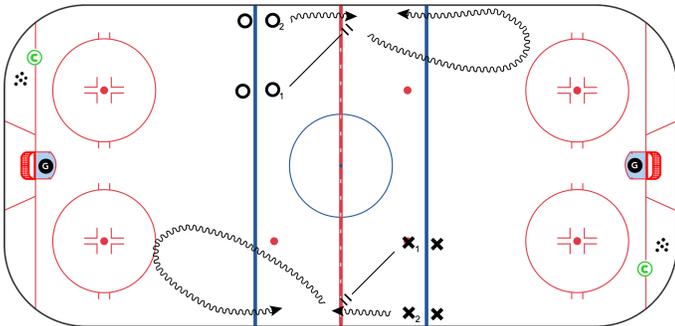
2025-09-16 - Practice Plan #8

Date: Sep 16 2025

Time: 8:15 pm

Stick Check Warm Up 2 v 0

10 mins



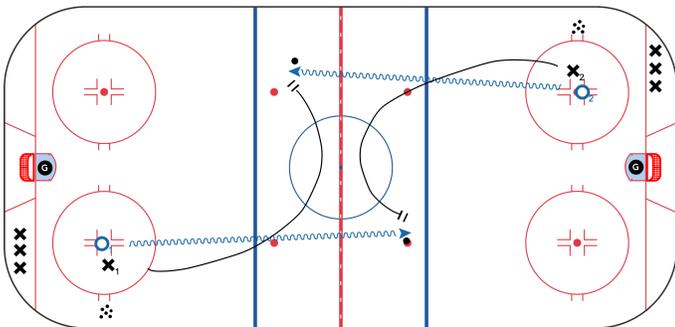
- X1 will pass to X2 and stick check and cut off the hands off the player and steal the puck
- X2 will get to the top of the circles and turn toward the boards and proceed back up the ice
- X1 will get the middle of the ice and angle and stick check, take away the players hand and continue in for a shot
- X2 to will follow up and get a pass from a coach and take a second shot

Key Points

- Eyes Up
- Hips on Hands
- Lift Stick then Steal

Soo Puck Protect and Angle

10 mins



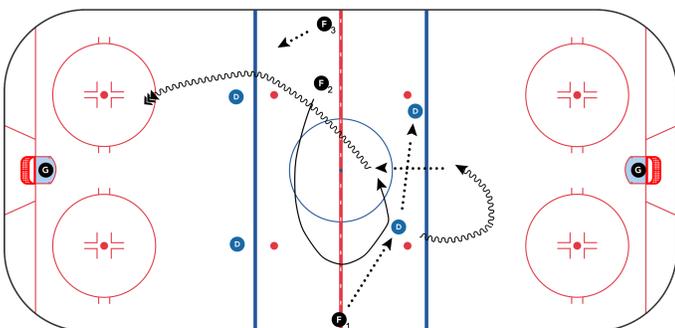
- Coach places puck in the circle, two players battle it out until the whistle
- When the whistle is heard, the player who has the puck attacks the far net trying to score
- The player who loses the circle battle has to gap up and angle skating forward

Key Points

- Stick on Puck
- Lift Sticks
- Body on Body
- Net / Me / Man

Rangers Quick Up

10 mins



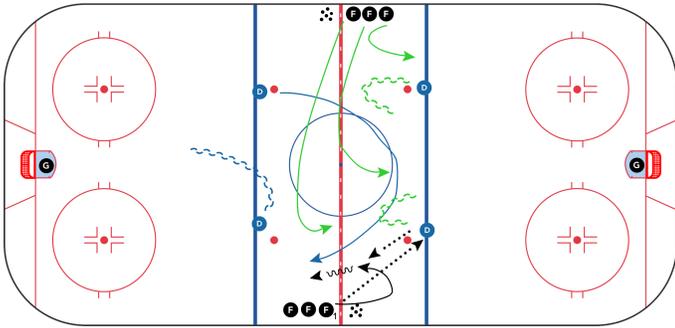
- F1 passes puck to the D1 and has to establish and active stick and angle on the forecheck.
- Defence will pass D2 D and scan for F2 in the NZ looking for the pass. This player will now go 1 on 0 down and shoot.
- F3 will now repeat the drill with F1 turning into the NZ outlet pass

Key Points

- Angling
- Timing & Support
- Eyes Up Shooting

1 v 2 to 3 v 2 Rush

10 mins



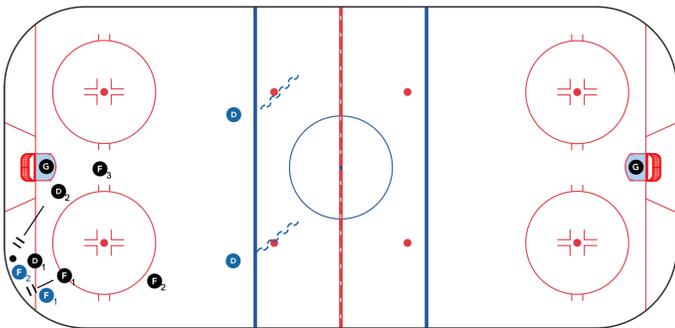
- First forward passes to the D and swings getting a pass back, attack the 2 D who are gapping up
- Weak side D will surf across the ice and separate the puck, while the second D will support
- Three new forwards will stretch the ice out with the centre supporting and will call for the puck and start a transition the opposite way resulting in a 3 on 2

Key Points

- Gap Control / Surf & Support
- Lift Stick / Hips on Hands
- Net / Me / Man
- Attack Space Behind

D Zone 3 on 5 to 5 on 3 Rush

10 mins



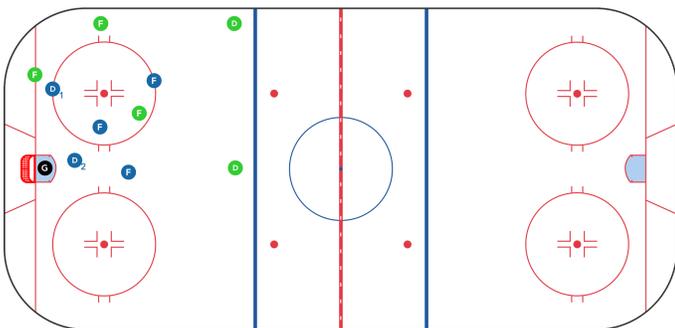
- Drill starts with a 2 v 2 scrum in the corner and D zone coverage assignments
- D2 shoulder checks and leaves the front of the front of the net to win the battle in the corner
- D zone team has to break out and transition out of the zone as quickly as possible creating a 3 on 2
- D zone D have to join the rush and try to make it a 5 on 2, while the high F must back check and take away options to the forwards

Key Points

- Shrink Space
- Net / Me / Man
- Lift Sticks

GeeGee 5 Puck

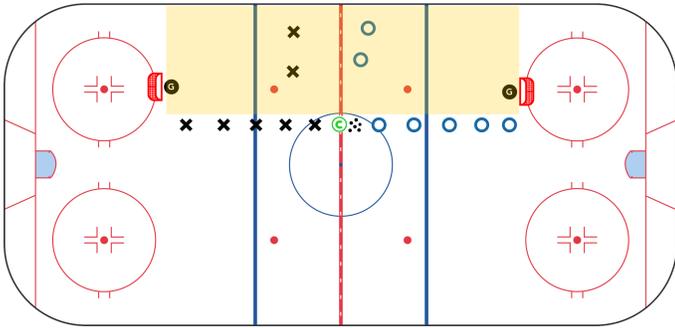
10 mins



- 5 on 5 scenarios changed on a whistle
- First puck starts with a dump in the corner and is played out for 6 to 7 seconds.
- Second puck is dumped in the opposite corner and is played out for 6 to 7 seconds
- Third puck and fourth pucks are dumped high and played out for 6 to 7 seconds
- 5th puck will be placed in the NZ zone, with the offensive team having to transition with the D team having to gap up and sort out NZ forecheck

Key Points

- Stick on Puck / Body on Body
- Net / Me / Man
- Position Over Possession



- Drill starts with a coach dumping the puck in and a 2 on 2 battle
- Players change on the whistle and play the same puck
- New puck is put into play on goals or if it goes out of bounds

Key Points

- Stick on Puck
- Body on Body - Net/Me/Man
- Sense or Urgency

Wilkinson | Oakes -- Supryka/Aquilina | Lapointe/Mitchell | Matt/Green --
 Bryk/DiPalma/McLean/Riches | Himle/Chaulk/Halleran | Peterson/Bergman/Thatcher

0 mins