



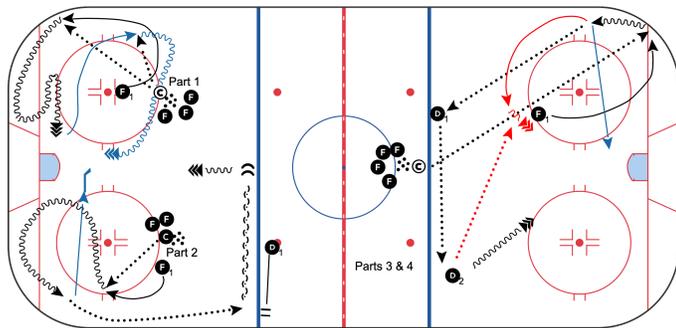
2025-09-17 - Practice Plan #9

Date: Sep 17 2025

Time: 7:15 pm

Titan Low/High Series

15 mins



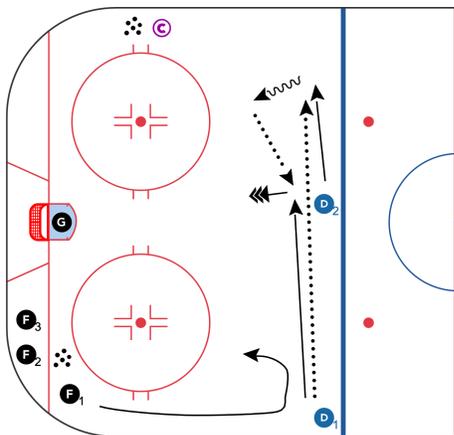
- Part 1: © spots 1st puck for F 1 to skate into (shoulder checks) and make evasive moves on his way to the net
- © spots 2nd puck & F 1 (shoulder checks) comes off the half wall and attacks net
- Part 2: © spots puck F 1 (shoulder checks) and surrounds puck on his way to the net - maneuvers away from the net, curls back up and passes up to D 1 who walks and shoots
- F 1 accelerates to the net for a tip or rebound from the point.
- Part 3: © spots a puck, F 1 surrounds puck, while shoulder checking. F 1 passes up to D 1 who passes to D 2, D 2 shoots or looks backdoor for F 1, F 1 plays any rebounds
- Part 4: Same sequence until D 2 now can pass back up to F 1 who has timed his skate to the tops of the circles for a one timer

Key Points

- Working the puck from low to high, with timing
- Multiple options with different angles when shooting the puck
- Puck management, moving the puck around in the OZ, supporting the puck carrier

Gopher 1-3-1 Attack, 2v1, 1v1, 3v2

12 mins



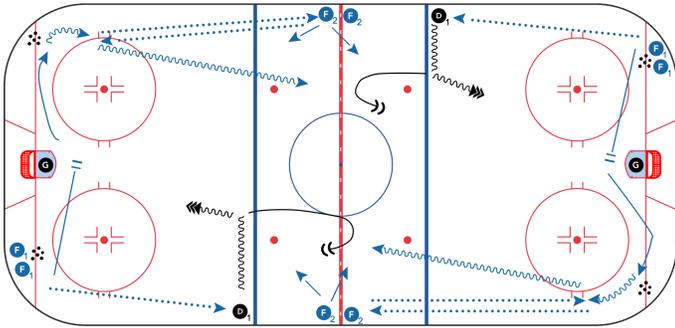
- 1st Puck [L Pattern] - D1 -> D2 wide, back to D1 in the middle, F1 performs high roll and attacks the rebound.
- 2nd Puck [L Pattern with Flanker Shot] - F1 starts at the net. After the L pattern, D1 -> either F2 or D2 for a shot.
- 3rd Puck [L Pattern with Low Option] - F1 starts in the bumper spot, F2 start at the net, D1 -> either F3 or D2, the next pass is to F2 low, F2 -> either F1 in the bumper spot or the flanks F3/D2.
- 4th Puck - F2 skates, support the coach, receives a pass and attacks 2v1 against D1. F1/F3 skate around the net, support the coach, gets a pass and attack D2 2v1.
- *** PROGRESSIONS ***
- F1/F2/F3 attack 3v2 against D1/D2.

Key Points

- Net Front Battles - Finishing at the Net
- Fakes & Deception
- Attacking the Net - Shooting Under Press & Through Traffic

Vegas Rush

10 mins



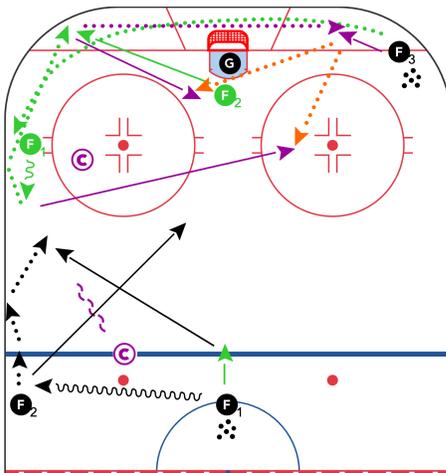
- F1 passes to D1 and goes to the net and provides a moving screen for the D to shoot. Both sides go at the same time.
- F1 will pick up a puck in the opposite corner and pass to F2, who will pass back to F1
- F1 will now proceed to skate full speed to the opposite net, and F2 can decide to pick which 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

Chip Entry, RIM Retrieval, Attack 3v0

9 mins



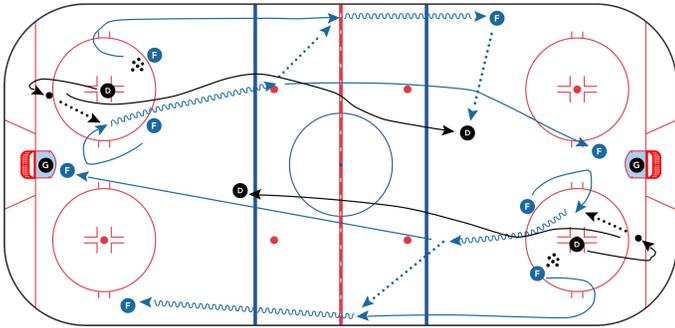
- F1 passes to F2, F2 reads the gap of the coach and either chips for F1 to find F1 for a pass in the middle [gain the blue line first]. F1/F2 attack the net.
- F3 rims a 2nd puck for F1 to retrieve along the wall. The coach provides passive pressure. F1 climbs up the wall and chips back down to a supporting F2.
- F2 quickly moves the puck behind the net to F3. F3 has three options: 1) attack the net, 2) find supporting F1, and 3) find supporting F2.

Key Points

- Get the line and then decide
- Read the gap of the D and decide on direct/indirect options
- Use the net to change the point of attack

Puck Retrieval Series

9 mins



Progression 1

- Forward places puck into the corner, D will retrieve it and find the centre for a pass
- Centre will make a pass to the winger and the D and Centre will sprint up the ice
- Pass must be kicked out and one forward should net drive while the D slides into space
- Puck carrier and decide what play to make

Progression 2

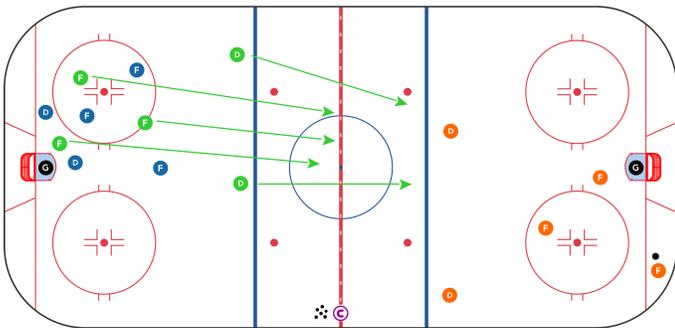
- Forward places puck into the corner, D will retrieve it and find the centre for a pass
- Two forwards continue up the ice to play a 2 on 1 with the D gaping up
- Forwards must use concepts practiced in progression 1

Key Points

- Surround on the Forehand
- No Dust
- Feet Moving

O Zone to D Zone Coverage

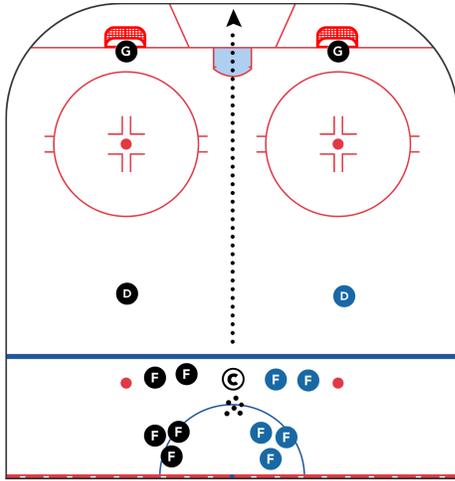
12 mins



- Drill starts with a 5 on 5 in zone battle with the offensive team starting with the puck from the coaches pass
- On a goal or a whistle, the team on offence must back check to the other end of the ice where a 5 on 0 will be ready to take place
- The 5 on 0 team will get a pass from the coach, where they must make one pass behind the net to enable them a chance to score
- The back checking team must sort out info and communicate in order to get on the puck
- The drill continues on each whistle or goal

Key Points

- Stick on Puck, Lift Sticks, Net/Man/Me
- Offensive Zone Layers
- Battle & Compete



- Coach starts the play by chipping a puck off the end boards to create a 2v2 battle for the puck.
- Upon recovering the puck, the players move it quickly up to this point, man as other players are set up in a small 3v2 power play situation.
- The point man should move laterally to provide pass and shot options above the circle.

Key Points

- Outnumber quickly and win battles/races to loose pucks
- One touch passing
- One touch shooting
- Puck & player movement
- Crash the net looking for rebounds

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

0 mins