



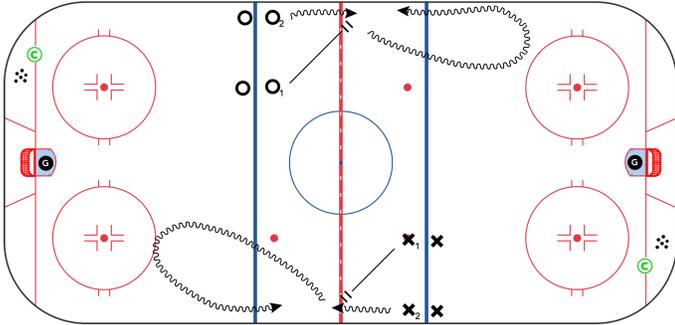
2025-09-25 - Practice Plan #10

Date: Sep 25 2025

Time: 7:15 pm

Stick Check Warm Up 2 v 0

10 mins



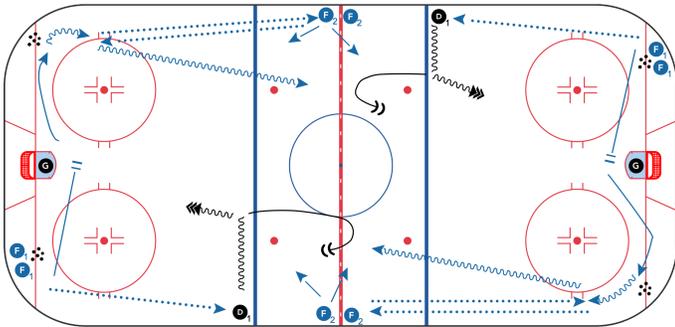
- X1 will pass to X2 and stick check and cut off the hands off the player and steal the puck
- X2 will get to the top of the circles and turn toward the boards and proceed back up the ice
- X1 will get the middle of the ice and angle and stick check, take away the players hand and continue in for a shot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

Vegas Rush

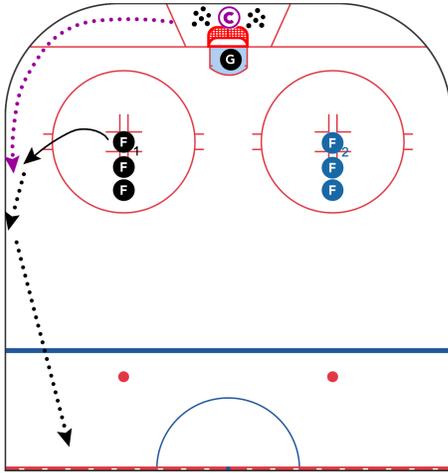
10 mins



- 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



EAT CHIPS

- F1 reads the pressure and chooses the appropriate option inc. chip, bump pass (back or middle)
- F1 then receives a second puck which they handle in their feet, receive it and attack the net.
- Drill continues on the other side.

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Key Points

Continuous Shoulder Checks and Scanning:

Regularly look over your shoulder to assess the position of the pinching defenseman and identify open teammates or passing lanes to create a fast-paced and effective counter.

Stay Off the Boards:

When retrieving the puck, try to stay off the boards to give yourself more options and create a better angle for your pass, which can also lead to creating two-on-one opportunities with a teammate.

Puck Protection and Puck Retrieval:

Use effective puck protection techniques to maintain possession and advance the puck beyond the pinching defenseman or deliver it to a teammate.

Deception:

Use head fakes, body language, or misdirection to throw the forechecker off balance and create an opportunity to make a play or gain space.

Speed Differentials:

A "speed differential" refers to a difference in speed between you and the opposing player. A strong pass or a sudden burst of speed can break the pinch and lead to an odd-person rush or a dangerous scoring chance.

Chip or Bump Pass:

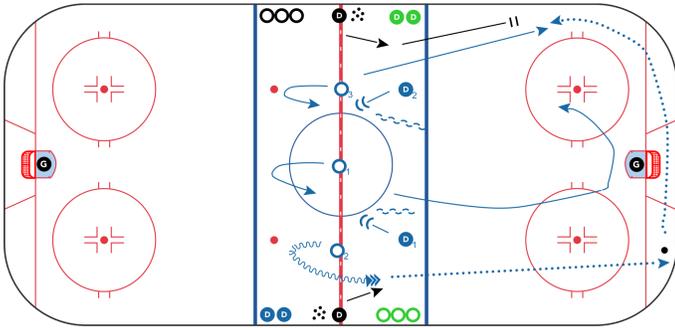
In certain situations, a simple chip or bump pass off the boards to a teammate can break the pinch and initiate a breakout with an odd-person rush.

Communication:

Effective communication between teammates is crucial to support the pinching defenseman and avoid misreads or defensive zone breakdowns.

Breakout Out Against D Pinch

10 mins



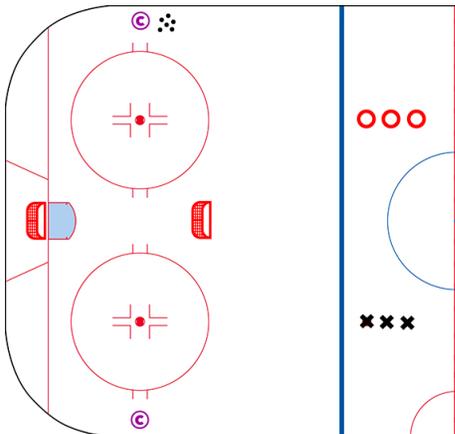
- F1, F2 and F3 take three quick strides forward, curl back and chip puck deep for D1.
- D1 retrieves puck and quick rims it around the boards to F3 who chips it past the pinching D man.
- F2 Center comes across to support the chip, recovers puck and heads up ice with F1 and jumping D2.
- F3 and defender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

Pitt 3v3

15 mins



- 3v3
- Players must pass to the coach before they're "hot".
- Players on offence can score on either net.
- Defending players can't check the coach they must find an open man, face the puck and pick up sticks.

Key Points

- Supporting & Timing - GET OPEN
- Quick Puck & Player Movement
- 1v1 Checking - Find Your Check

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

0 mins