



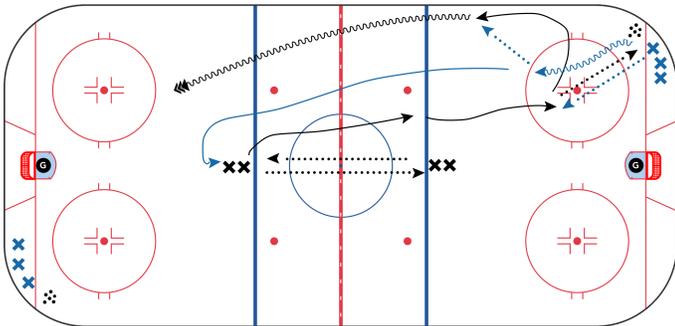
2025-09-27 - Practice Plan #11

Date: Sep 27 2025

Time: 6:15 pm

2 Touch Pass

10 mins



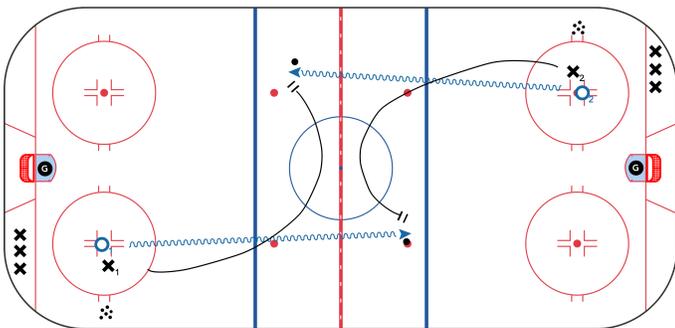
Players in the middle do two touch passes and continue to skate to the corner for a second touch pass back to the player in line. The player in line skates out with the puck making a pass to the player who swings. That player will go on to shoot while the player from the corner will go to the far line in the middle.

Key Points

- Flat, hard passes
- Eye contact
- Communication

Soo Puck Protect and Angle

10 mins



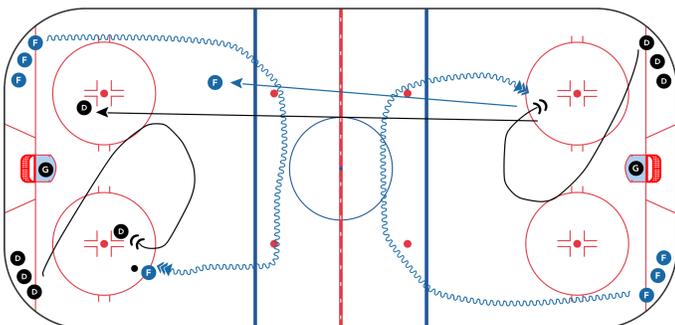
- Coach places puck in the circle, two players battle it out until the whistle
- When the whistle is heard, the player who has the puck attacks the far net trying to score
- The player who loses the circle battle has to gap up and angle skating forward

Key Points

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

1 on 1 / 2 on 2 D Jump

10 mins



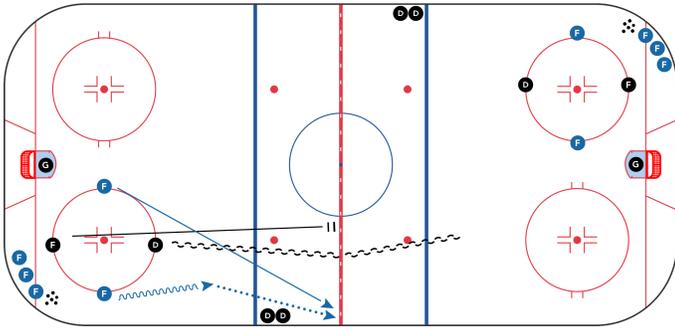
- Forward starts the drill by playing a one on one and trying to score.
- On the whistle, another one on one starts on the far end with the players from the original one on one skating the length of the ice to join.
- The player defending will jump on offense trying to make it a 2 on 1 while the forward will back check trying to keep it 2 on 2.

Key Points

- Gap control (force to bad ice)
- Read the gap of the D
- Create scoring chances

2 on 1 with Backcheck

10 mins



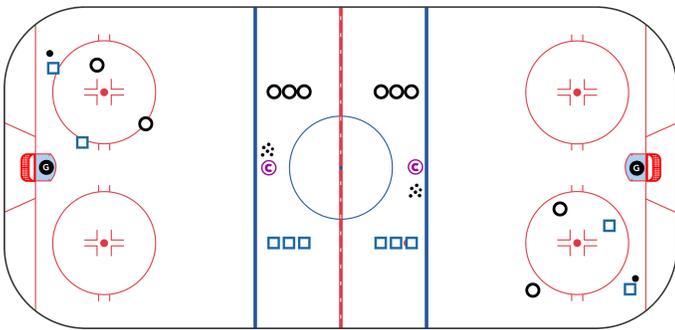
- Drill starts with a 2 on 1 with a back checker tracking to make it a 2 on 2
- Player with the puck can make a direct or indirect pass through the NZ
- Once the rush is complete, the D at the blue line will get a pass from the corner, with the 2 defensive players boxing out the two offensive players

Key Points

- D/F communication
- Attacking space
- Scoring

Vaughan 2 on 2

10 mins



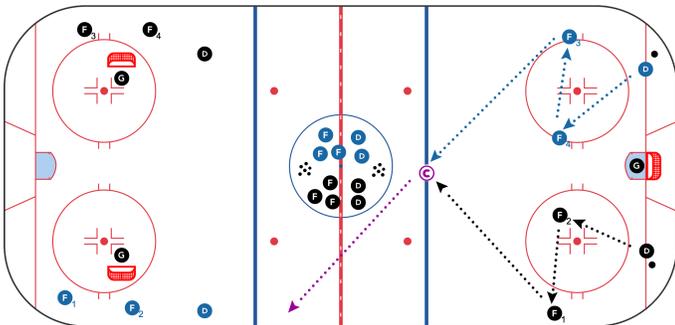
- Drill starts with two 2 on 2 battles on each end. Team □ or Team ○ is trying to score.
- When the whistle goes, both sides will leave the puck and skate the full length of the ice to win the race to the opposite puck.
- The team that gets to the puck first gets to be offence and the team who loses the race has to play defence and skate the puck out to centre.

Key Points

- Net/Me/Man
- Shooting Thru Traffic
- Battle / Competition

Breakout 3 on 3

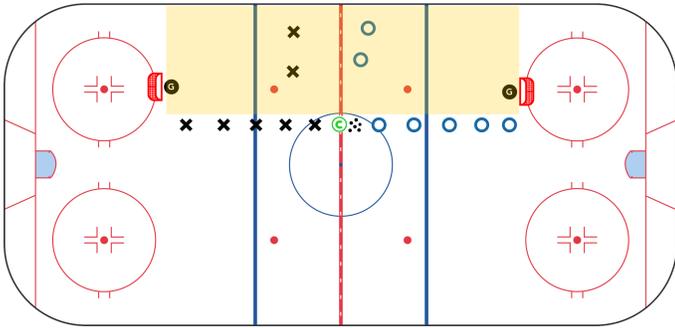
10 mins



- Two breakouts will happen at the same time going towards the end with no nets.
- The team that can breakout the puck quicker and pass the puck to the coach and get it back, where they have to go around the net in the other zone and try to score.
- The team that breaks out slower has to complete their pass to the coach and continue around their net to defend the team trying to score.

Key Points

- Communication
- Quick, flat passes with accuracy
- Urgency



- 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/Halleran/Riches --
Himle/Chaulk/Biderman -- Peterson/Bergman/Thatcher | Fleming

0 mins