



DWJL Practice Plan

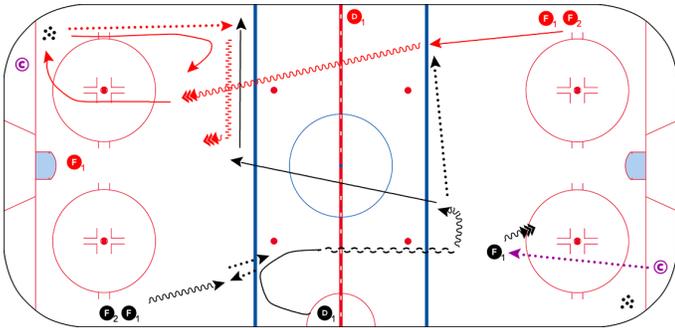
Date: Nov 11 2025

Time: 8:15 pm

Duration: 80 mins

Thunderbird

10 mins



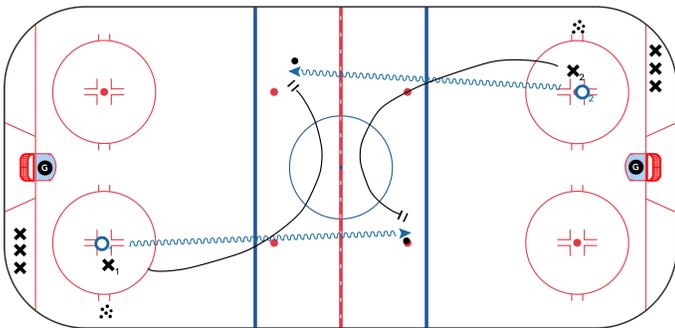
- D1 pivots and touches the blue line and call for a pass from F1 who begins to take some ice.
- F1 and D1 exchange one-touch passes.
- Inside the blue line, D1 takes some ice and finds F2 on the far side of the ice with a flat pass.
- F1 continues skating, receives a pass from the coach and shoots quickly.
- F2 drives down to the far end and either shoots with F1 screening or finds D1 on the 2nd wave for a quick shot.
- F2 keeps speed, grabs a puck from the corner and passes to D1 on the wall. D1 sprints to the middle and either shoots or passes to F2 on the high roll.
- Both ends at the same time.

Key Points

- Sticks on the Ice
- Communication - Eye Contact & Call for the Puck
- Net Front Presence - Tips/Screens/Rebounds

Soo Puck Protect and Angle

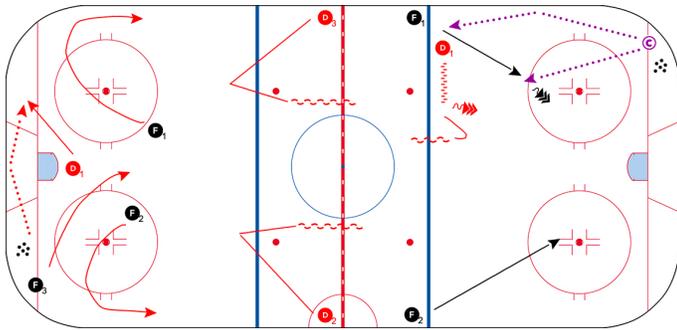
10 mins



- 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



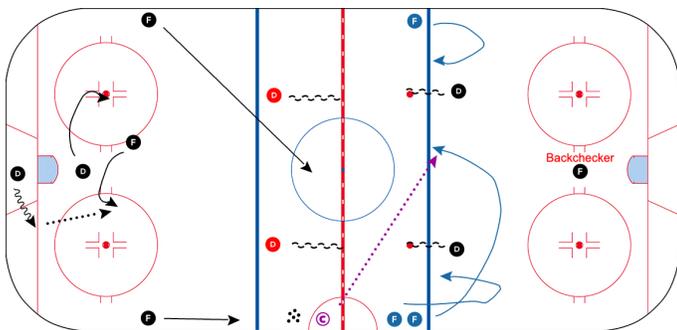
- F1 and F2 drive the dots to receive a pass from the coach and attack, 1 pass is allowed.
- F1 grabs a puck from the corner passes to D1 who sprints and shoots with F2 at the net and F1 doing a high roll for support.
- F1/F2 supports the coach, coach passes to one of them and they attack D1 2v1.
- On the whistle, F3 chips puck to D1, F1/F2/F3 supports the breakout and attack 3v3 against D2/D3.
- On the whistle, F2 gets a pass from the coach and attack 1v0 to the far end.

*** PROGRESSION ***

- D1 joins the rush making it a 4v2.

Key Points

- Timing & Support - Speed Off the Puck
- Gap Control
- Battles

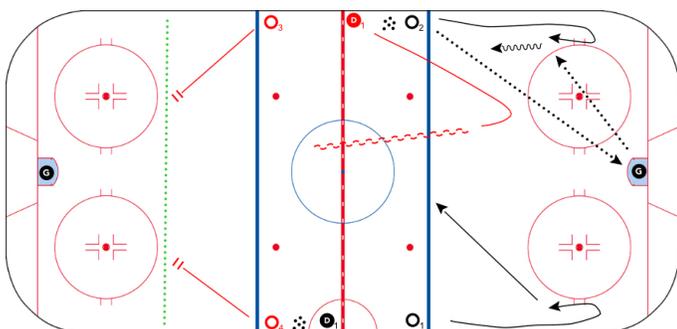


- Drill begins with the coach dumping a puck deep for a 5x2 breakout.
- The offensive players bring the puck into the offensive zone and try and score.
- On the whistle, 3X forwards come off the boards and touch the top of the circles. The coach passes a puck to one of them and they attack the opposite end 3v2 against the two offensive defencemen from the original breakout who will be on the blue line.

*** Progression: High FWD backchecks and 1X DMAN join the rush and make it 4x3. ***

Key Points

- Timing & Support
- 4-Point Diamond Attack
- Battle & Compete



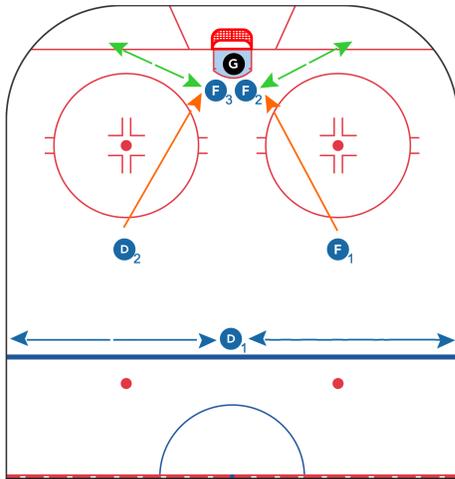
- O1 and O2 will try and score or forecheck to try to score again. O1 and O2 play 2v1 against D1 below the dotted line. If the puck comes over this line O3 or O4 can take it.
- D1 must gain possession of the puck and pass to O3 or O4. O3 and O4 then start the drill over in the opposite direction.
- On a save (puck is covered) or goal, the goaltender must pass to either O3 or O4.

Key Points

- Timing and Puck Support - Work Ethic Away from the Puck
- The Transition from Offence -> Defence and Defence -> Offence
- Zone Entries - Width and Depth on the Attack

1-2-2 - Introduction

8 mins



D1 [QB] – Feet Outside the line, directly supporting the Flankers and Bumper.

D2 & F1 [Flankers] – Sticks inside the dot line, directly supporting the quarterback, Bumper, and Net Front.

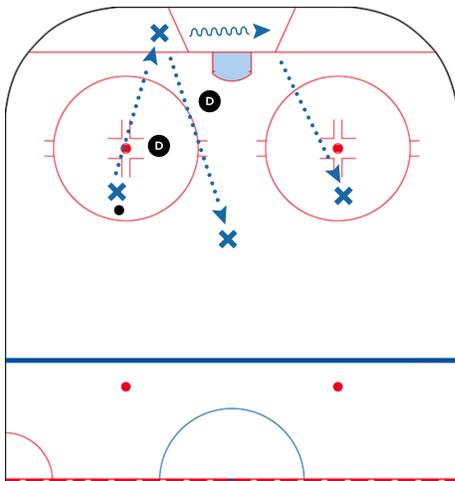
F2 & F3 [Net Front] – Read pressure and provide a net presence for shots and goal-line support for everyone.

Key Points

- Spread the Zone - Puck and Players have to Move
- North, South, East, West Passing
- Shoot, Shoot, Shoot - 5x Shots-per PP
- Compete, Compete, Compete - Outwork the PK

PP Low Play

8 mins



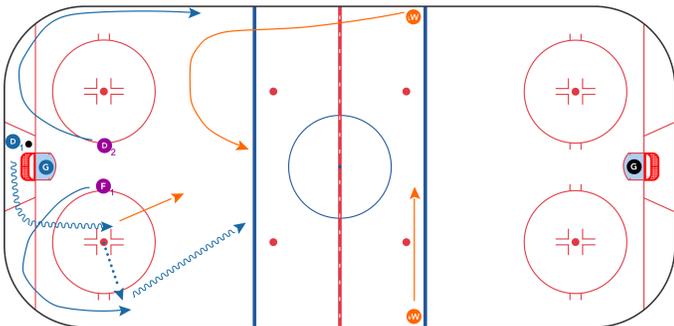
- PP is set up in a diamond w/ low F below the goal line.
- The unit plays 4v2 with mobile Flanks and QTR Back and 2 D free to move above the goal line inside the PP unit.
- Have to make a low play before you can shoot.
- Low F can also take the puck to the net (stuff).
- Defenders can go anywhere in the playing area and are not restricted to lanes.

Key Points

- Sticks on the Ice
- Puck and Player Movement
- One Time Shooting

Power Play - Clipper Breakout

8 mins



- D1/F1/D2 sprint back
- D1 attacks the first forechecker
- F1/D2 support - 1st pass must beat someone

After the initial 1st Pass

- F1, while receiving the pass, gets to the middle
- D1 offers drop support
- D2 supports wide to the boards
- RW offers wall support with speed
- LW offers middle support

Key Points

- Sprint back to support **D** 1, outnumber opposition and win 50/50 puck battles
- Timing and support with speed off the puck
- Penetrating pass
- Know the release options