



2025-26 Durham Junior Lightning



Practice No: 3

Date: 2026-01-26

Time: 8:25pm - 9:45pm

Duration: 80 minutes

Version no: _____

Prepared by: DG

Objectives / Main tasks :

Skating, Passing, Stickhandling & Shooting
Forechecking, Backchecking, Breakouts, DZC
Battle & Compete

GOALIES	Left DEFENSE	Right DEFENSE	Left WING	Centers	Right WING
Oakes	Lapointe	Michanos	Bergman	Chaulk	Biderman
Wilkinson	Green	Aquilina	Fleming	Peterson	Thatcher
	Supryka	Mitchell	Bryk	Riches	Halleran
				Himle	

Drill no. : 1 Duration : 12 Minutes From : 8:25pm To : 8:37pm

Title : Thunderbird

Category #1 :

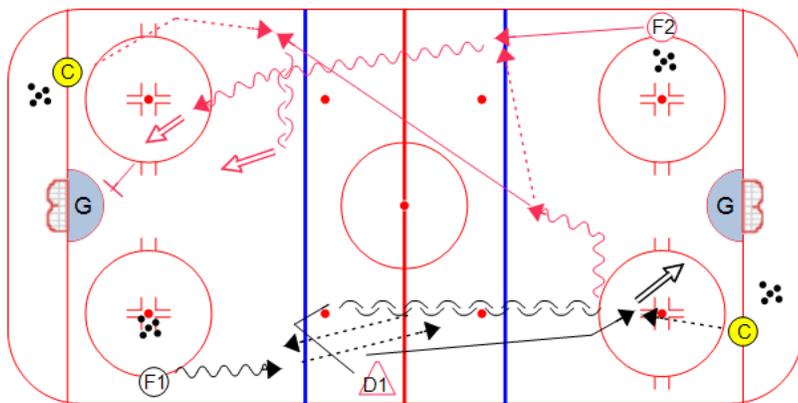
Skills

Category #2 :

Speed Off the Puck

Description

- F1 SKATES WITH PUCK, ONE TOUCH PASSING WITH D1
- AT FAR BLUE LINE, D1 TAKES ICE AND PASSES TO F2 WHO HAS SUPPORTED ON FAR WALL
- F1 RECEIVES PASS FROM (C) AND ATTACKS THE NET
- F2 DRIVES TO FAR END AND SHOOTS
- D1 FOLLOWS UP TO FAR BLUE LINE, GETS PASS FROM (C), DRAGS AND SHOOTS WITH F2 SCREENING



Key points :

One Touch Passing

Quick Transition

D Get Up the Ice

Tips/Screens/Rebounds

Drill no. : 2 Duration : 12 Minutes From : 8:37pm To : 8:49pm

Categories

Backchecking

Drill Title : Barnes Back Check Drill

Battle & Compete

Components : _____

Content elements :

Description

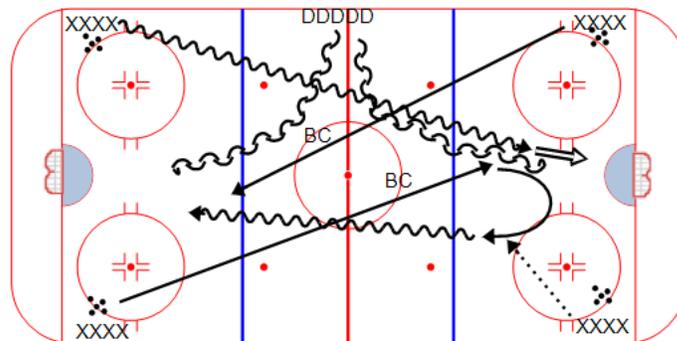
Key Points

1st Three Strides

BC to Blue Paint

Puck Protection

Fakes & Deception



Drill no. : 3 Duration : 12 Minutes From : 8:49pm To : 9:01pm

Backchecking

Drill Title : Gatorade 2v2 into 3v3

Battle & Compete

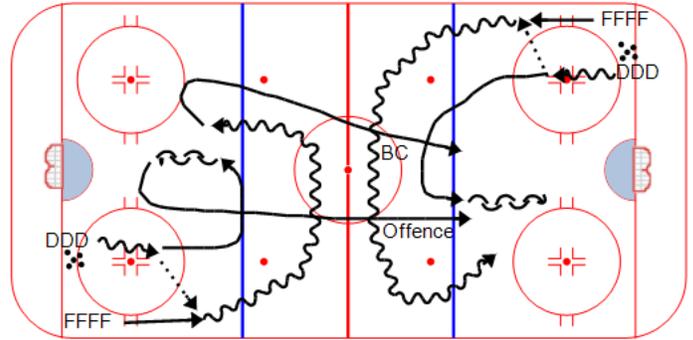
Components :

Content elements :

Description

Key Points

- Communication
- Gap Control
- Defend the Middle
- D Get Up the Ice

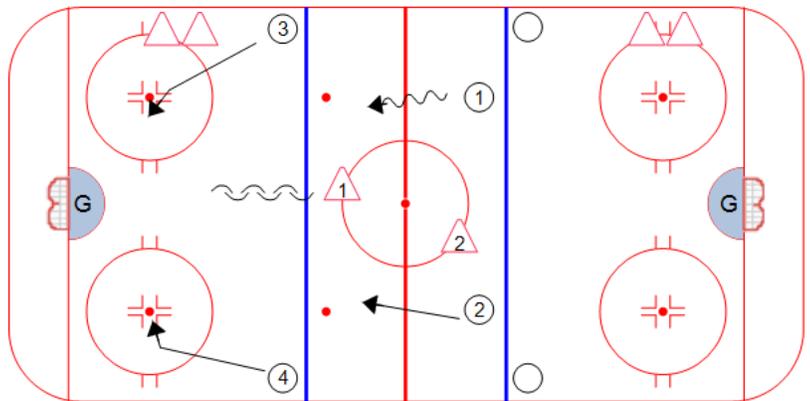


Drill no. : 4 Duration : 15 Minutes From : 9:01pm To : 9:16pm

Title : One Puck 2v1, 3v2 Category #1 : Transition Category #2 : Breakouts, FC, Attack

Description

- O1/O2 ATTACK D1 2v1
 - O3/O4 MOVE INTO BREAKOUT AFTER 2v1 AND THEY ATTACK D2
 - ATTACK 2v1, PLAY UNTIL A GOAL, OR D CREATES TURNOVER AND MAKE TRANSITION
 - NEXT O MAY SUPPORT AND HELP D AFTER RUSH I.E. LOW ZONE DEFENSIVE SUPPORT, WHILE ATTACKING FWDS FORECHECK ON TURNOVER
 PROGRESSION - 3v2, 3v2 WITH CENTRE SUPPORTING LOW



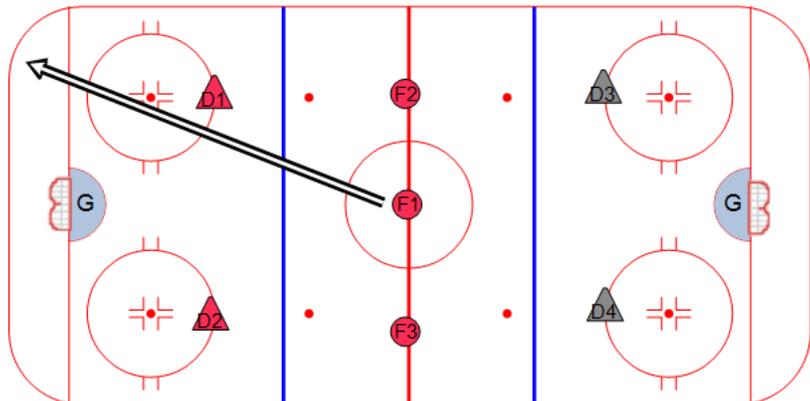
Key points : Talking Support Quick Transition Forechecking

Drill no. : 5 Duration : 12 Minutes From : 9:16pm To : 9:28pm

Title : BREAKOUT 2X REGROUP + D Category #1 : Timing & Support Category #2 : Breakouts & Transition

Description

1) F1 DUMPS PUCK IN AND D1 RETRIVES.
 2) D1 / D2 BREAKOUT F1/F2/F3 WHO THEN REGROUP WITH D3/D4, REGROUP AGAIN WITH D1/D2, GAIN RED LINE AND DUMP.
 3) NEXT GROUP OF FORWARDS AND D MUST BE READY AT CENTRE FROM BENCH AFTER 1ST REGROUP.
 * CONTINUOUS WITH (1) PUCK AND ADD FORECHECKERS *



Key points : COMMUNICATION TIMING / SUPPORT SPEED OFF THE PUCK KEEP AWAY FROM (G)

Drill no. : 6 Duration : 12 Minutes From : 9:28pm To : 9:40pm

1v1 Checking

Drill Title : Full ice DZC

DZC

Components : Stop & Teach on the Whistle

Content elements :

Description

Key Points

- Stick on Puck
- Body on Body
- Net / Me / Man
- 2nd Quick Support

