



2025-26 Durham Junior Lightning



Practice No: _____

Date : 2026-01-14

Time : 7:25pm - 8:45pm

Duration : 80 minutes

Version no : _____

Prepared by : DG

Objectives / Main tasks :	Skating, Passing, Stickhandling & Shooting Zone Entries, Breakouts Against Pressure, OZ Forechecking Battle & Compete
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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 : 7:25pm To : 7:37pm

Skill

Drill Title : Centre Circle Skill Drills

Goalie Warm-up

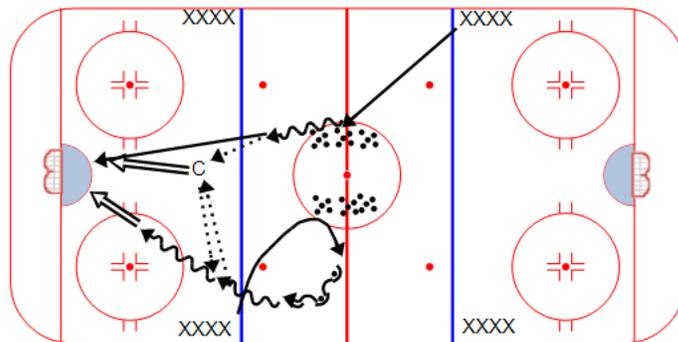
Components : _____

Content elements : _____

Description

Key Points

- Communication
- Flat Passes
- Eyes Up
- Shoot in Stride



Drill no. : 2 Duration : 10 Minutes From : 7:37pm To : 7:47pm

Categories

Skill

Drill Title : Quick 2 Shot Drill with Tip/Screen

Goalie Warm-up

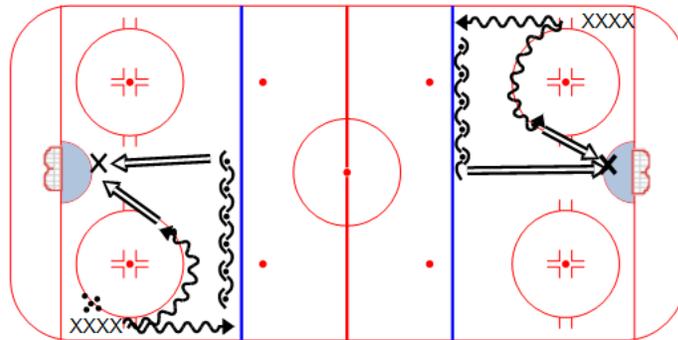
Components : _____

Content elements : _____

Description

Key Points

- Eyes Up
- Shoot in Stride
- Track Puck
- Attack Backcheck



Drill no. : 3 Duration : 10 Minutes From : 7:47pm To : 7:57pm

Categories

1v1 Checking

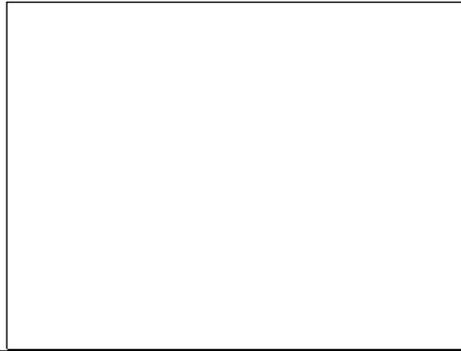
Drill Title : Barnes 1v1

1v1 Individual Tactics

Components : _____

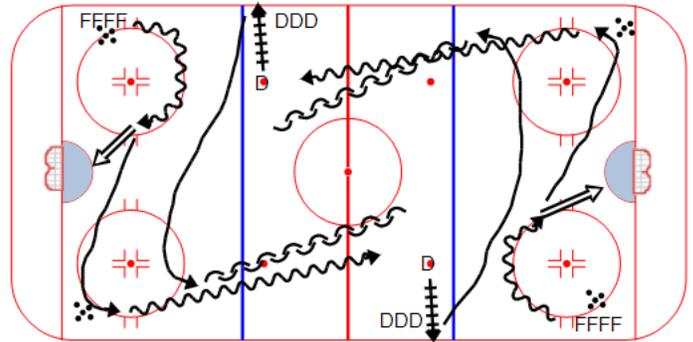
Content elements : _____

Description



Key Points

- Gap Control
- Surf
- Change of Pace
- Eyes Up



Drill no. : 4 Duration : 10 Minutes From : 7:57pm To : 8:07pm

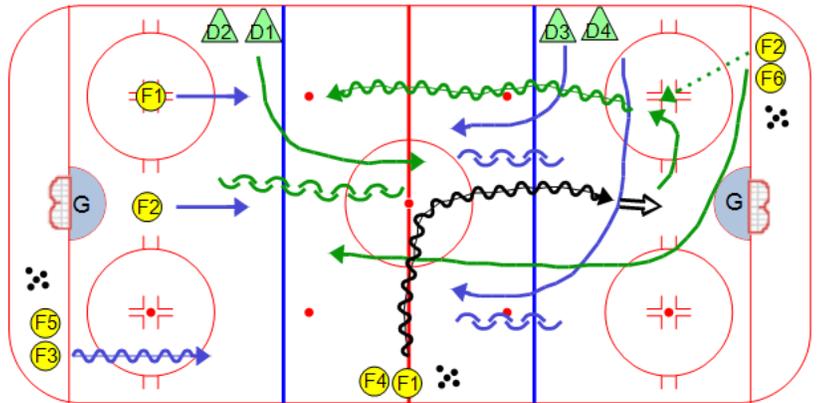
Title : Rush

Category #1 : 1v0, 2v1, 3v2

Category #2 : Attacks Off the Rush

Description

- 1) ON 1ST WHISTLE, F1 SKATES TO THE CENTRE ICE DOT CROSSES OVER AND ATTACK 1 VS. 0.
- 2) ON 2ND WHISTLE F1 CURLS TO SUPPORT F2 RECEIVES A PASS AND F1/F2 ATTACK D1 2 VS. 1.
- 3) ON 3RD WHISTLE F1 OR F2 CURL TO SUPPORT F3 AND F1/F2/F3 ATTACK D3/D4 3 VS. 2.
- 4) ON NEXT WHISTLE F4 STARTS DRILL BY ATTACKING 1 VS. 0 IN OPPOSITE DIRECTION THAT F2 TOOK.



Key points :

- Quick Feet
- Communication
- Support
- Play to Whistle

Drill no. : 5 Duration : 13 Minutes From : 8:07pm To : 8:20pm

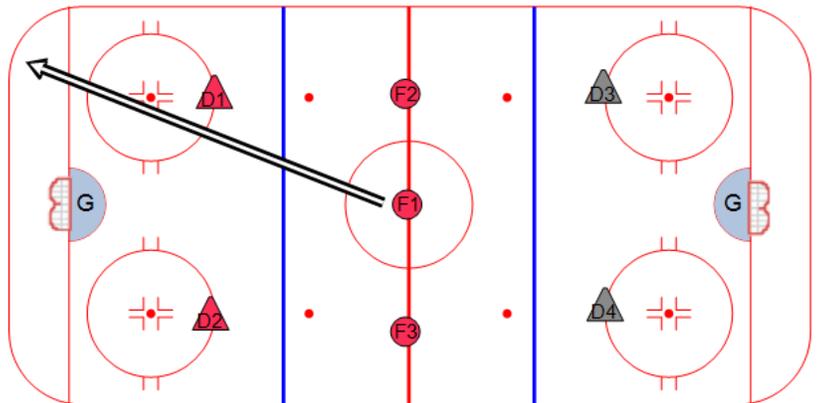
Title : BREAKOUT 2X REGROUP + D

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 : 10 Minutes From : 8:20pm To : 8:30pm

1v1 Checking

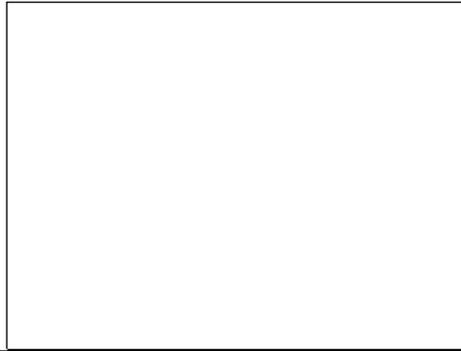
Drill Title : Full ice DZC

DZC

Components : Stop & Teach on the Whistle

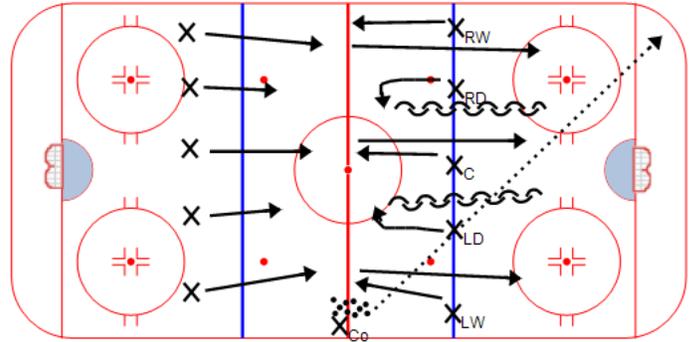
Content elements :

Description



Key Points

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



Drill no. : Duration : Minutes From : To :

Title : Blue Collar

Category #1 :

Small Area Game

Category #2 :

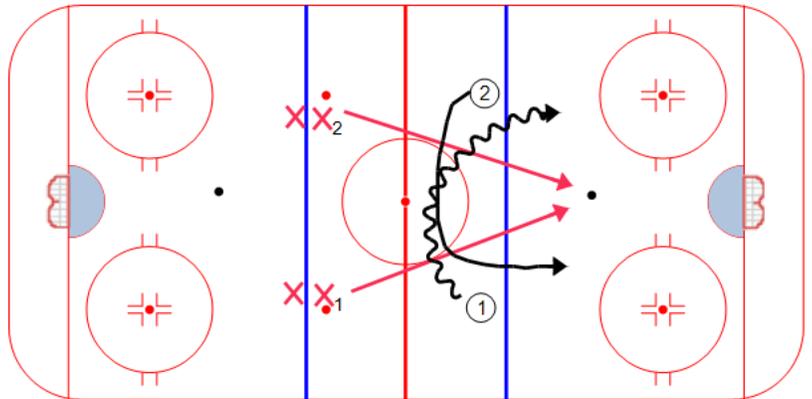
Competition

Description

STAGE 1: X1, X2 RACE FOR PUCK IN FAR END AND BATTLE 1V1 TRYING TO SCORE

STAGE 2: O1, O2 CROSS AND ATTACK X1, X2. X1, X2 PLAY "D" VS. O1, O2.

STAGE 3: ON WHISTLE, O1, O2 RACE FOR PUCK AT FAR END, BATTLE, AND THE DRILL CONTINUES.



Key points :

Puck Protection

Initiating Contact

Head on Swivel

Battle & Compete