



# 2025-26 Durham Junior Lightning



Practice No: \_\_\_\_\_

Date : 2026-01-22

Time : 7:25pm - 9:15pm

Duration : 110 minutes

Version no : \_\_\_\_\_

Prepared by : DG

**Objectives / Main tasks :** Skating, Passing, Stickhandling & Shooting  
 1v1 Checking (Stick on Puck, Body on Body, Net / Me / Man), Battle & Compete  
 Breakouts Against Pressure, OZ Forechecking, DZC, Special Teams

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

Drill no. : 1      Duration : 12 Minutes      From : 7:25pm      To : 7:37pm

Skill

Drill Title : Centre Circle Skill Drills

Goalie Warm-up

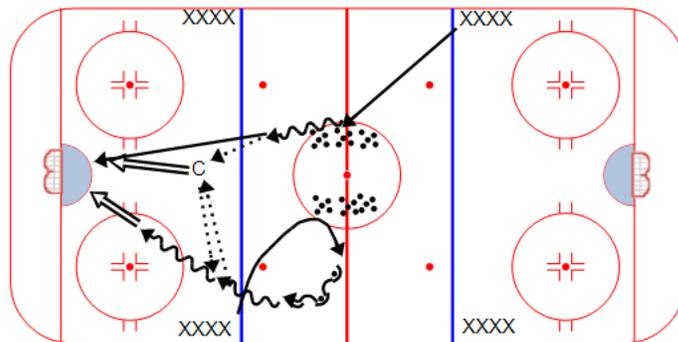
Components : \_\_\_\_\_

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

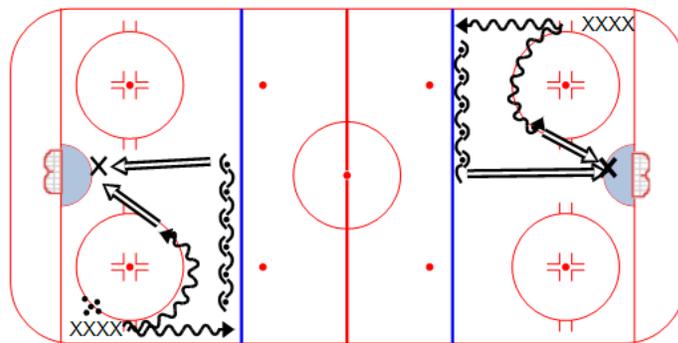
Components : \_\_\_\_\_

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

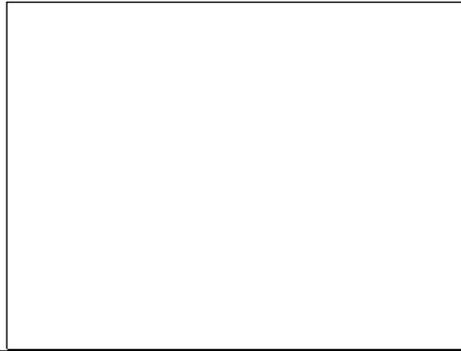
**Drill Title :** Barnes 1v1

1v1 Individual Tactics

**Components :** \_\_\_\_\_

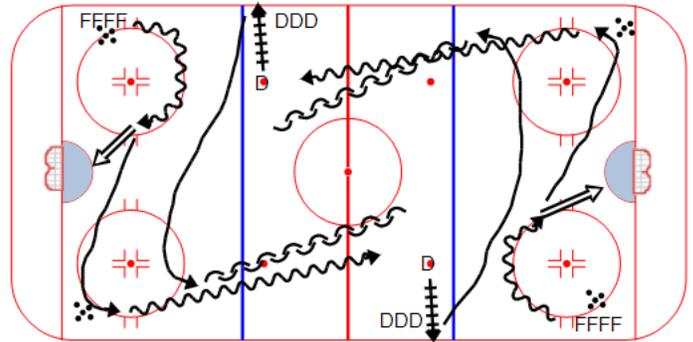
**Content elements :** \_\_\_\_\_

Description



Key Points

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



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

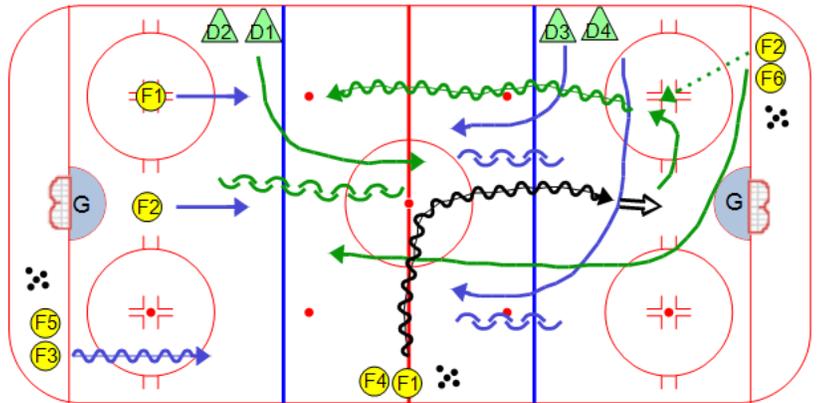
**Title :** Rush

**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 : 15 Minutes From : 8:07pm To : 8:22pm

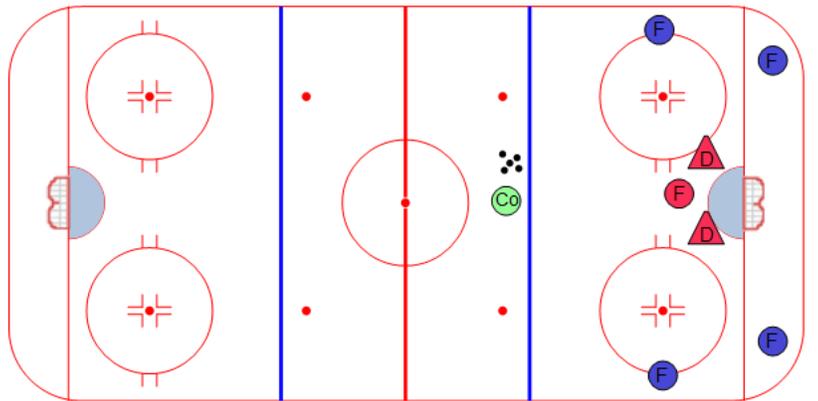
**Title :** King Low Drill

**Category #1 :** 3v3 Down Low

**Category #2 :** DZC

Description

- COACH PASSES PUCK TO ONE SIDE OR THE OTHER
- BLUE FWDS ATTEMPT TO ATTACK AND SCORE, RED D UNIT DEFENDS AND ATTEMPTS TO CREATE A TURNOVER
- ON WHISTLE COACH CHIPS PUCK TO OTHER SIDE AND RED UNIT MUST COMMUNICATE AND SWITCH TO GET TO THE WEAK SIDE TO DEFEND
- ALWAYS REACT TO WHISTLE, 3-4 PUCKS CONCLUDES FULL REP FOR EACH DEFENSIVE UNIT
- \* MUST ALWAYS HAVE A NET FRONT DMAN \*



**Key points :**

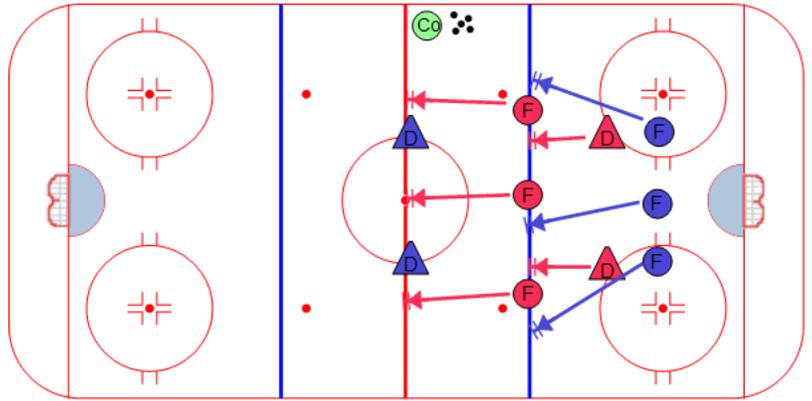
- Communication
- Pressure with Contain
- 1v1 Checking
- Net / Me / Man

Drill no. : 6 Duration : 15 Minutes From : 8:22pm To : 8:37pm

Title : POWER OF 5 Category #1 : 2nd Quick Support Category #2 : DZC

Description

- ON WHISTLE RED FWD SKATE UP TO RL, RED DMAN AND BLUE FWDS TO BLUE LINE AND FUNNEL BACK INTO ZONE  
- COACH CHIPS PUCK IN AND BLUE UNIT ATTEMPTS TO ATTACK AND SCORE WHILE THE READ TEAM SETS UP DZC AND LOOKS TO TURN THE PUCK OVER AND GO ON THE ATTACK  
\* IF COACH WRAPS GOALIE SHOULD JUST LET GO \*



Key points : Communication Head on Swivel 1v1 Checking Net / Me / Man

Drill no. : 7 Duration : 15 Minutes From : 8:37pm To : 8:52pm

Power Play

Penalty Kill

Drill Title : PK Game Action

Components : 10 Push ups for allowing a D to D pass

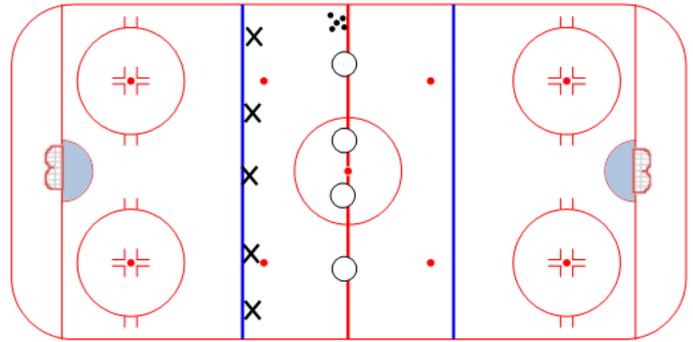
Content elements :

Description

- LOOK FOR AND TAKE AWAY D-TO-D PASSES

Key Points

- Take away D to D pass
D aggressive
Stick on puck
Hard hard outs



Drill no. : 8 Duration : 20 Minutes From : 8:52pm To : 9:12pm

Individual Defensive Skills/Tactics

DZC

Drill Title : Who Wants It

Components :

Content elements :

Description

- START 2v2 AND PROGRESS TO 3v3

Key Points

- Communication
1v1 Checking
Net / Me / Man
Battle & Compete

