



HOLMBERG VS. THE NHL

	GP	G	A	P
ANA	5	0	3	3
ARI	3	1	0	1
BOS	5	1	0	1
BUF	5	0	1	1
CGY	4	0	1	1
CAR	6	3	1	4
CHI	3	1	1	2
COL	5	0	0	0
CBJ	5	0	1	1
DAL	3	0	0	0
DET	9	2	1	3
EDM	4	2	2	4
FLA	6	0	1	1
LAK	4	0	1	1
MIN	2	0	1	1
MTL	6	0	1	1
NSH	4	0	0	0
NJD	9	2	1	3
NYI	4	0	1	1
NYR	6	1	0	1
OTT	5	0	0	0
PHI	6	1	2	3
PIT	7	1	3	4
SJS	4	1	1	2
SEA	8	0	2	2
STL	6	0	1	1
TBL	9	1	1	2
UTA	2	0	1	1
VAN	2	0	0	0
VGK	4	2	2	4
WSH	8	0	2	2
WPG	4	0	0	0

29

PONTUS HOLMBERG



PRONUNCIATION: PAWN-tuhs HOHLM-buhrg

POSITION: Forward

BORN: March 9, 1999 (Vasteras, Sweden)

HEIGHT: 6' 0"

SHOOTS: Left

WEIGHT: 201

SEASON: NHL - 4th, TBL - 1st

ACQUIRED: Signed as a free agent on July 1, 2025

CONTRACT: Signed through 2026-27 (UFA)

2024-25 SEASON

- Played in a career-high 68 games for TOR, tallying seven goals and a career-high 19 points
- Blocked 53 shot attempts, third-most among TOR forwards
- Logged 58:54 of shorthanded time on ice, sixth among TOR forwards
- Scored a career-high three points (2-1—3) Feb. 22 vs. CAR
- Recorded a three-game point streak April 13-17, tied for the longest of his career

2025 Playoffs

- Appeared in 12 games for TOR, averaging 12:43 time on ice
- Earned his first career Stanley Cup Playoffs point, assisting on the First Round series-winning goal of Game 6 on May 1 at OTT

CAREER

2023-24 Season

- Played in 54 games for TOR, scoring seven goals and 17 points while averaging 11:34 time on ice
- Finished plus-11 in plus-minus, fifth-best among TOR forwards
- Finished with 42 blocked shots, fourth-most among TOR forwards
- Earned first career multi-goal game (2) on March 23 vs. EDM
- Appeared in all seven Stanley Cup Playoff games for TOR

2022-23 Season

- Played in 37 games for TOR, scoring five goals and 13 points
- Earned first NHL multi-point game with three assists on Dec. 13 vs. ANA
- Scored his first career power-play goal on Dec. 29 at ARI
- Registered career-high six penalty minutes on Jan. 27 vs. OTT
- Scored 10 goals and 22 points in 38 AHL regular season games for Toronto
- Led AHL Toronto for playoff goals (six) and tied for second for points (8) in seven games

CAREER CONTINUED

2021-22 Season

- Played in 46 games for Växjö of the Swedish Hockey League (SHL), ranking second on the team in assists (30) and points (41)
- Tied for fourth for goals (11) among Växjö players
- Made his AHL debut with Toronto, scoring two goals and four points in six games
- Scored his first career AHL point April 20 and first career AHL goal April 22
- Registered two assists in six games for Team Sweden at the 2022 Winter Olympic Games in Beijing, China

2020-21 Season

- Scored nine goals and 23 points in 45 regular season games for Växjö
- Led all SHL players in playoff goals (seven), points (14) and plus-minus (+10) to lead Växjö to an SHL title
- Winner of the Stefan Liv Memorial Trophy as 2021 SHL Playoffs MVP
- Played in two games for Team Sweden at the 2021 IIHF World Championships

2019-20 Season

- Played a career-high 52 SHL games with Växjö, scoring seven goals and 17 points
- Led Växjö in plus-minus with his +18 rating

2018-19 Season

- Played his first full season in the SHL with Växjö, scoring three goals and 10 points in 47 games
- Played for Team Sweden at the 2019 IIHF World Junior Championship in Victoria and Vancouver, British Columbia

2017-18 Season

- Scored 12 goals and 31 points across two junior leagues in Sweden
- Made his professional hockey debut, playing two games for Växjö



CAREER HIGHLIGHTS

GOALS:

Game: 2 (2x, Last: 2/22/25 vs. CAR)

Season: 7 (2x, Last: 2024-25)

Multi-Goal Games: 2

In 2024-25: 1 (2/22/25 vs. CAR)

Hat Tricks: 0

Streak: 3 GP (2/22-2/25/25, 4g)

In 2024-25: 3 (2/22-2/25/25, 4g)

ASSISTS:

Game: 3 (12/13/22 vs. ANA)

Season: 12 (2024-25)

Streak: 2 (3x, Last: 4/15-4/17/25, 2a)

In 2024-25: 2 (2x, Last: 4/15-4/17/25, 2a)

POINTS:

Game: 3 (2x, Last: 2/22/25 vs. CAR)

Season: 19 (2024-25)

Multi-Point Games: 6

In 2024-25: 1 (2/22/25 vs. CAR)

Streak: 3 GP (4x, Last: 4/13-4/17/25, 1g, 2a)

In 2024-25: 3 GP (4x, Last: 4/13-4/17/25, 1g, 2a)

SHOOTOUT STATISTICS:

Career: 0-0 (0%)

In 2024-25: 0-0 (0%)

MOST PIM IN A GAME:

6 (1/27/23 vs. OTT)

MOST SHOTS IN A GAME:

4 (4x, Last: 2/6/25 at SEA)

MILESTONES

- **100th NHL Game:** 10/28/24 at WPG

PERSONAL

- Has played more NHL games than 122 of the 155 players drafted before him at the 2018 NHL draft
- Played alongside TBL captain Victor Hedman at numerous international events for Team Sweden
- One of two current NHL players to win the Stefan Liv Memorial Trophy as SHL Playoffs MVP (VAN F Elias Pettersson)

NHL & LIGHTNING FIRSTS

GAME: 11/2/22 vs. PHI

LIGHTNING: N/A

GOAL: 11/23/22 at NJD (Vanecek)

LIGHTNING: N/A

ASSIST: 11/15/22 at PIT

LIGHTNING: N/A

INTERNATIONAL

- Played five games for Team Sweden at the 2019 IIHF World Junior Championship in Victoria and Vancouver, British Columbia
- Played two games for Team Sweden at the 2021 IIHF World Championship in Riga, Latvia
- Helped Sweden reach the bronze medal game at the 2022 Winter Olympic Games in Beijing, China, registering two assists in six games
- Had six assists in 10 games to help Team Sweden win a bronze medal at the 2024 IIHF World Championships in Prague and Ostrava, Czechia

CAREER TRANSACTIONS

- Signed by TBL as a free agent to a two-year contract on July 1, 2025
- Re-signed by TOR to two-year contract extension on June 28, 2023
- Signed by TOR to two-year, entry-level contract on June 28, 2023
- Selected by TOR in the sixth round (156th overall) of the 2018 NHL Draft



CAREER STATS — Regular Season

SEASON	TEAM	LEAGUE	GP	G	A	P	+/-	PIM	PPG	SHG	GWG
2024-25	Toronto	NHL	68	7	12	19	4	27	0	1	0
2023-24	Toronto	NHL	54	7	10	17	11	18	0	0	1
2023-24	Toronto	AHL	11	6	4	10	0	4	2	0	1
2022-23	Toronto	NHL	37	5	8	13	0	18	1	0	2
2022-23	Toronto	AHL	38	10	12	22	-7	18	3	0	1
2021-22	Toronto	AHL	6	2	2	4	-1	2	1	0	0
NHL TOTALS			159	19	30	49	15	63	1	1	3

CAREER STATS — Playoffs

SEASON	TEAM	LEAGUE	GP	G	A	P	+/-	PIM	PPG	SHG	GWG
2024-25	Toronto	NHL	12	0	1	1	-4	4	0	0	0
2023-24	Tampa Bay	NHL	7	0	0	0	-3	2	0	0	0
2022-23	Toronto	AHL	7	6	2	8	2	2	2	0	0
NHL TOTALS			19	0	1	1	-7	6	0	0	0

*All stats are as of July 2025 and are not updated on a game-by-game basis.
**Stats reflect seasons in the ECHL, AHL and NHL. For other statistics, please click [here](#).

