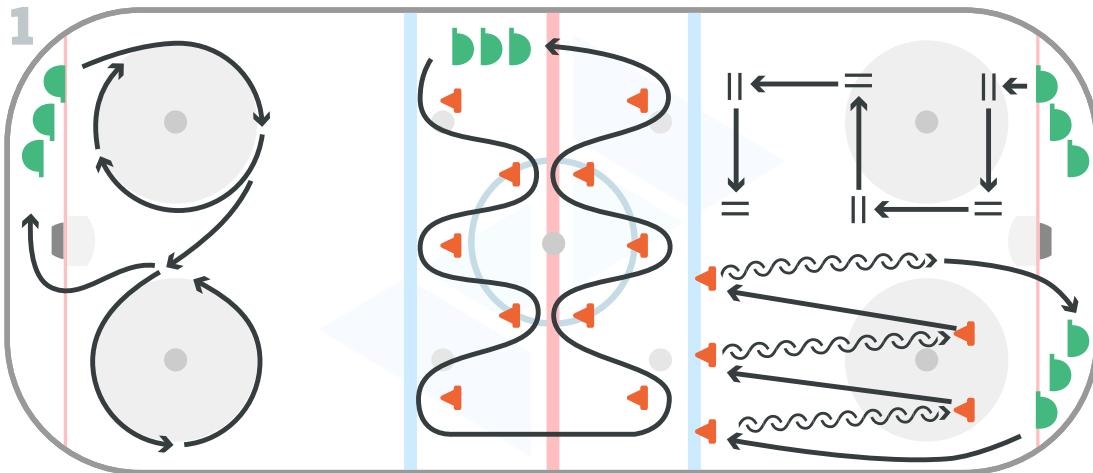


# Atom: Practices 1 & 2

Time: 60 minutes | Theme: Welcome to Atom hockey! | Equipment: Pucks & 15 cones



## Alternate Layouts

Half Ice	Small Rink
2 1 3 + 5 4 6	1 3 2 + 4 6 5

## Legend

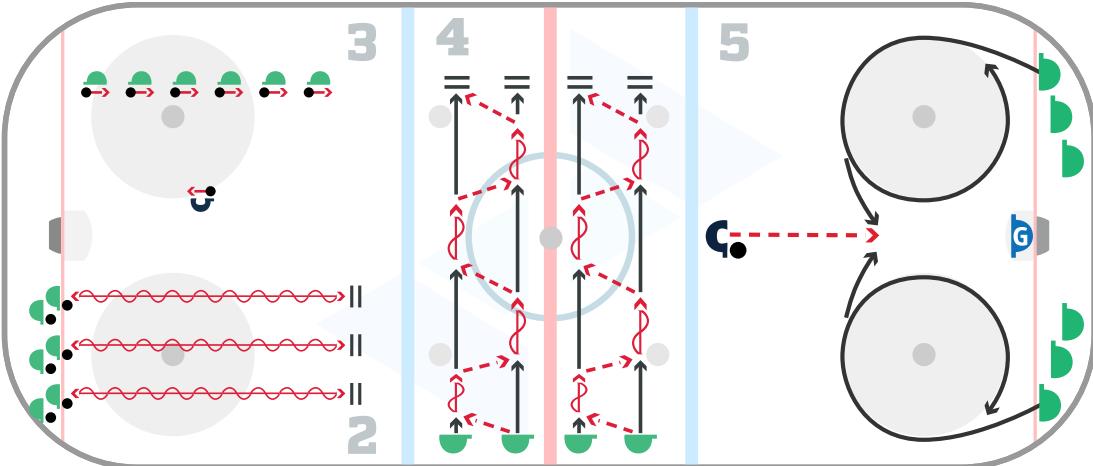
players		pilon	
coach		stick	
		stop	
		skate	
		skate backward	
		skate with puck	
		pass	
		shoot	

## Warm-up

The coach will go over the basic practice rules and guidelines with all the players. Players will skate laps around the ice and follow the stretching instructions given by the coach circling the middle.

## 1. Skating Evaluation

At the beginning of the hockey season, coaches must evaluate the strengths and weaknesses of their team's skating ability. These four drills will test all the fundamental skating components: crossovers, tight turns, starts and stops, and transitions.



## 2. Open Ice Carry

Players will skate from the goal line to the blue while working on nudging the puck forward with one hand on their stick using the forehand and backhand part of their blade.

## 4. Cross-Ice Passing - Normal

Players will pair up and pass the puck back and forth as they make their way across the width of the ice. This drill is all about repetitions; you can never pass the puck enough times!

## 3. Puck Handling 1

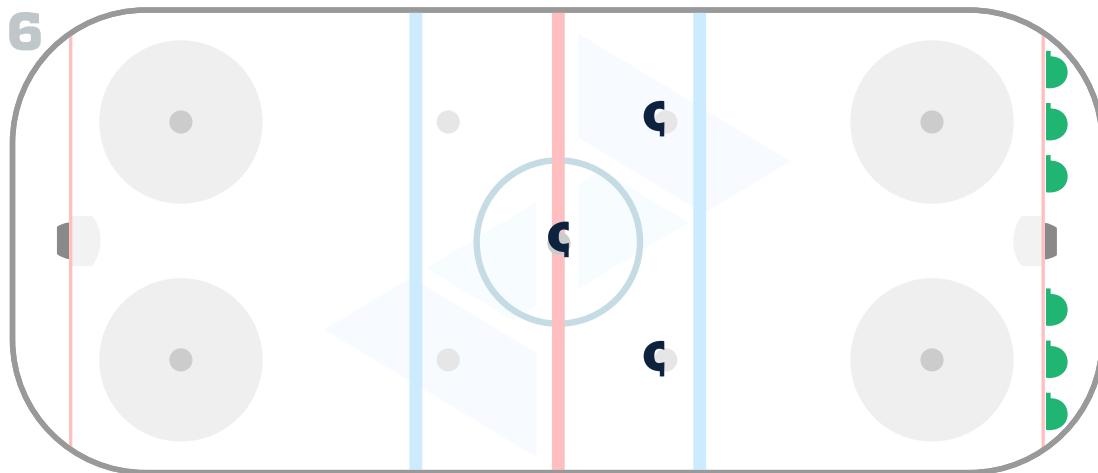
Facing the coach, players will learn the fundamental stance and hand position for proper puck handling. Players will progress from narrow to wide puck handling as they gain confidence in their ability. Mix in some creative puck handling combinations.

## 5. Circle Relay

Two players will race a full lap around the face-off circles and fight for a loose puck placed by the coach in the middle of the playing area. Have the players rotate lines, so they work on crossovers and turning in both directions.

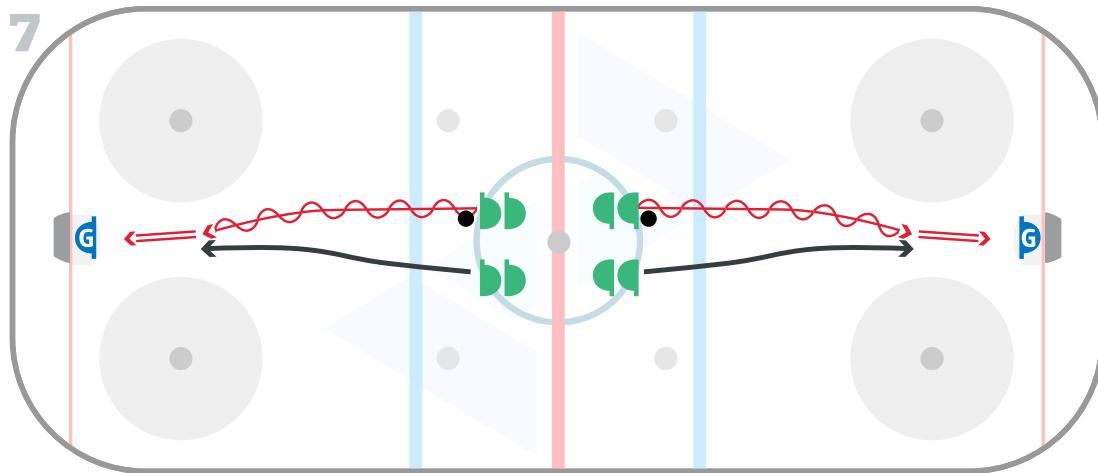
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## 6. British Bulldog

The coaches start as the bulldogs in the middle at centre ice. Players will have to skate the full length of the ice and elude being tagged by the bulldog. Once a player is tagged, they join the clan of bulldogs in the neutral zone. The last player tagged wins and starts the next game as the bulldog.



## 7. Pressure Shootout

Two players begin on the red line, one in a skaters stance with the puck and one kneeling on one knee. On the whistle, the players take off toward the goal, one player on a breakaway and the other acting as a back-checker. Whoever has possession of the puck at the end will finish with a shot.

## + Controlled Scrimmage

Players will play a full-ice five-on-five scrimmage with the coach attentively watching and stopping the play whenever a breakdown occurs. This is an excellent opportunity for coaches to offer advice, which will benefit all the skaters.