

Atom: Practices 11 & 12

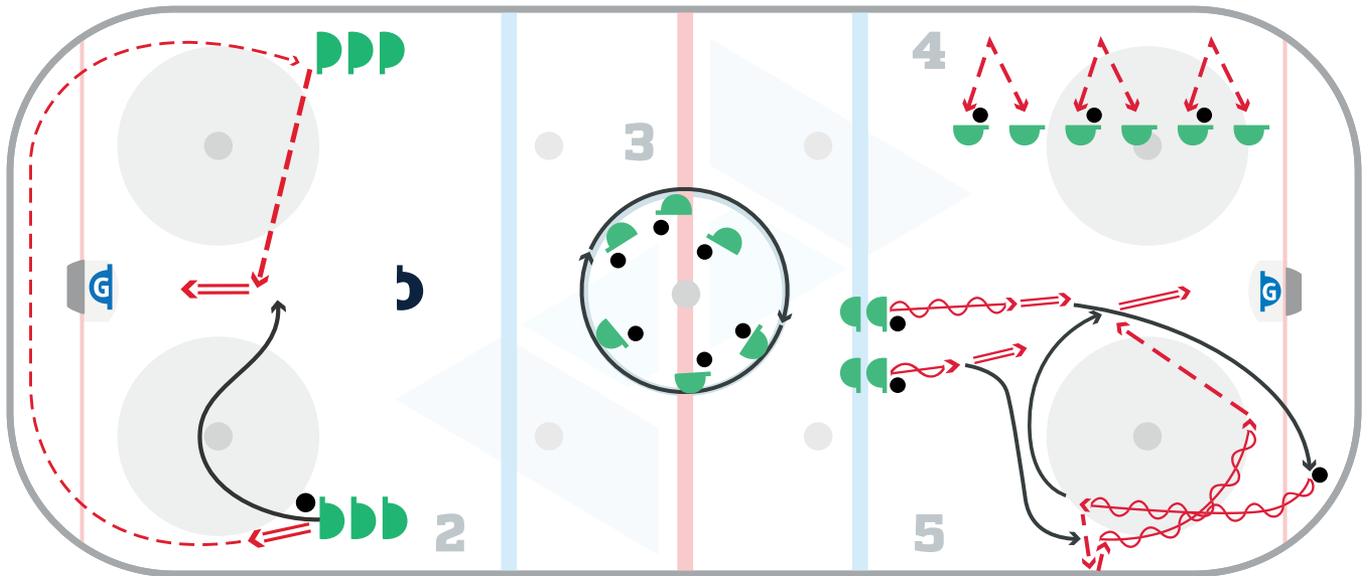
Time: 60 minutes | Theme: Bank passes or chips out of the D-zone | Equipment: Pucks & 8 cones

Warm-up

Players skate laps around the ice with a puck; a whistle signals the players to make a tight turn towards the boards and accelerate in the opposite direction with three hard strides.

1. Tight Turn Dots

Players begin in the neutral zone in a skating stance and work on various ABC fundamental skating skills. This segment's skating skill is tight turns around all eight wide face-off dots. Add a puck for increased difficulty.



Alternate Layouts

Half Ice



Small Rink



Legend

players G O L R C
coach C

pilon ◀
stick |
stop ||

skate →
skate backward ~~~~~>
skate with puck ~~~~~>

pass - - - - ->
shoot ==>

2. Handle the Rim

Player one will rim the puck around the boards to player two, who must handle the incoming puck and make a return pass to player one in the slot for a scoring opportunity. Repeat each time from opposite sides.

3. Circle Puck Handling

Focus is put on confined area puck handling and spatial awareness. Players begin puck handling randomly inside the face-off circle. On the whistle, players leave their puck and complete a lap around the outside of the circle then return to puck handling.

4. Bank Passing

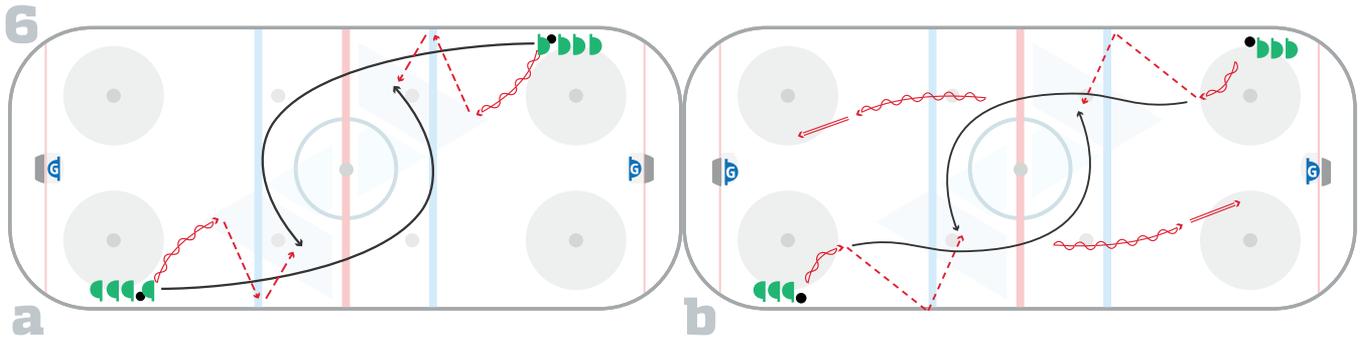
The fundamentals of the bank pass are derived from the physics Law of Reflection, which states that the angle of incidence equals the angle of reflection. Here players learn to gauge the proper angle and speed required to complete a bank pass off the boards to a desired recipient.

5. Double Shot Drop

The first skater takes a long shot on net from the high slot then retrieves a puck from the corner. The second player fires a high shot then breaks down the boards for a drop pass from the first player. Both players attack the net for a scoring opportunity.

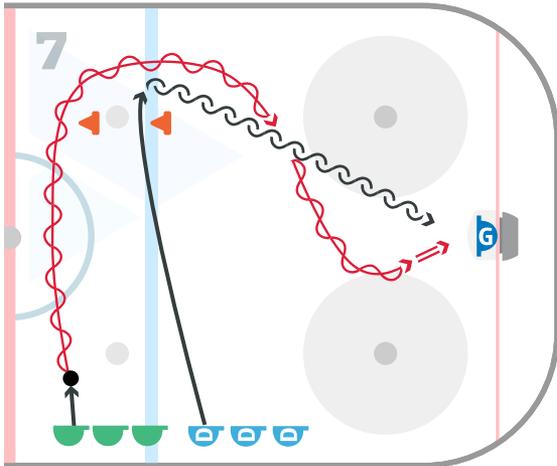
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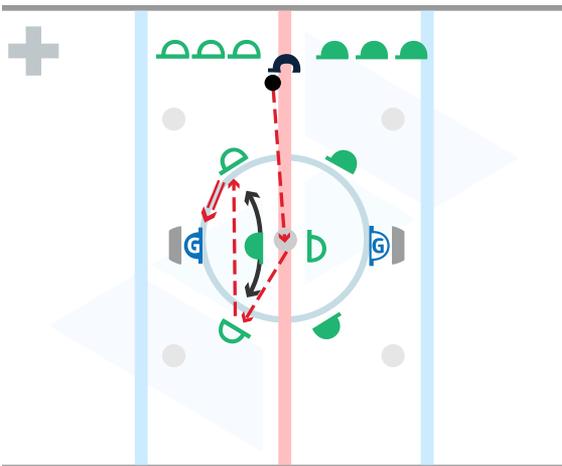
6. Russian Circle Bank

The first players from each line leave at the same time, round the centre circle, and receive a bank pass off the boards from the second players in line. They return down to their end of the ice for a shot on net while the second player rounds the centre circle for a bank pass.



7. Net Drive Angling

Two players leave at the same time and skate across the ice, the first with a puck and the second without. Player one turns around the far cone and attacks the goal while player two transitions around the near cone and defends the attack.



+ Half-Circle Scoring

The two players inside the face-off circle are confined to their half. They must play offence and defense, depending on which team has possession. The two wide players on each team are not allowed to enter the circle but can act as passing options once their centre gains possession.