

Atom: Practices 15 & 16

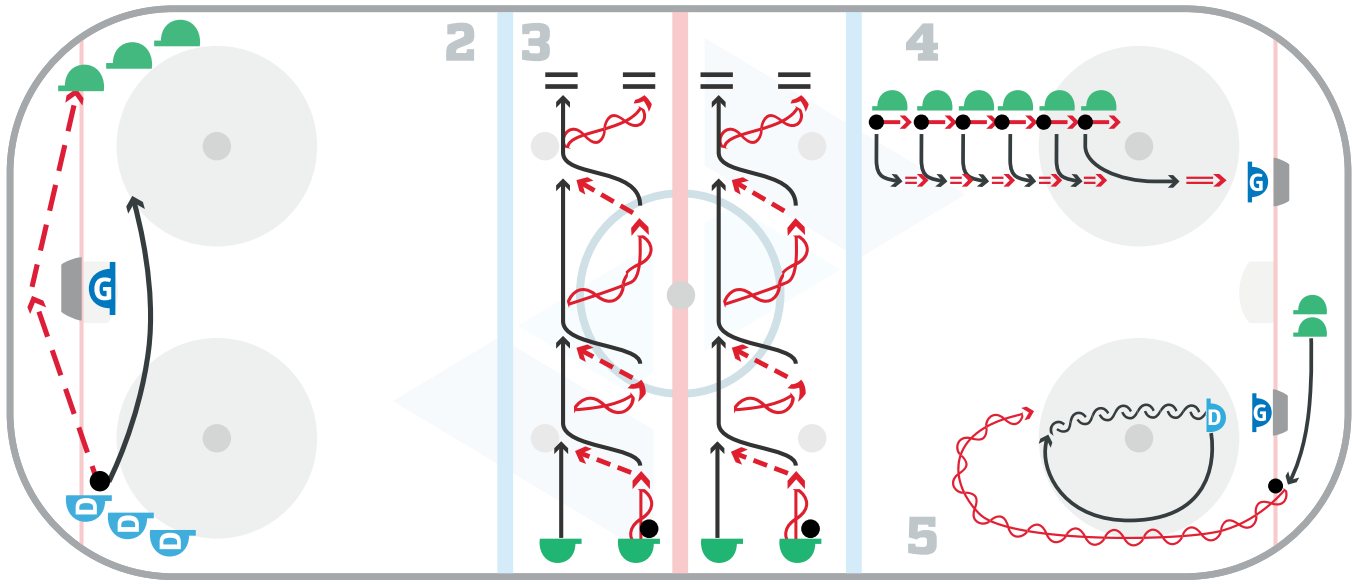
Time: 60 minutes | Theme: Follow your pass & wide lane net drive | Equipment: Pucks, 4 cones & a smile

Warm-up

Players are split into all five circles and skate randomly with pucks working on creative fakes and deceptions. On the whistle, players attempt to knock the puck off their nearest teammate's stick while maintaining control of their own puck. If a player loses their puck, they are out.

1. Circle Skating

Players begin in the neutral zone in a skating stance and work on various ABC fundamental skating skills. This segment's fundamental skating skills are forward, backward, and alarm clock crossovers around all five circles.



Alternate Layouts

Half Ice



Small Rink



Legend

players G O L R C
coach C

pilon ◀
stick l
stop ||

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

pass - - - - -
shoot ==>

2. Down Low One-on-One

Players are aligned in both corners, and the drill begins with a bank pass behind the net from one side to the other. The recipient of the pass attacks the net and attempts to score while the passer closes in on the puck carrier and defends the net.

3. Cross-Ice Passing - Follow your Pass

Players pair up and pass the puck back and forth as they make their way across the width of the ice exchanging lanes with the passer cutting in behind the receiver. This drill is all about repetitions; you can never pass the puck enough times!

4. Toe Drags to Shot

Players follow the coach demonstration on how to properly execute a toe drag. With their own puck, the players continue to cement this new skill into their repertoire. One by one, players finish with a shot on goal starting with the closest player to the net.

5. Corner Contain

The defensemen start in front of the net while the forward skates behind the net to the corner and retrieves a puck. The forward attempts to attack the front of the net while the defensemen must work on containing the forward to the outside and eliminating their scoring chance.

