

Atom: Practices 25 & 26

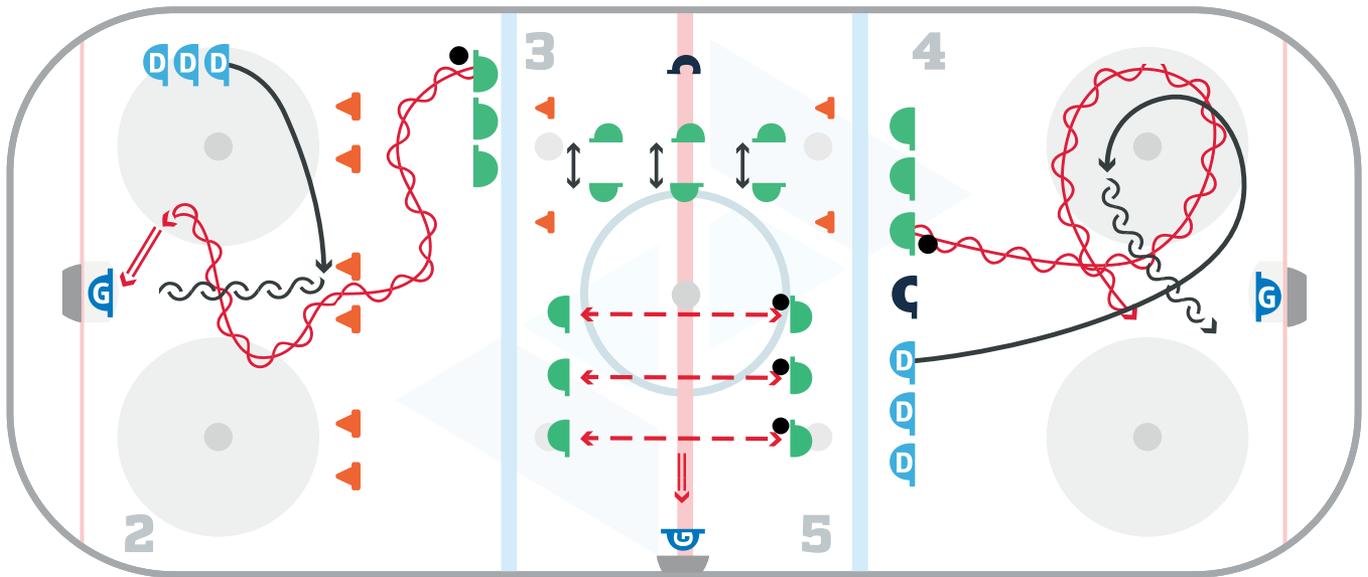
Time: 60 minutes | Theme: Containment & back-checking | Equipment: Pucks & 10 cones, 3 nets

Warm-up

Dump all the pucks at centre ice and allow the players an opportunity for free play.

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 skill will be 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

pylon
stick
stop

skate
skate backward
skate with puck

pass
shoot

2. Containment

Three pylon gates are placed horizontally across the ice, one of which the attacking forward must travel through. The defenseman must shadow the forward across the ice and attempt to block their entry through each gate. Once entry is gained, the two players battle one-on-one.

3. Bull in the Ring

Have the players discard their sticks and set up a ring with cones or use a face-off circle. Each player must use their legs to drive the other players out of the ring. Once a player is pushed out they are eliminated, last player standing wins!

4. Mirror One-on-One

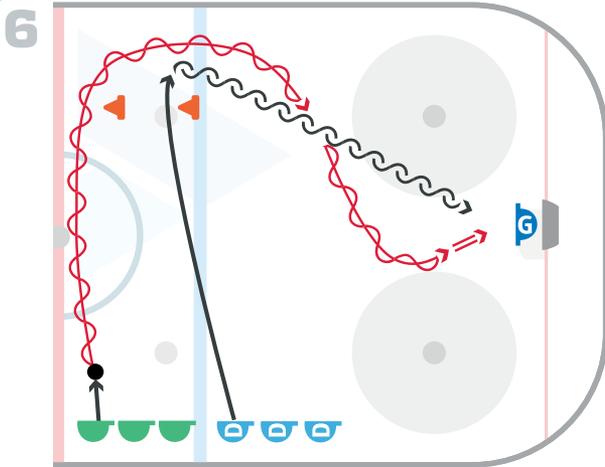
The forward carries the puck in a figure eight around both circles, and the defenseman must trail the forward mirroring their movement. As both players round the top of the second circle they will battle one-on-one, the forward attacking the net while the defenseman defends.

5. Sick Sauce

Players stand 8-10 feet apart and attempt saucer passes to each other by fluidly raising the puck several inches off the ice and landing it flat before reaching their teammate's stick. On the whistle, players skate in for a shot starting with the pair closest to the net.

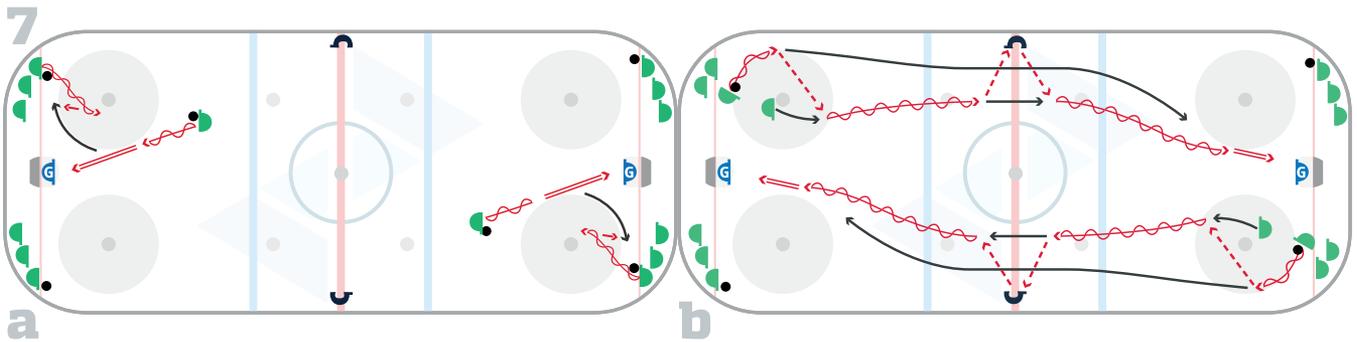
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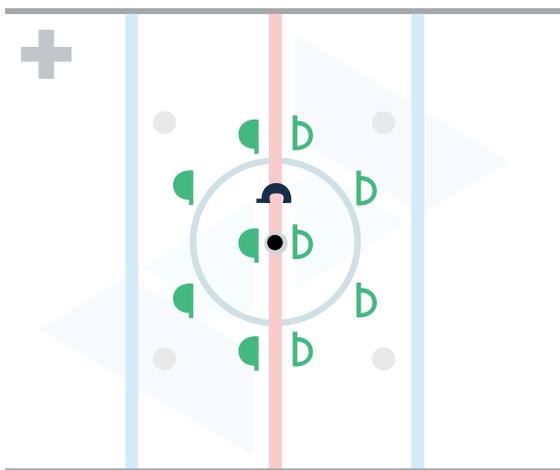
6. Net Drive Angling

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.



7. Give 'n' Go Back-check

A player rounds the bottom of the circle and receives a drop pass from the next player in line. A return pass up ice is made to the drop passer and the race begins. The lead player must complete a give 'n' go with the coach at centre ice and try to score while the other player chases them down from behind. After racing down for a shot, the same player must round the circle, make a pass, and back-check the full length of the ice.



+ Controlled Scrimmage

Players play a full-ice five-on-five scrimmage with the coach watching attentively for any breakdowns to occur. This is an excellent opportunity for coaches to offer team concept advice, which will benefit all the skaters.