

Atom: Practices 29 & 30

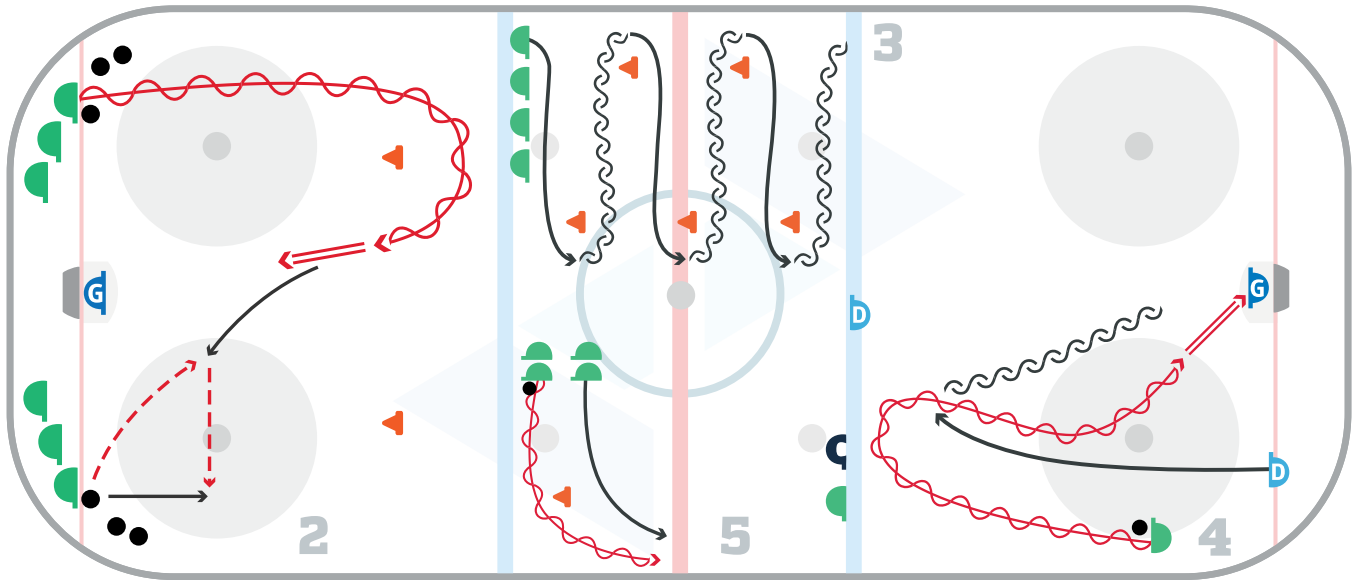
Time: 60 minutes | Theme: Special teams – Overload & Box | Equipment: Pucks & 7 cones

Warm-up

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

1. Wave Skating

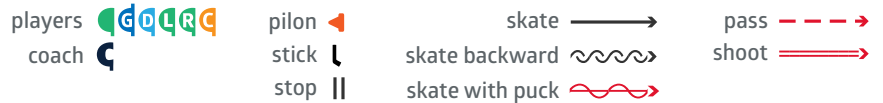
Players begin at the goal line in skating stance and work on various ABC fundamental skating skills. After a full season, it's time to review all the forward skating skills that were learned this season.



Alternate Layouts



Legend



2. Butterfly Give 'n' Go

The first player skates with a puck around a pylon for a shot on net then receives a pass from the opposite corner and one touches it back to the passer who continues around the pylon for a shot on net. After shooting, this player then receives a pass from the opposite side and touches it back to the next shooter.

3. Transition Slalom

Players continue to work on their transitions from forward to backward (and vice versa) as they slalom around the pylons. Have the players use pucks for increased difficulty.

4. Breakout One-on-One

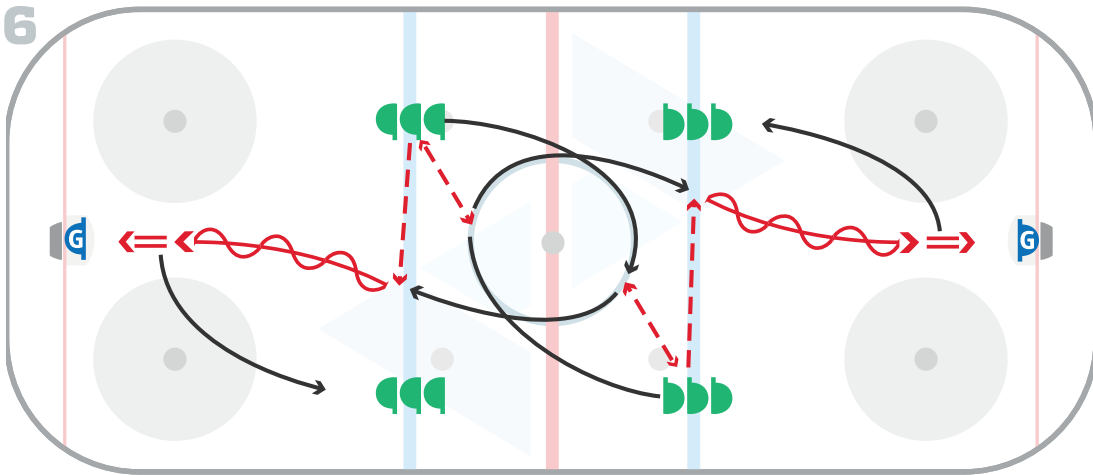
The defenseman will retrieve a dumped puck and make a quick-up breakout pass to the forward along the boards. The forward will regroup at the blue line while the defenseman gaps up to defend a small area one-on-one rush.

5. Angling Drill

The inside player works on their angling and positioning skills by first keeping the puck carrier to the outside and then creating puck separation by the red line. This is an invaluable skill that can be used anywhere on the ice.

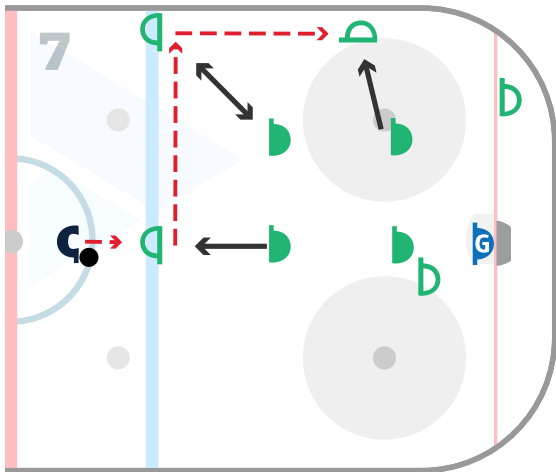
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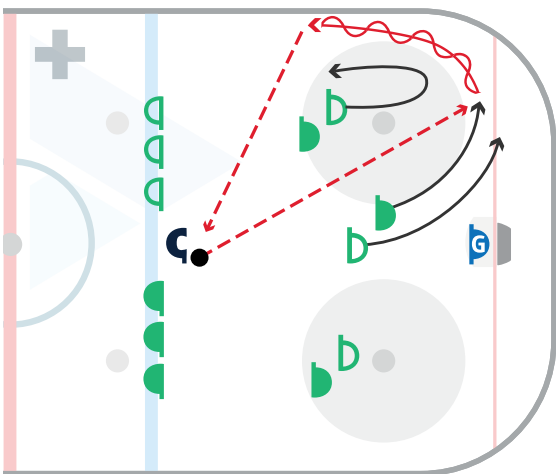
6. Four Dot Drills

Players line up on all four neutral zone face-off dots and run one of the different varieties of the four dot drills: give 'n' go, lateral turn, inside diagonal, and around the circle.



7. Overload & Box

Let's work on our special teams by introducing the overload power play and box penalty kill. Make sure you rotate players in on the PP and PK, so they get an opportunity to attack and defend.



+ Coach Pass

Players play 3v3 in zone where every change of position will require the defending team to make a pass to the coach stationed up near the blue line. The coach will make a pass back to the same team, and now they are on offence. Switch lines every minute to keep everyone engaged.