

Atom: Practices 7 & 8

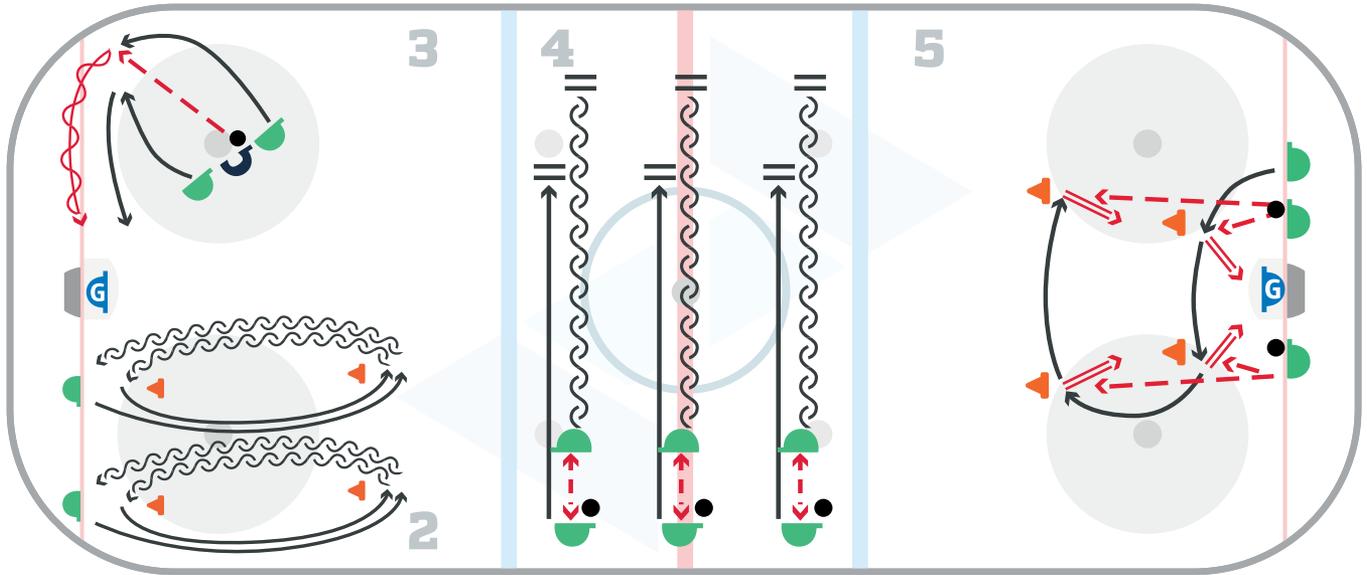
Time: 60 minutes | Theme: Mid lane net drive & full ice regroup | Equipment: Pucks & 8 cones

Warm-up

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

1. Circle Skating

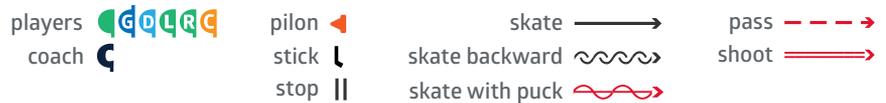
Players begin in the neutral zone in a skating stance and work on various ABC fundamental skating skills. This segment's fundamental skating skill will be forward, backward, and alarm clock crossovers around all five circles.



Alternate Layouts



Legend



2. Two Cone Transitions

Players begin at the goal line in skating stance and work on various ABC fundamental skating skills. This segment's fundamental skating skill will be forward to backward and backward to forward transitions around two cones.

3. One-on-One out of Corner

Coach dumps a puck into the corner where the first player must retrieve it and attempt to take it to the net while a second player tries to break up the attack. Once completed, players switch roles and repeat.

4. Cross-Ice Passing - Forwards/Backwards

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

5. Four Shot Shooting

Place a passer on each side of the net below the goal line. The shooter can start from either side of the net and skate to the first cone, stop, receive a pass, and shoot. They will continue repeating the same process for the second, third, and fourth cone.

