

Atom: Practices 9 & 10

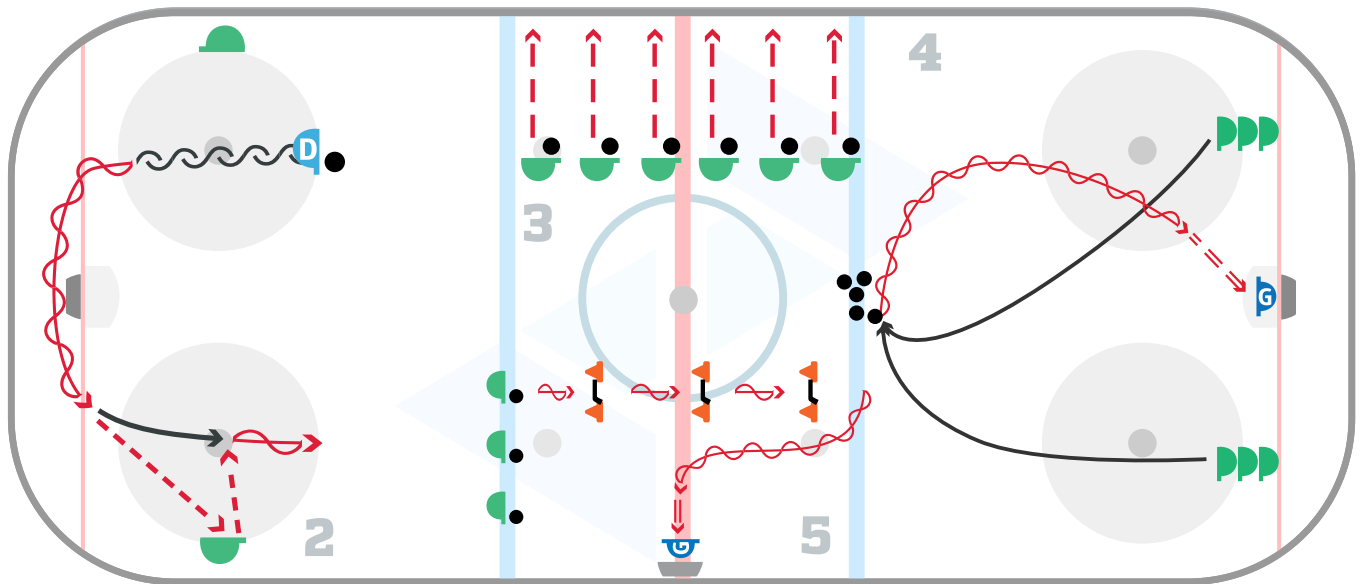
Time: 60 minutes | Theme: Breakout passes & driving to the net | Equipment: Pucks, 12 cones, & 3 nets

Warm-up

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

1. Four Lane Skating

Players skate down the full length of the ice four times working on various ABC fundamental skating skills in the straightaway. This segment's ABC fundamental skating skills are backward crossover starts, backward striding, Mohawk pivots, and transitions.



Alternate Layouts

Half Ice



Small Rink



Legend

players G D L R G C
coach C

pilon ◀
stick L
stop ||

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

pass - - - - ->
shoot ==>

2. The First Pass

Defensemen simulate multiple breakout passes by skating around the net and hitting the open winger with a good first pass. After making the pass, the defenseman receives a return touch pass from the winger, transitions at the top of the circle and repeats the first pass on the other side of the ice.

3. Wrist Shot, Snap Shot, Backhand Shot

Players stand 10-15 feet from the boards and work on the fundamental technique of the wrist shot, snap shot, and backhand shot. Challenge players to lift their heads up and snipe a specific logo along the boards.

4. Outside-In Inside-Out

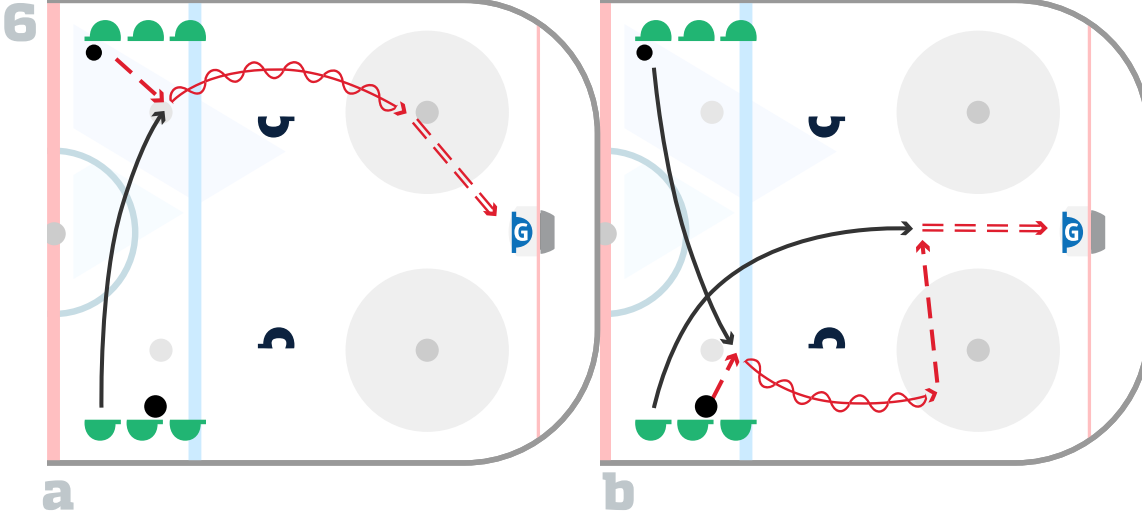
The first player skates wide up the boards, collects a puck, evades passive pressure from the coach to the outside, and finishes with a shot. The second skater skates up the middle, collects a puck by performing an inside-out turn, and returns down the same side for a shot.

5. Agility Sticks

Three sticks are placed on top of cones and players make allusive toe drags under or around the obstacles. Encourage lots of creativity and reward the players with a shot on goal after completing the course.

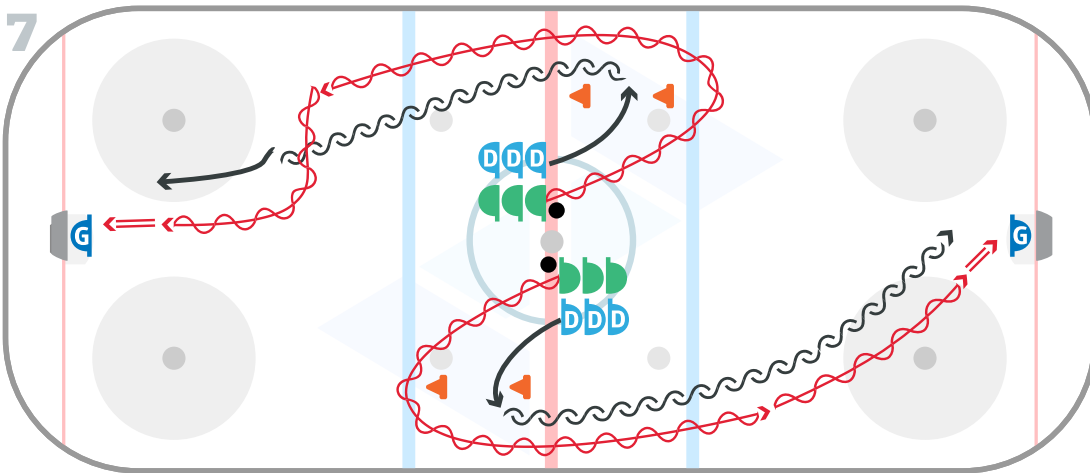
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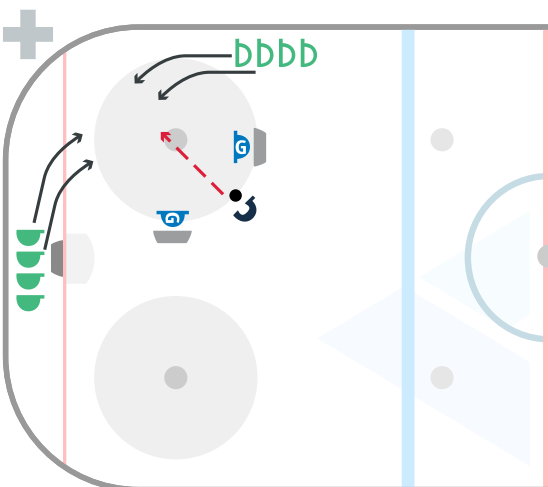
6. Net Drive Attack

Breaking across the ice, the first player receives a short pass and drives wide around the coach for a shot. After making the short pass, the second player cuts across the ice and receives a pass but has the option to hit the trailer following up in the play for a shot.



7. One-on-One Angling

The forwards leave with a puck and gain speed around the far cone to attack the defender, who transitions around the near cone attempting to match their speed. Encourage players to battle as they play out the one-on-one.



+ Corner Drill

Place two nets facing the corner at a 90-degree angle to one another along the outside of an end zone face-off circle. The coach stands in between the nets and dumps a puck in for two players from each side to battle for possession and a shot on the opponent's net. The first team to score five goals wins.