

Atom: Practices 13 & 14

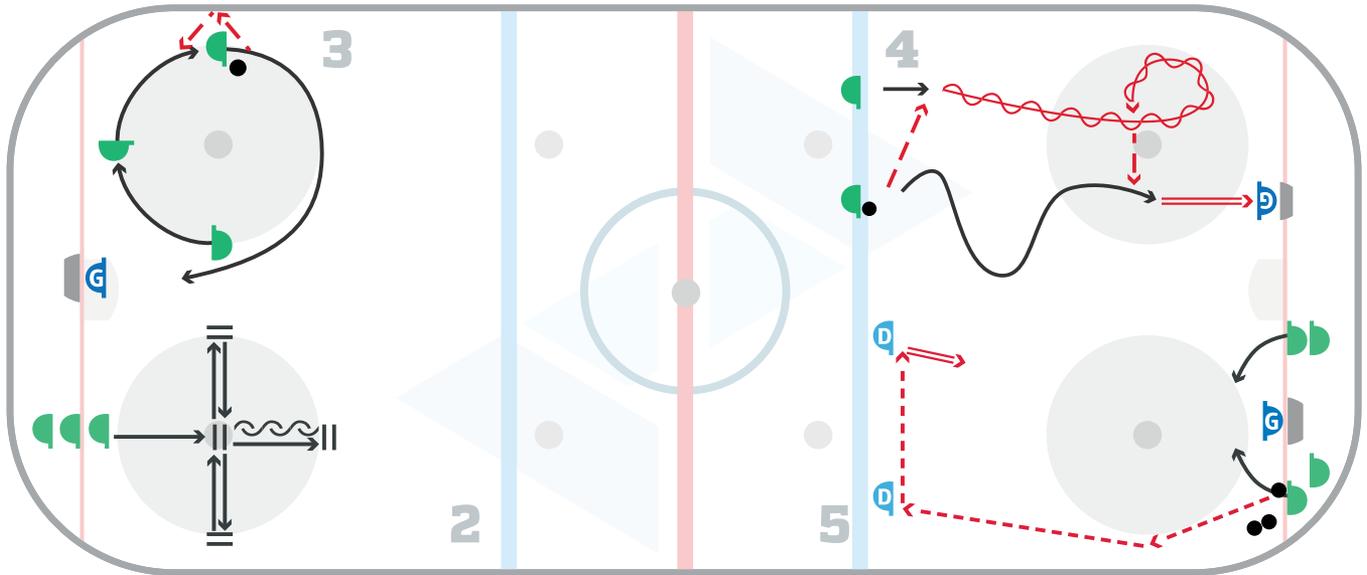
Time: **60 minutes** | Theme: **Delaying, cycling, screens, & deflections** | Equipment: **Pucks & 3 nets**

Warm-up

Three players leave the corner at a time and puck handle chaotically inside the first face-off circle. On the whistle, the first group of players advance to the next circle and a new group fills in. Each group puck handle briefly in all five circles before finishing at the far end.

1. The Burning Stick

The coach stands in front of a group of players and uses his stick to command the players where to skate (forward, backward, or side-to-side) testing their agility. Once they reach the far blue line, then the next group begins.



Alternate Layouts

Half Ice



Small Rink



Legend

players G D L R C
coach C

pilon ◀
stick L
stop ||

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

pass - - - - ->
shoot ==>

2. Iron Cross

Beginning at the bottom of the circle, players skate forward to the face-off dot, stop, then work their way to the outside edge of the circle but always returning to the middle dot on the right, centre, and left side. Have the players side-step, crossover-step, or karaoke when moving laterally to each side.

3. Corner Cycle

Three players work together to cycle the puck down the boards by making drop bank passes. When the third player collects the cycled puck, they round the circle for a shot on net with the two other players in front to clean up the rebound.

4. Delay One-Timer

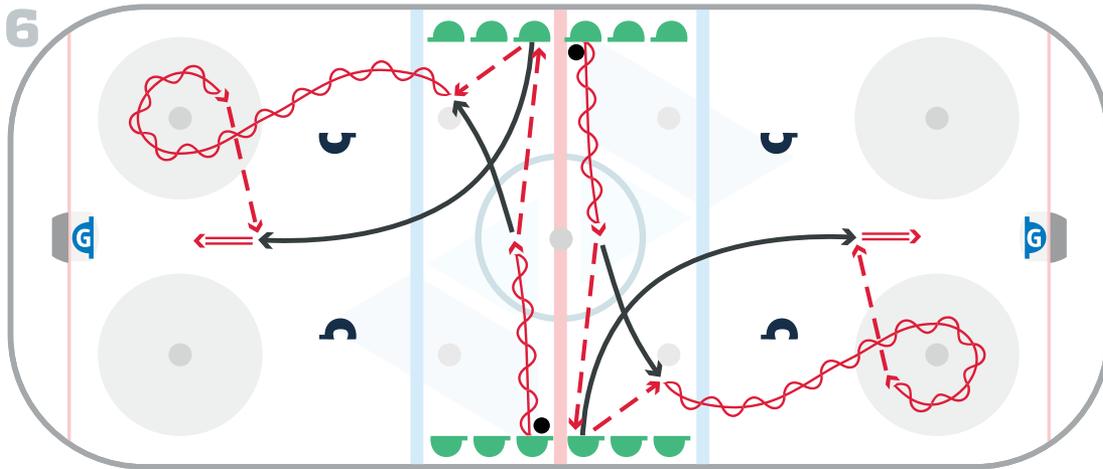
The drill begins with a pass from the inside player to the wide skater. The wide player skates into the zone and make a strategic delay by turning towards the boards. Timing their route, the inside player makes his way into the slot for a pass and one-timer.

5. Point Shot Screen & Deflection

After banking a pass off the boards to the defensemen at the point, two forwards swarm the front of the net screening the goalie and potentially deflecting the incoming point shot. Defensemen should get their heads up and shoot for a stick or an open lane.

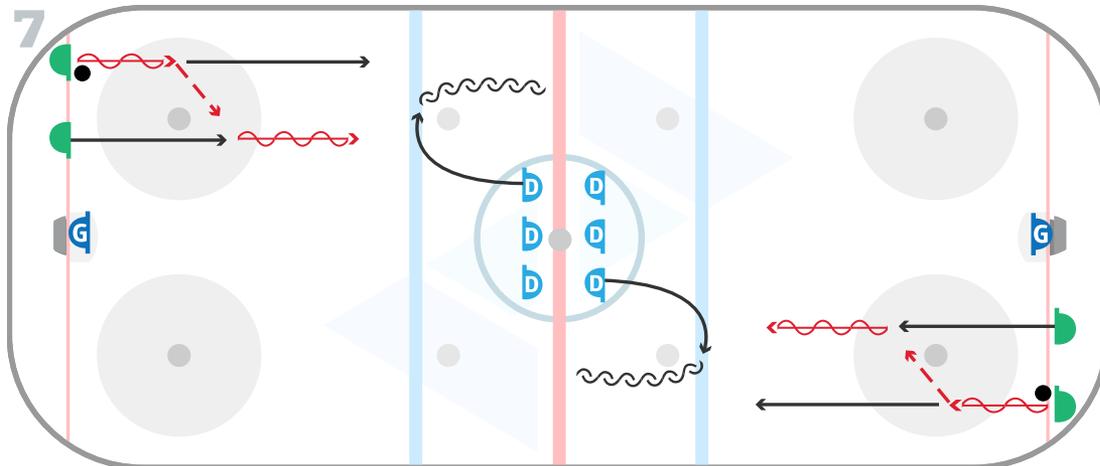
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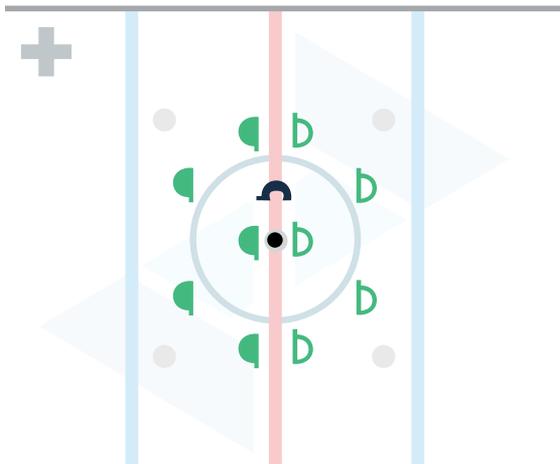
6. Net Drive Delay

Breaking across the ice, the first player receives a short pass, drives wide around the coach and executes a delay maneuver. After making the short pass, the second player times his route into the zone and receives a pass from the first player for a shot.



6. Full Ice Two-on-One

Two forwards leave the corner with a puck and attack the far net. A defenseman will step out from the circle ice, gap up, and defend the two-on-one rush.



+ 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.