

# Atom: Practices 17 & 18

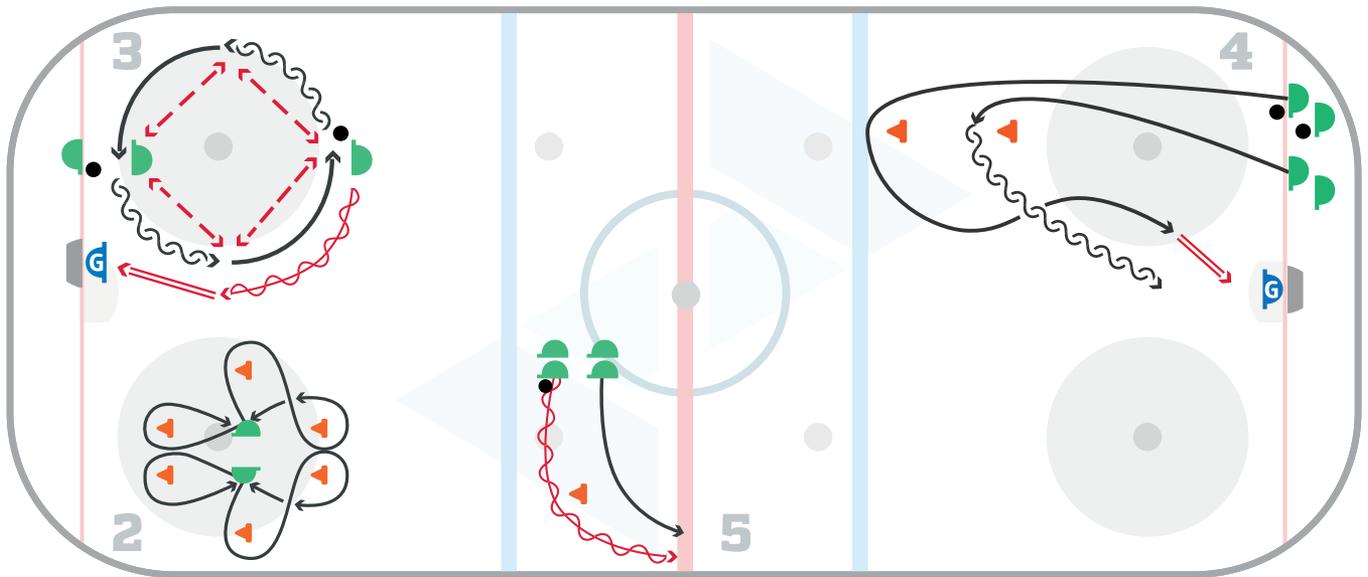
Time: 60 minutes | Theme: D-zone coverage & tight turns | Equipment: Pucks & 9 cones

## Warm-up

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

## 1. Tight Turn Dots

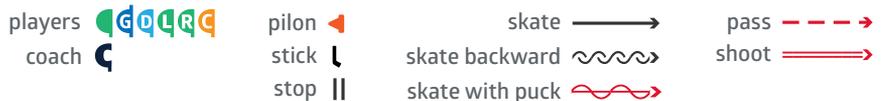
Players begin in the neutral zone in a skating stance and work on various ABC fundamental skating skills. This segment's skating skill is tight turns around all eight wide face-off dots. Add a puck for increased difficulty.



### Alternate Layouts



### Legend



## 2. Pylon Agility Mirror

Place six cones as shown in the circle and appoint one player as the leader while the other player mimics the same pattern skated by the leader. The players must always face each other. Add pucks as a progression for increased difficulty.

## 3. Face the Passer

Players must receive and make a return pass while always facing the passer on one-half of the circle. This requires them to make multiple transitions and pivots to remain facing the correct passer. Add a shot on goal to the end of the drill for the top passer on the circle.

## 4. Closing the Gap

Two players leave the corner at the same time; only the outside player has a puck. The puck-carrying player rounds the far cone and returns to attack the goal while the non-puck carrier pivots around the near cone and defends.

## 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.

