

Atom: Practices 19 & 20

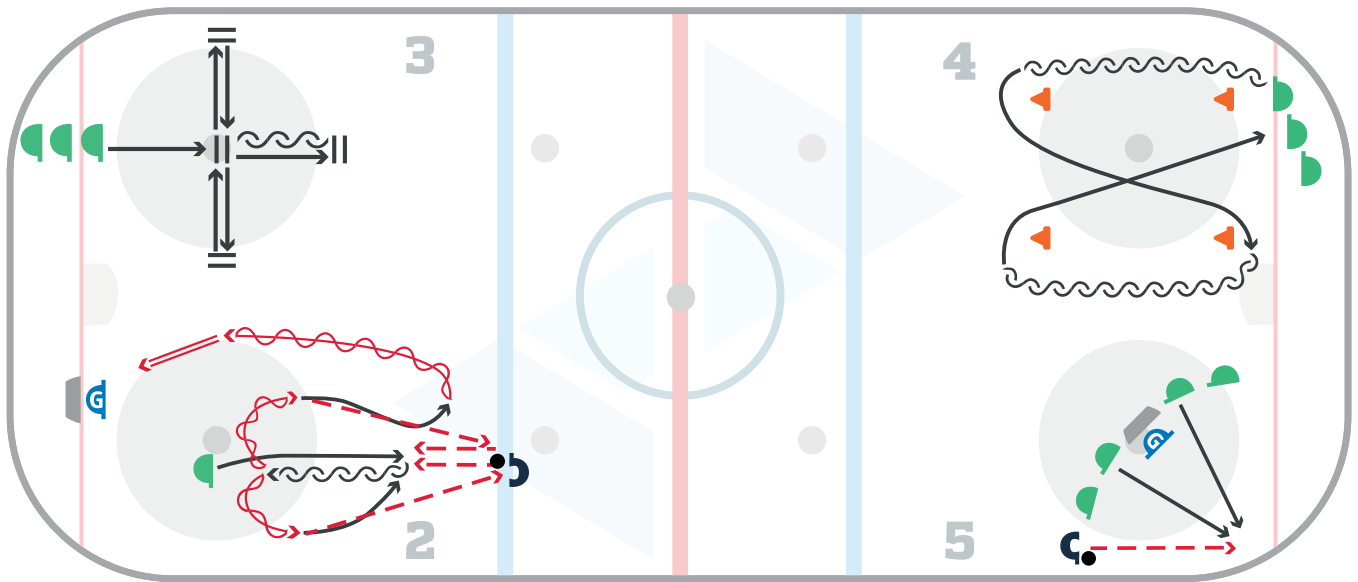
Time: 60 minutes | Theme: Forechecking & Angling | Equipment: Pucks & 4 cones

Warm-up

Players skate laps around the ice and follow the stretching instructions given by the coach circling the middle.

1. Wave Skating

Players begin at the goal line in skating stance and work on various ABC fundamental skating skills. This segment's fundamental skating skills are forward and backward striding with changes of pace from 50 to 75 to 100% speed.



Alternate Layouts

Half Ice



Small Rink



Legend

players G O L R C
coach C

pilon ◀
stick L
stop ||

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

pass - - - - ->
shoot ==>

2. D-Man Mobility

Players must transition from forward to backward in front of the coach, accept a pass while back-pedaling, transition from backward to forward, and complete a return pass to the coach. After repeating the same sequence with a transition to the other side, the player finishes with a shot on net.

3. 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.

4. Comeback Pylon Drill

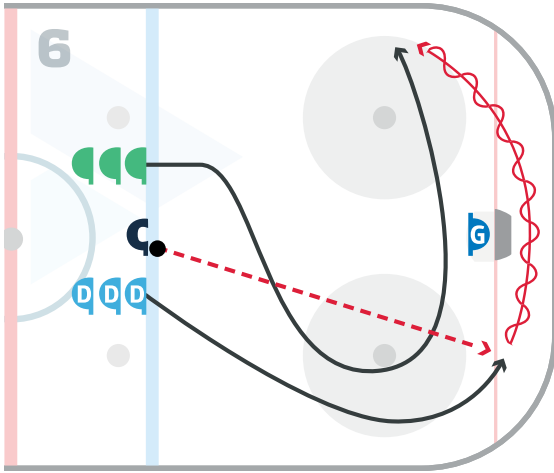
Players begin in the corner skating backward and work their way diagonally through the course transitioning from forward to backward. Challenge your player's footwork and add a puck for increased difficulty.

5. Net Facing Corner

With the net facing the corner and players on either side, the coach places a puck in the middle and opposing players from each side battle one-on-one to try and score on the goalie.

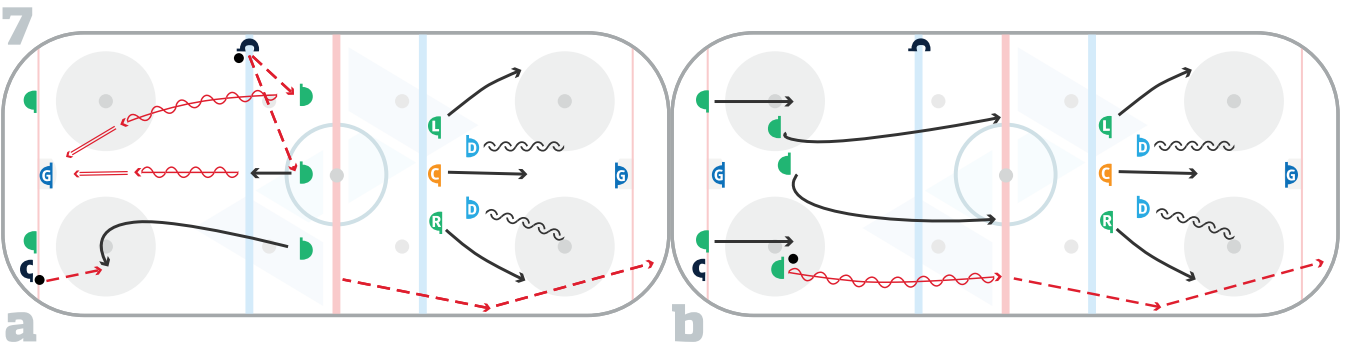
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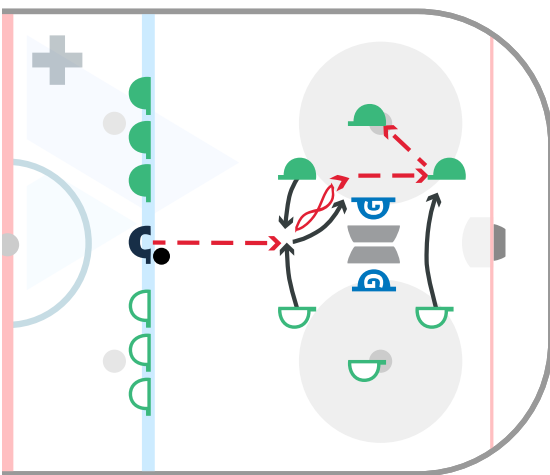
6. Forecheck Angle

Coach dumps a puck into the zone where the first player must skate the puck behind the net and attempt to carry the puck out of the zone. The second player must try to angle the puck carrier and steal the puck to gain a scoring opportunity.



7. Two-One-Two Forecheck

Two shots at the far end followed by a dump in by the third forward will create a forecheck scenario. The three attacking forwards execute a two-one-two forecheck against a full line of players who try to break the puck out.



+ Back-to-Back Nets

Two nets are placed back-to-back in the middle of the offensive zone. Each team has three players in play but one member of each team is known as the "trigger" and must remain stationary on the offensive side face-off dot. The other two players may roam freely to defend or attack.