

# Atom: Practices 23 & 24

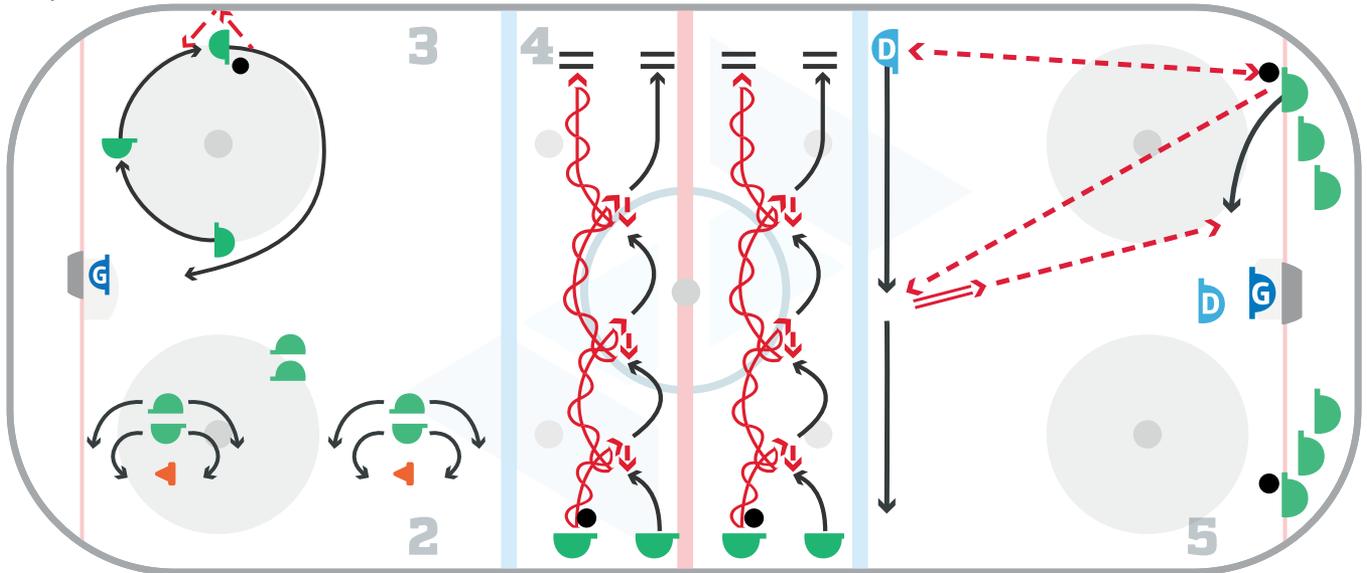
Time: 60 minutes | Theme: Body position & slap passes | Equipment: Pucks & 4 cones

## Warm-up

Players are split into all five circles and skate randomly with pucks working on creative fakes and deceptions. On the whistle, players attempt to knock the puck off their nearest teammate's stick while maintaining control of their own puck. If a player loses their puck, they are out.

## 1. Lateral Turn Dots

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



## Alternate Layouts

Half Ice



Small Rink



## Legend

players G O L R C  
coach C

pilon ◀  
stick |  
stop ||

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

pass - - - - -  
shoot = = = = =

## 2. Own the Cone

Have the players discard their sticks and designate one player as the owner of the cone. They use their body to shield the attacking player from touching the cone with their hand. Rotate roles so both players get an opportunity to Own the Cone!

## 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. Cross-Ice Passing - Cross 'n' Drop

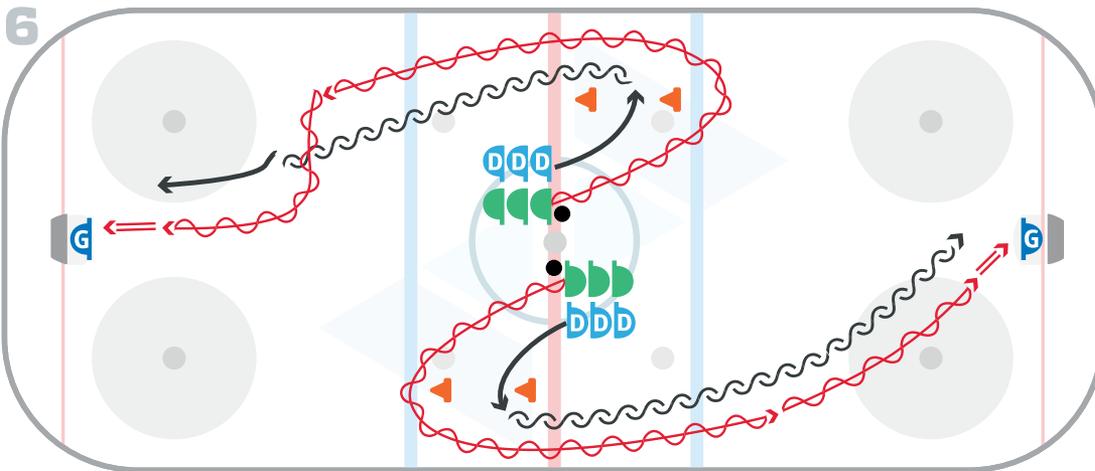
Players pair up and pass the puck back and forth as they make their way across the width of the ice with the puck carrier cutting in front of their teammate and backhand dropping the puck. This drill is all about repetitions; you can never pass the puck enough times!

## 5. Slap Pass Net-Front Battle

The forward in the corner completes a give 'n' go pass with the point defenseman, who starts along the boards and works their way to the middle of the ice. The point defenseman now attempts a hard shot pass for a deflection by the same forward, who must evade pressure from the net-front defenseman.

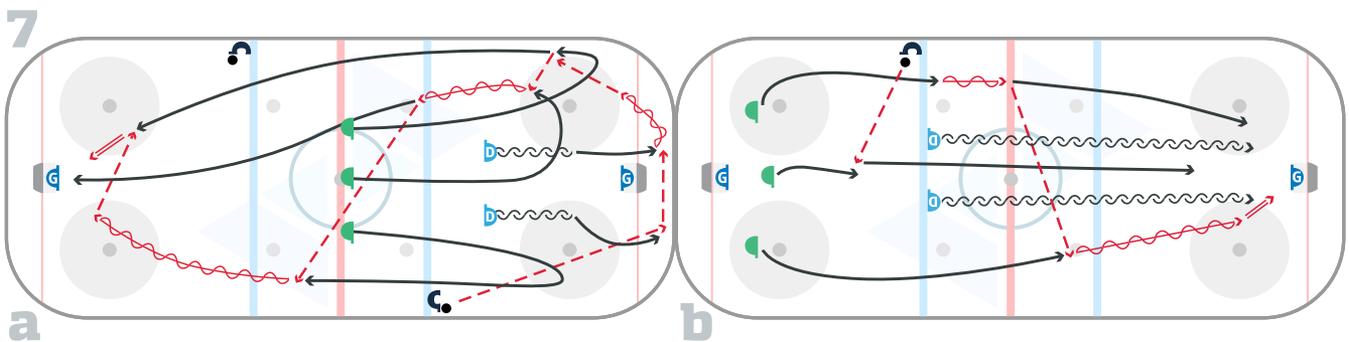
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Time: 60 minutes | Theme: Body position & slap passes | Equipment: Pucks & 8 cones



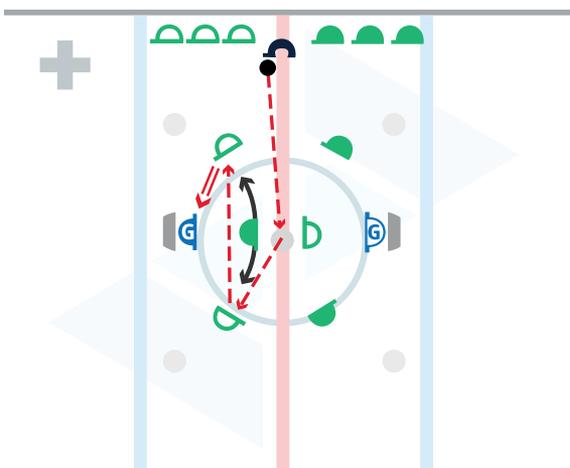
## 6. One-on-One Angling

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 the players to battle as they play out the one-on-one.



## 7. Three-on-Two

Two defensemen break out a line of forwards that complete a full ice three-on-zero line rush attack. The pair follow-up the ice for a point shot with a screen or deflection. The coach then spots a puck for a final three-on-two full ice attack against the original defensemen.



## + Half-Circle Scoring

The two players inside the face-off circle are confined to their half. They must play offence and defence, depending on which team has possession. The two wide players on each team are not allowed to enter the circle but can act as passing options once their centre gains the puck.