

Atom: Practices 3 & 4

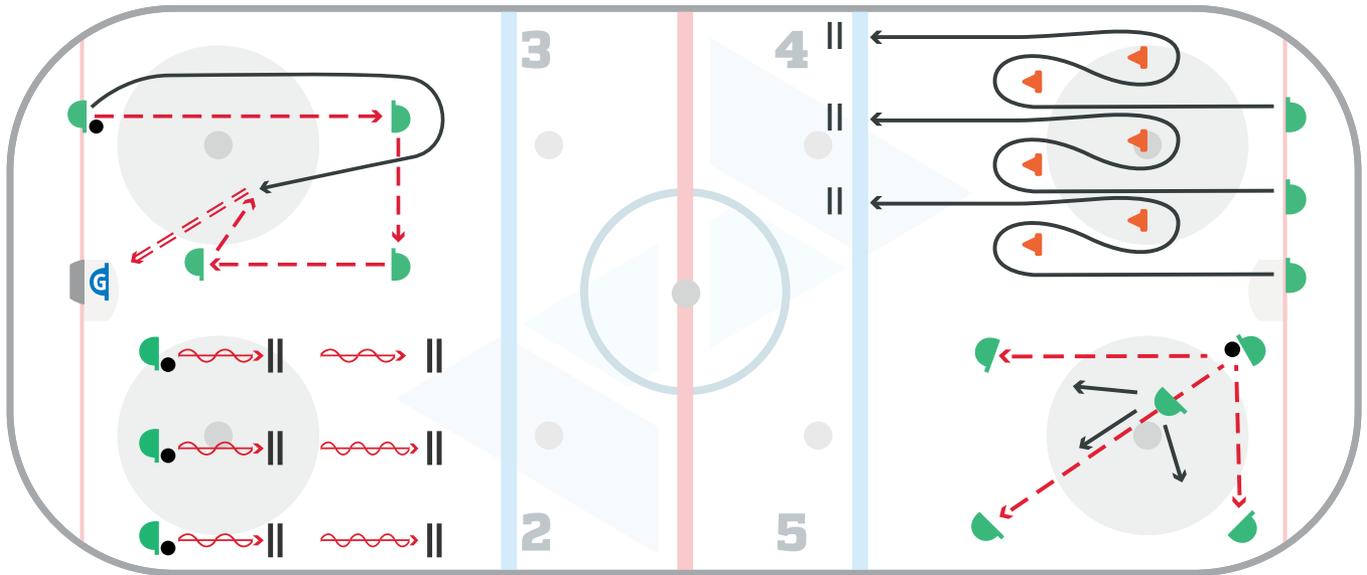
Time: 60 minutes | Theme: The puck moves faster than the player | Equipment: Pucks & 6 cones

Warm-up

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

1. Wave Skating

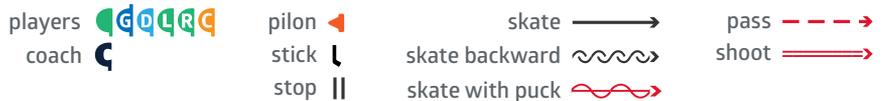
Players begin at the goal line in skating stance and work on various ABC fundamental skating skills. This segment's fundamental skating skills will be skating stance, one-foot glides, two/one-foot squats, c-cuts, forward and backward striding, and jumps.



Alternate Layouts



Legend



2. Quick Starts, Faster Stops

Players will do repetitions of quick acceleration v-starts and crossover starts while also working on their two-foot stopping in both directions. Challenge the players to see who can create more snow when stopping.

3. Montreal Drill

The corner player starts the drill with a pass to the point and must time their route to the blue line and back into the slot for a return pass and shot. The other players must efficiently work the puck around and back to the starter. Ensure that all the players rotate through each position.

4. Tight Turns

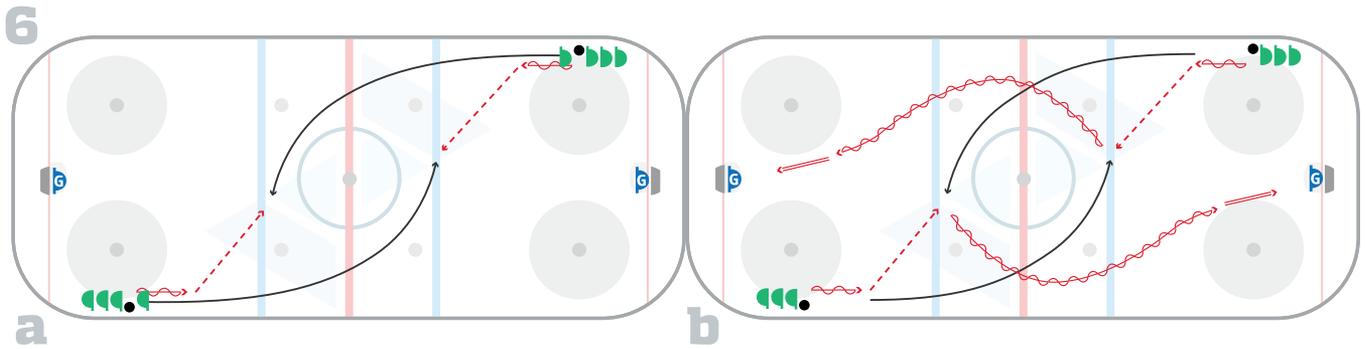
Players begin at the goal line in skating stance and work on various ABC fundamental skating skills. This segment's fundamental skating skill will be the introduction of tight turns around two cones. Add a puck for increased difficulty.

5. Player in the Middle

Four players work the puck around a middle player and try not to get their passes intercepted. If the middle player intercepts or blocks a pass, then the at-fault player must become the defender.

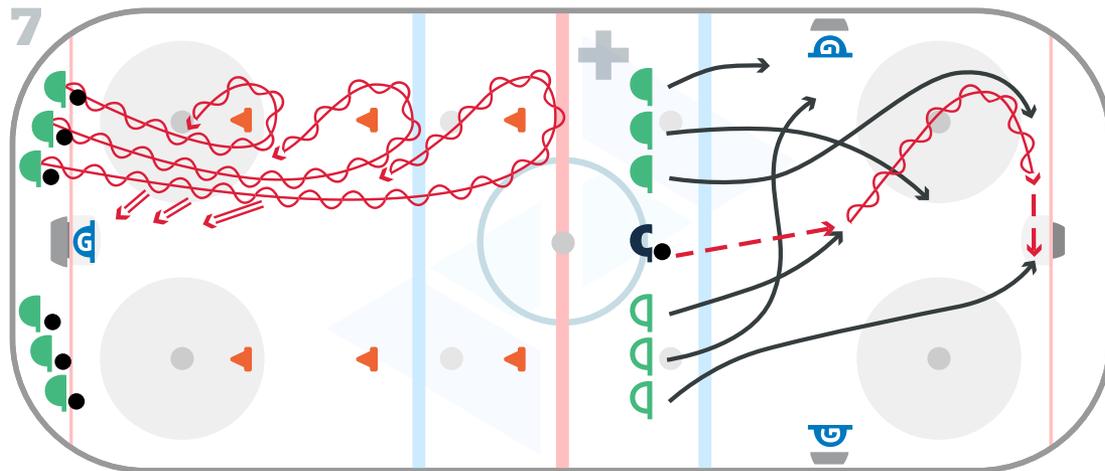
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6. Russian Circle

The first players from each line will leave at the same time, round the centre circle, and receive a pass from the second players in line. They will return down to their end of the ice for a shot on net while the second player rounds the centre circle for a pass.



7. Triple Shot

Three players leave the corner with a puck, one after another and make an inside-out tight turn around the first, second, and third cones. After rounding the turn, each player will take a shot on net. Repeat the same sequence from the other corner.

+ Cross-Ice Hockey

Play 3v3 for 40-second shifts going across ice in the end zone where the team that scores three goals is victorious. Add an incentive for the players to try harder such as push-ups for the losing team.