

Atom: Practices 31 & 32

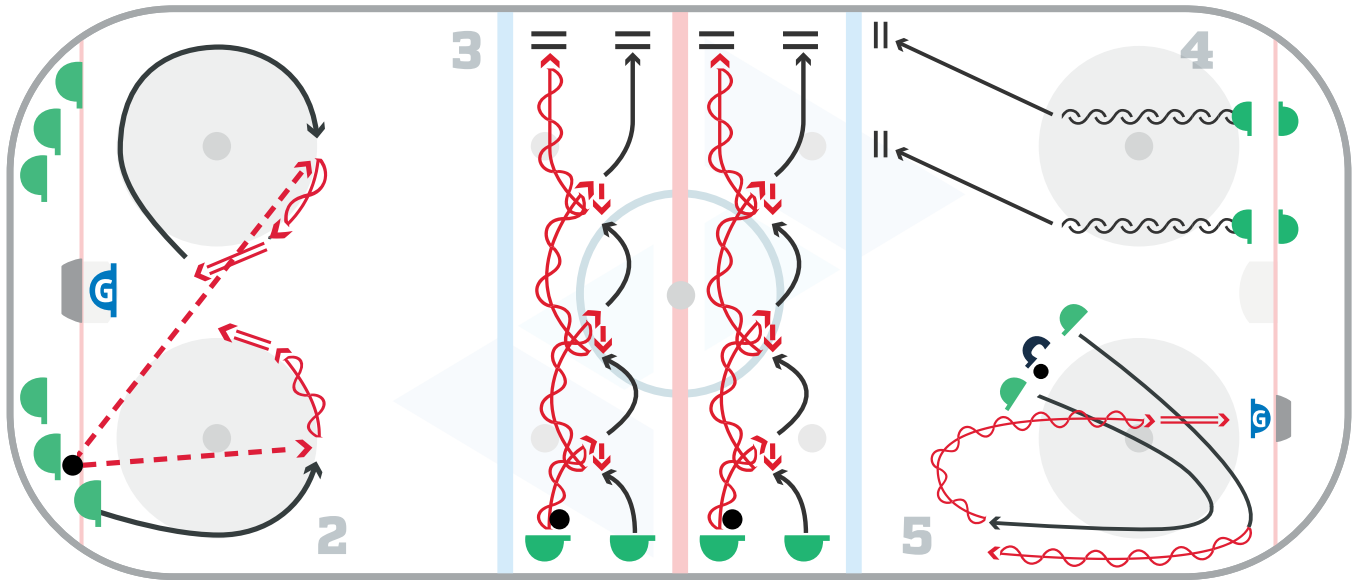
Time: 60 minutes | Theme: Special teams – Umbrella & Diamond | Equipment: Pucks & 2 cones

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. Wave Skating

Players begin at the goal line in skating stance and work on various ABC fundamental skating skills. After a full season, it's time to review all the backward skating skills that were learned this season.



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. Circle Catch 'n' Shoot

The first player rounds the near corner and receives a pass from the next player in line for a shot. They continue around the far circle and receive a second pass from the same player for another shot on net. Encourage the player to play out the rebound on the second shot.

3. Cross-Ice Passing - Open Up

Players pair up and pass the puck back and forth as one player crosses the width of the ice gradually getting farther but always opening up to present a target for their teammate. This drill is all about repetitions; you can never pass the puck enough times!

4. Mohawks

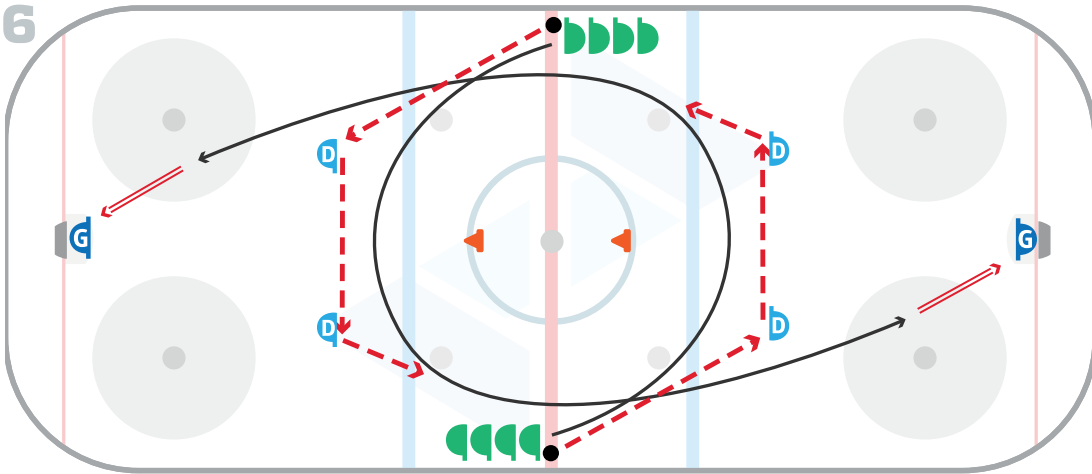
Players begin at the goal line in skating stance and work on various ABC fundamental skating skills. This segment's fundamental skating skill is lots of time spent perfecting the Mohawk pivot.

5. Corner Angle

The coach dumps a puck into the corner, the inside skater retrieves the puck and carries it up the boards while the outside skater attempts to angle the puck carrier into the boards. Allow the players to battle and fight for a shot on net.

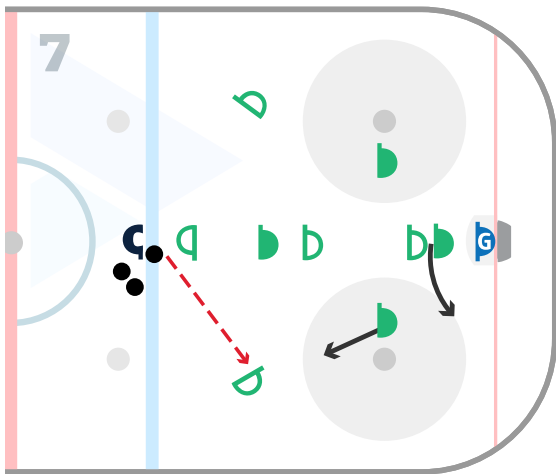
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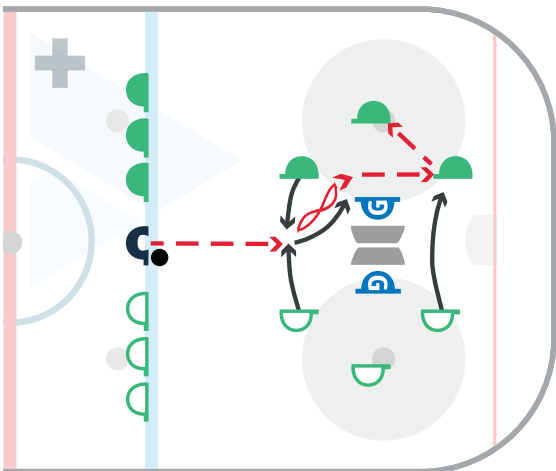
6. Three Option Regroup

Defensemen will simulate neutral zone regroup by making a D-to-D pass and hitting three different passing options up to the forwards: strong-side winger pass, middle centre pass, or cross-ice weak-side winger pass.



7. Umbrella & Diamond

Let's work on our special teams by introducing the umbrella power play and diamond penalty kill. Make sure you rotate players in on the PP and PK, so they get an opportunity to attack and defend.



+ 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 time 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.