

Atom: Practices 5 & 6

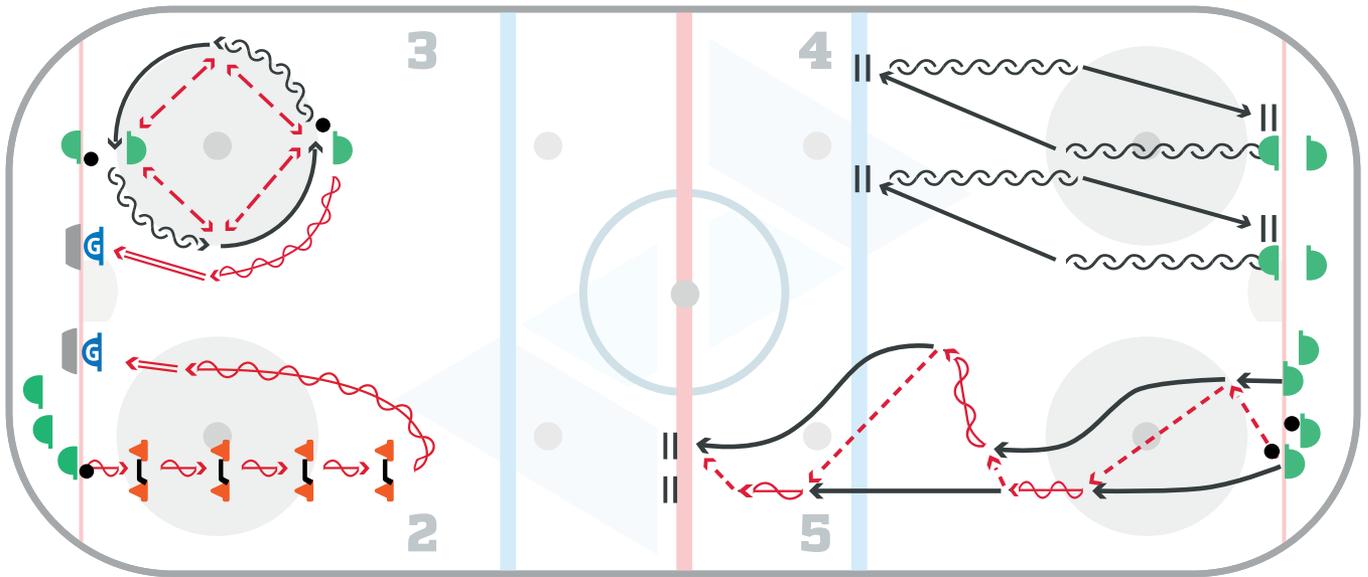
Time: 60 minutes | Theme: Transitions, mohawks, & intro to neutral zone angling | Equipment: Pucks & 12 cones

Warm-up

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

1. Four Lane Skating

Players will skate down the full length of the ice four times working on various ABC fundamental skating skills in the straightaway. This segment's ABC fundamental skating skills will be forward and backward c-cuts, striding, transitions, and knee touches.



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. Agility Sticks with Shot

Here players can work on their toe drags as they attempt four elusive moves under sticks placed atop cones and finish with a shot on goal. Encourage creativity as young players focus on their puck handling and deception.

3. Face the Passer

Players must receive and make a return pass while always facing the passer on one half of the circle. This will require them to make multiple transitions and pivots in order 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. Mohawks

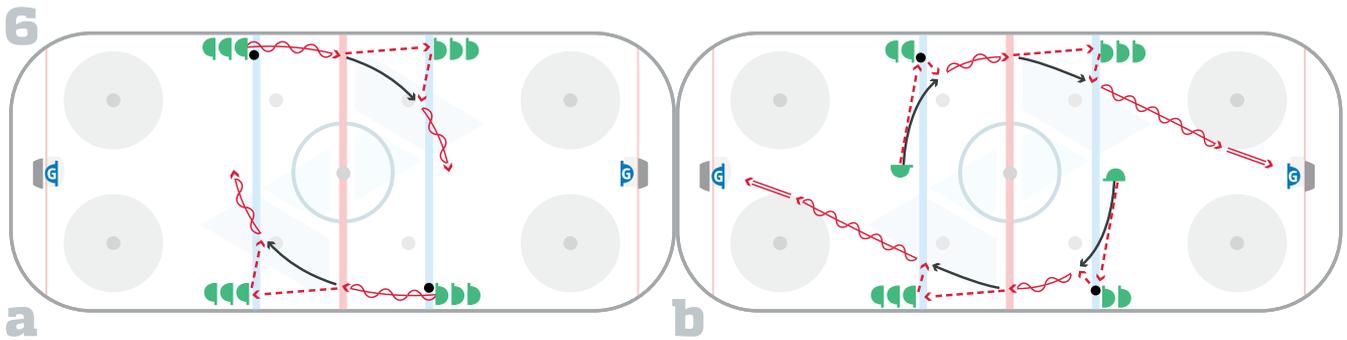
Players begin at the goal line in skating stance and work on various ABC fundamental skating skills. This segment's fundamental skating skill will be lots of time spent perfecting the Mohawk pivot.

5. Short Pass Long Pass

Two players work together to complete a short pass and then distance themselves to make a long pass. They will repeat this sequence down ice to the far blue line and return to the goal line.

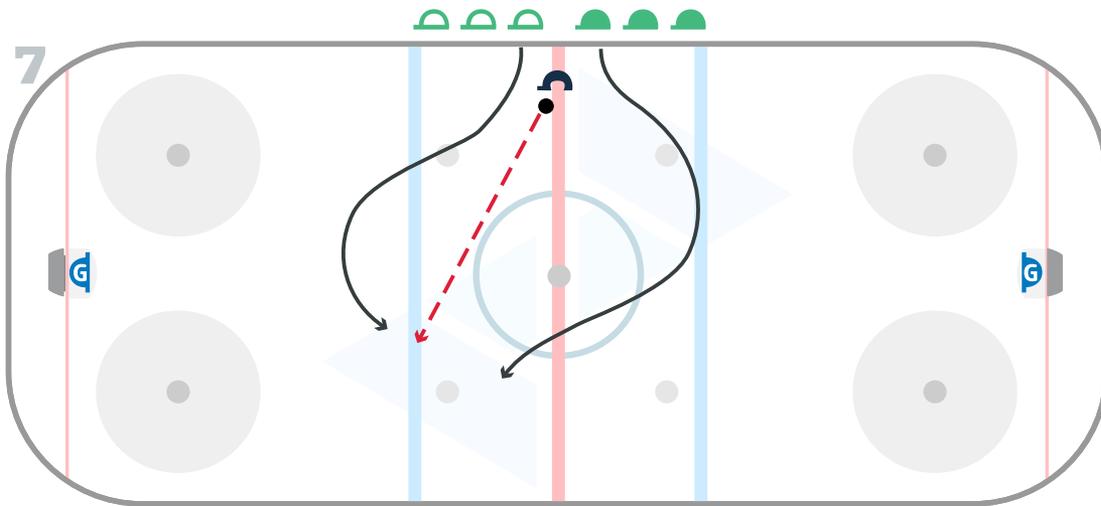
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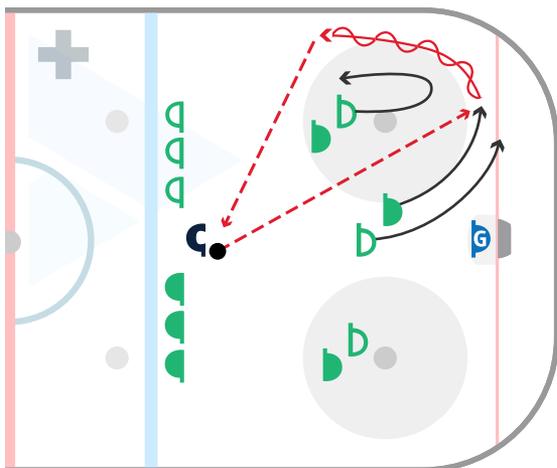
6. Around the World

Diagonal lines will leave at the same time making give 'n' go passes with the first player in all three lines before returning down for a shot on net, back on their original side.



7. Stampede Angle

Players will be split into two teams and separated onto opposite benches. The coach will say a number (one-four) indicating the number of players from each bench that will exit the middle gate. A puck will be spotted to one side indicating the offensive team while the defensive team must first touch their own blue line before attempting to angle the attacking team to the outside.



+ Coach Pass

Players will play 3v3 in a zone where every change of position will require the defending team to make a pass to the coach stationed up near the blue line. The coach will make a pass back to the same team, and now they are on offence. Switch lines every minute to keep everyone engaged.