

Atom: Practices 7 & 8

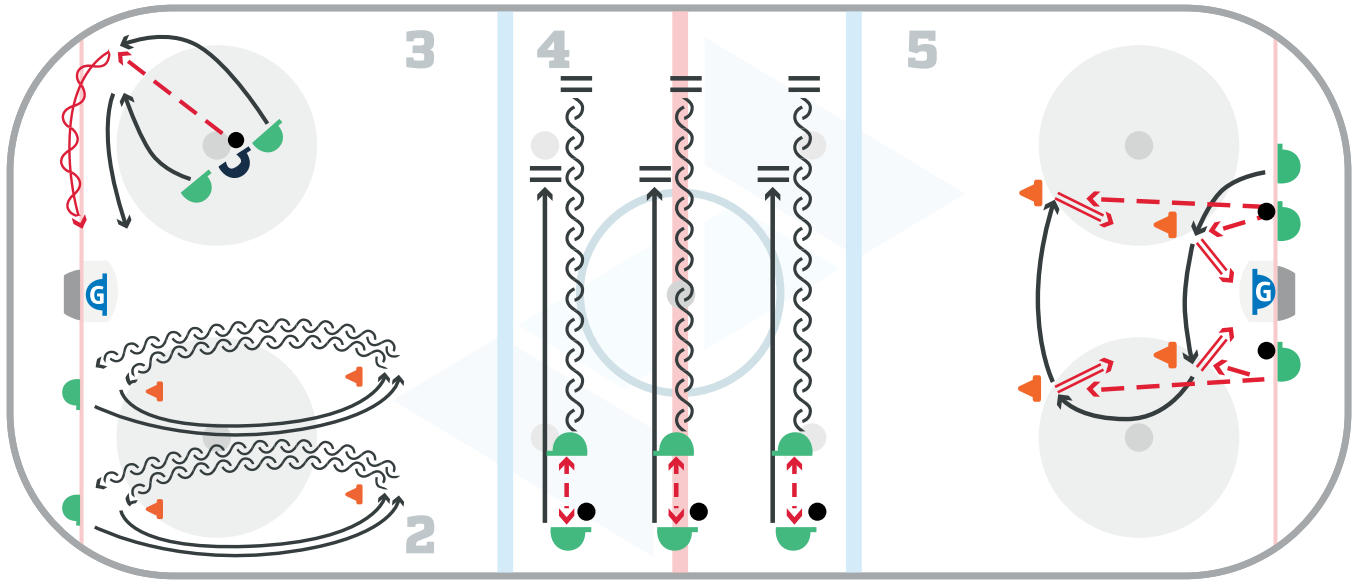
Time: 60 minutes | Theme: Mid lane net drive & full ice regroup | Equipment: Pucks & 8 cones

Warm-up

Players skate laps around the ice with a puck; a whistle will signal the players to make a tight turn towards the boards and accelerate in the opposite direction with three hard strides.

1. Circle Skating

Players begin in the neutral zone in a skating stance and work on various ABC fundamental skating skills. This segment's fundamental skating skill will be forward, backward, and alarm clock crossovers around all five circles.



Alternate Layouts

Half Ice



Small Rink



Legend

players coach

pilon stick stop

skate skate backward skate with puck

pass shoot

2. Two Cone Transitions

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 forward to backward and backward to forward transitions around two cones.

3. One-on-One out of Corner

Coach dumps a puck into the corner where the first player must retrieve it and attempt to take it to the net while a second player tries to break up the attack. Once completed, players switch roles and repeat.

4. Cross-Ice Passing - Forwards/Backwards

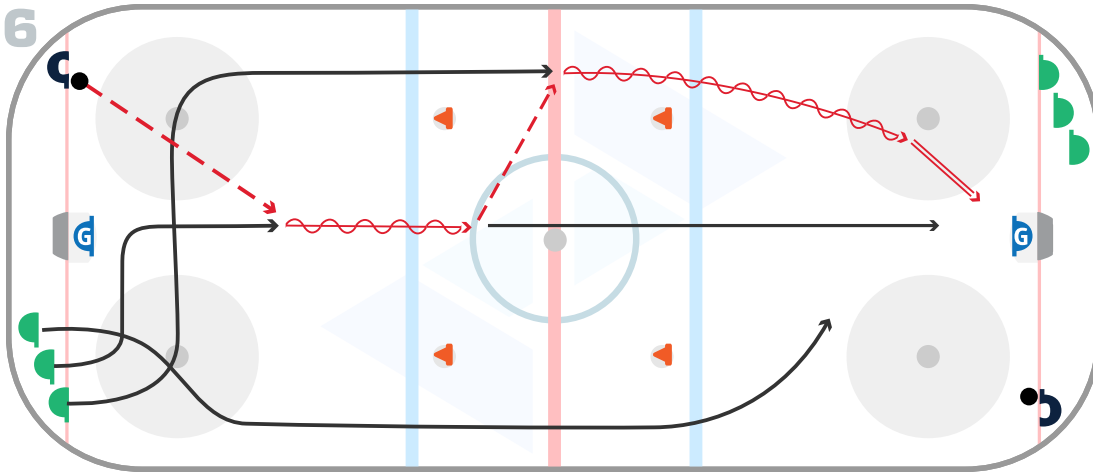
Players will pair up and pass the puck back and forth as they make their way across the width of the ice with one player skating forward and the other skating backward. This drill is all about repetitions; you can never pass the puck enough times!

5. Four Shot Shooting

Place a passer on each side of the net below the goal line. The shooter can start from either side of the net and skate to the first cone, stop, receive a pass, and shoot. They will continue repeating the same process for the second, third, and fourth cone.

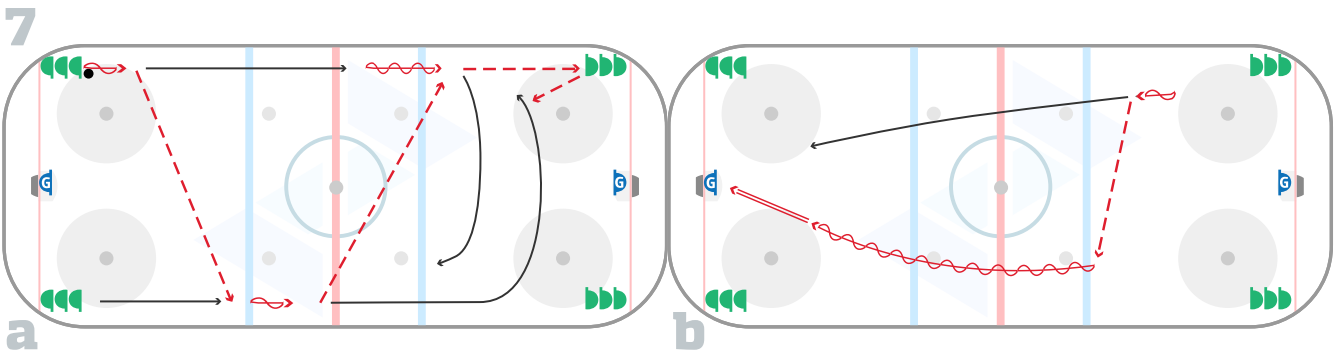
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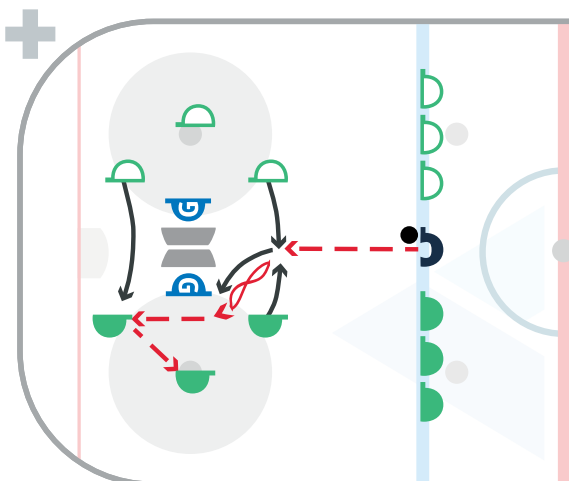
6. Middle Lane Net Drive

Players will use this drill to simulate a three-on-two attack with no defenders. Important points to remember are wide lane puck entry into the zone, middle lane net drive, and wide lane delay from the non-puck carrying winger. Practice all three options: shot, pass to net drive player, and pass to delay player.



7. Two-on-Zero Regroup

Two players exchange passes down the length of the ice. Once inside the far blue line, a pass is made to the first player in line at the opposite end. Both players exchange lanes, receive a return pass, and continue down ice for a scoring opportunity.



+ 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.