ATOM LEVEL PRACTICE PLAN

Session Objective(s)
1. Puck control agility
2. Passing / receiving
3. Bank passes
4. Passing while moving

10 min

PUCK CONTROL CIRCUIT

Players follow pattern performing puckhandling moves:
- Narrow.
- Wide.
- Front toe drags.
- Side toe drags.
- Puck in feet.
- Drop to knees on lines.
- 3 crossovers one way, 3 crossovers the other.

Key Execution Points
- Do different skill down each lane
- Do circuit 4 times

5 min

SKATE / SHOOT COMBO

Emphasis on “give & go” and “quick pass”
- O receives and gives back pass quickly while approaching the pylon.
- O receives return pass at center line and drives for a shot on goal.

Key Execution Points
- Alternate sides
- Give target
- Provide close support
- Control skate
- Eye contact

10 min

PASSING - TECHNIQUE

- Review passing and receiving skills
  Run players through:
  1) Partner pass forehand & backhand (switching sides).
  2) 2 man weave.

Key Execution Points
- Follow through to target when passing
- Give target - blade square to passer
- Cushion pass
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**PASSING - TIMING**

- Both ends at the same time.
- O1 passes to O2 (stationary at the blue line), O2 passes to O3. O1 time skates through seam for return pass at centre ice.

**KEY EXECUTION POINTS**

- Rotate players through positions
- Control skate
- Eye contact
- Hard and accurate passes
- Give target with stick

**BOARD PASS #1**

© Demos and explains angles:
- 1) Stationary board passes - practice and understand different angles of the boards.
- 2) Moving board passes - skating onto the puck.
  - Goalie Zone with ©.

**KEY EXECUTION POINTS**

- Hard low passes
- Angle choice - position of player read

**SCRIMMAGE - 3 ON 3 CROSS ICE**

- Divide players into 2 teams.
- Play 2 games of 3 on 3 cross ice – one in each end zone.
- Spare players line up along blue lines and switch on coach’s signal.

**KEY EXECUTION POINTS**

- Use pucks, tennis balls, hockey balls etc…
- Alternate 1 puck, 2 pucks, 3 pucks