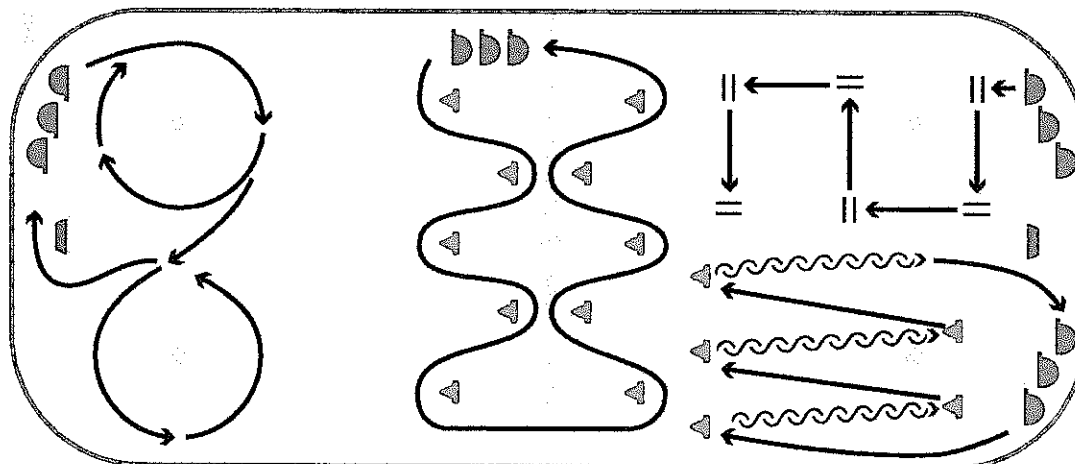
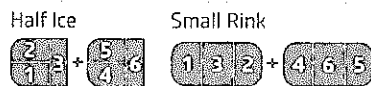


Atom: Practices 1 & 2

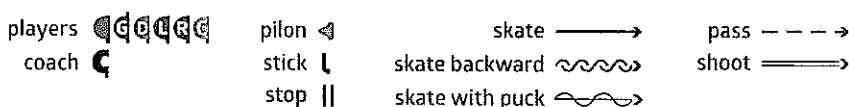
Time: 60 minutes | Theme: Welcome to Atom hockey! | Equipment: Pucks & 15 cones



Alternate Layouts



Legend

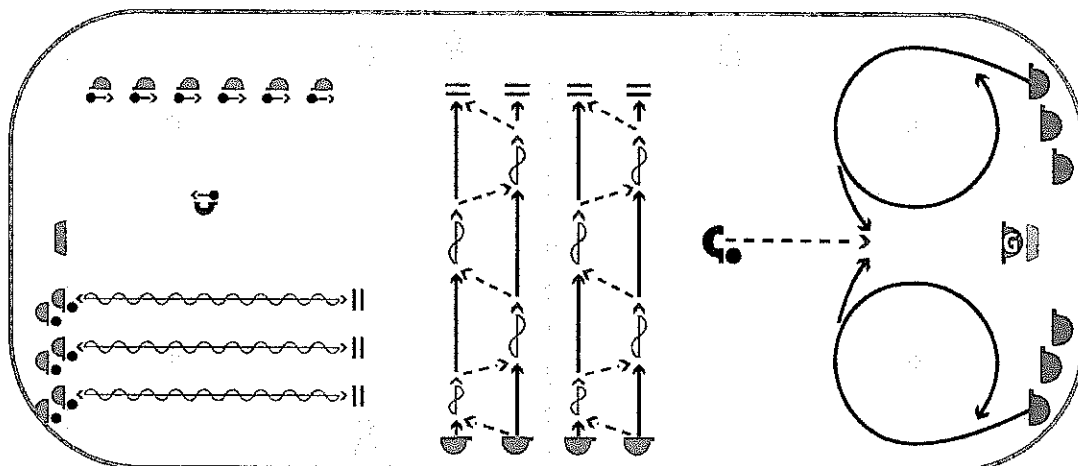


Warm-up

The coach will go over the basic practice rules and guidelines with all the players. Players will skate laps around the ice and follow the stretching instructions given by the coach circling the middle.

1. Skating Evaluation

At the beginning of the hockey season, coaches must evaluate the strengths and weaknesses of their team's skating ability. These four drills will test all the fundamental skating components: crossovers, tight turns, starts and stops, and transitions.



2. Open Ice Carry

Players will skate from the goal line to the blue while working on nudging the puck forward with one hand on their stick using the forehand and backhand part of their blade.

4. Cross-Ice Passing - Normal

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

3. Puck Handling 1

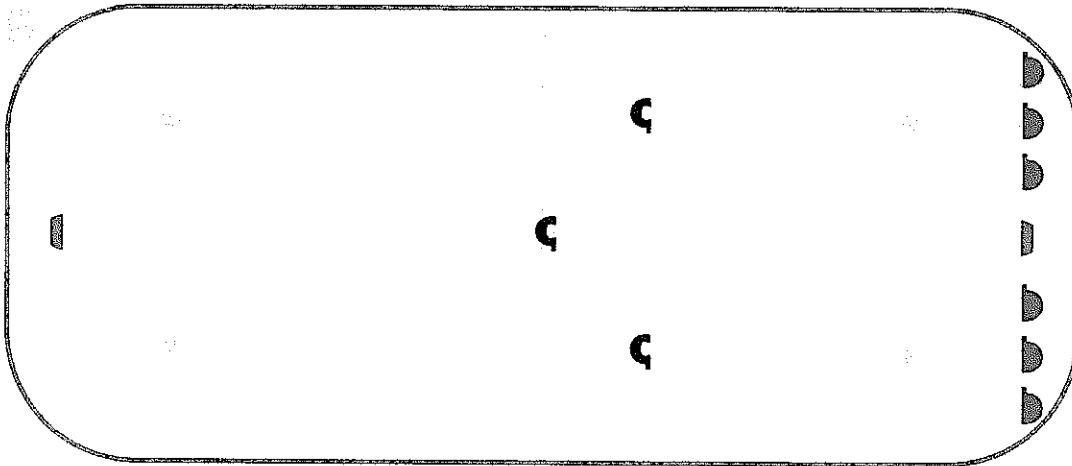
Facing the coach, players will learn the fundamental stance and hand position for proper puck handling. Players will progress from narrow to wide puck handling as they gain confidence in their ability. Mix in some creative puck handling combinations.

5. Circle Relay

Two players will race a full lap around the face-off circles and fight for a loose puck placed by the coach in the middle of the playing area. Have the players rotate lines, so they work on crossovers and turning in both directions.

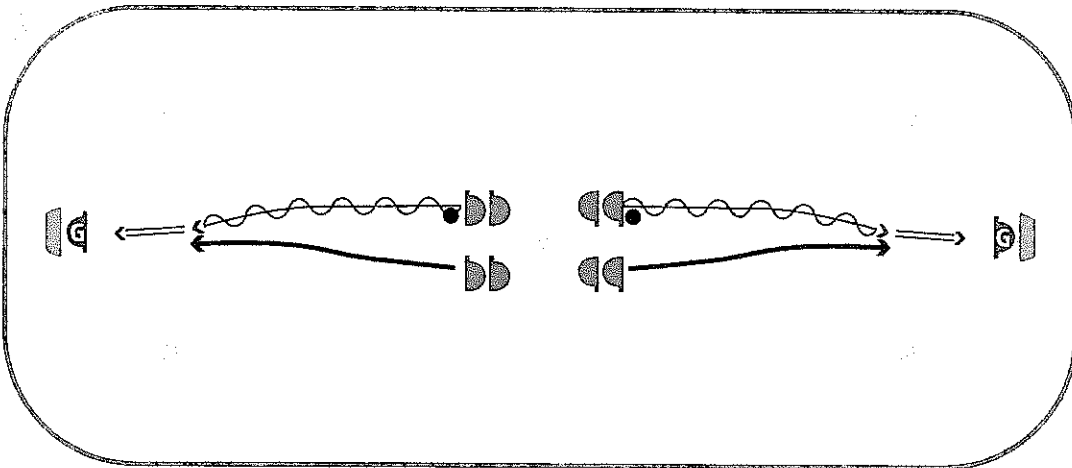
Atom: Practices 1 & 2

Time: 60 minutes | Theme: Welcome to Atom hockey! | Equipment: Pucks & 15 cones



6. British Bulldog

The coaches start as the bulldogs in the middle at centre ice. Players will have to skate the full length of the ice and elude being tagged by the bulldog. Once a player is tagged, they join the clan of bulldogs in the neutral zone. The last player tagged wins and starts the next game as the bulldog.



7. Pressure Shootout

Two players begin on the red line, one in a skaters stance with the puck and one kneeling on one knee. On the whistle, the players take off toward the goal, one player on a breakaway and the other acting as a back-checker. Whoever has possession of the puck at the end will finish with a shot.

+ Controlled Scrimmage

Players will play a full-ice five-on-five scrimmage with the coach attentively watching and stopping the play whenever a breakdown occurs. This is an excellent opportunity for coaches to offer advice, which will benefit all the skaters.

Atom: Practices 3 & 4

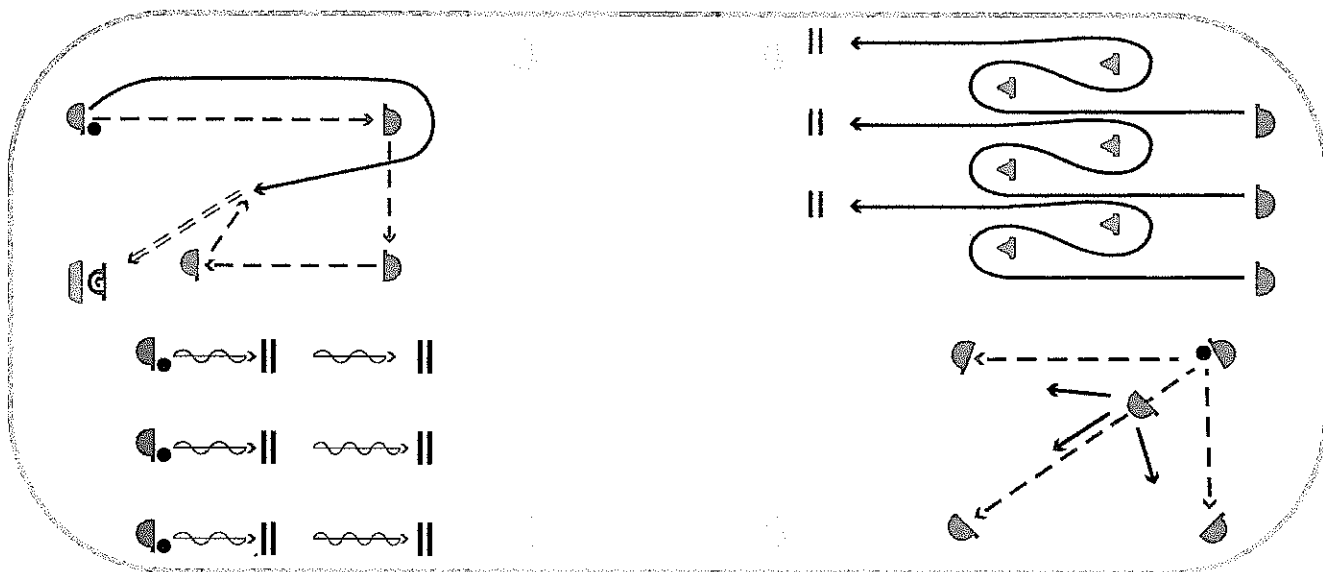
Time: 60 minutes | Theme: The puck moves faster than the player | Equipment: Pucks & 6 cones

Warm-up

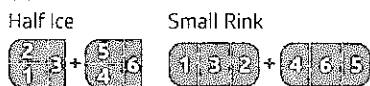
Dump all the pucks at centre ice and allow the players an opportunity for free play.

1. Wave Skating

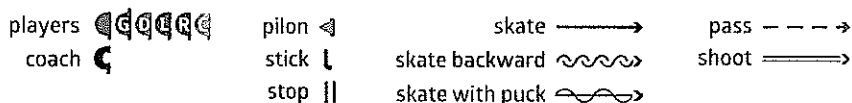
Players begin at the goal line in skating stance and work on various ABC fundamental skating skills. This segment's fundamental skating skills will be skating stance, one-foot glides, two/one-foot squats, c-cuts, forward and backward striding, and jumps.



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

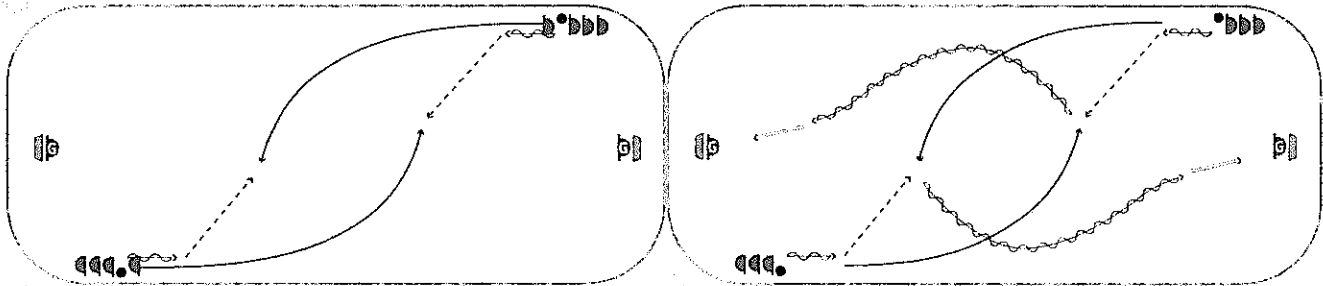
Players begin at the goal line in skating stance and work on various ABC fundamental skating skills. This segment's fundamental skating skill will be the introduction of tight turns around two cones. Add a puck for increased difficulty.

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.

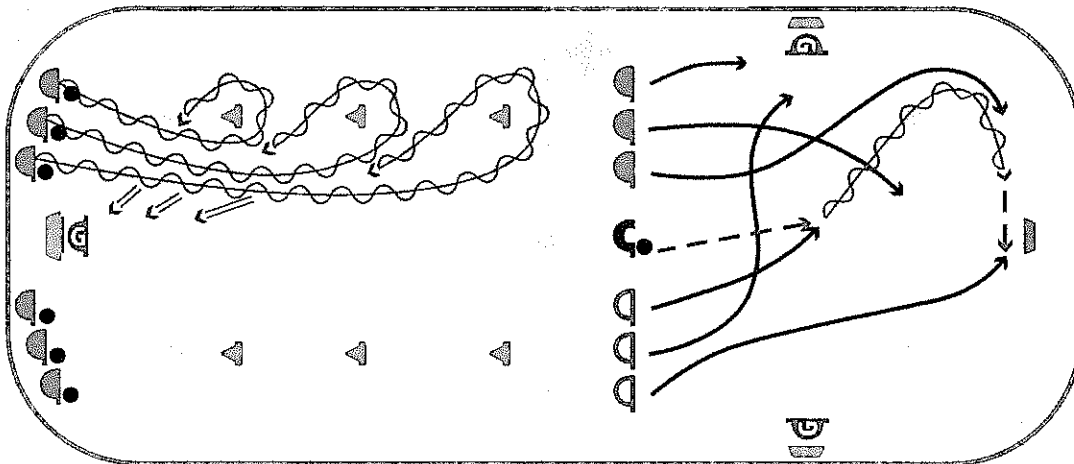
Atom: Practices 3 & 4

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



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

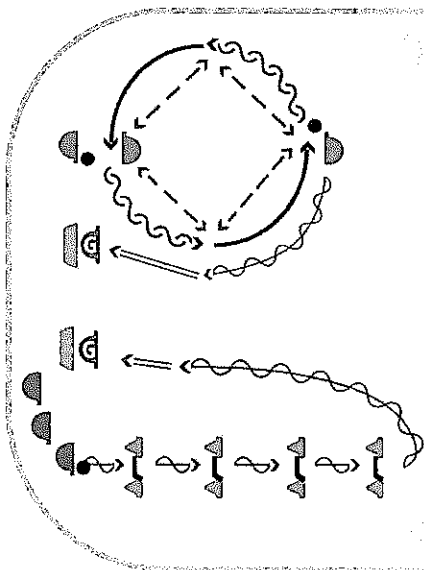
Play 3v3 for 40-second shifts going across ice in the end zone where the team that scores three goals is victorious. Add an incentive for the players to try harder such as push-ups for the losing team.

Atom: Practices 5 & 6

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

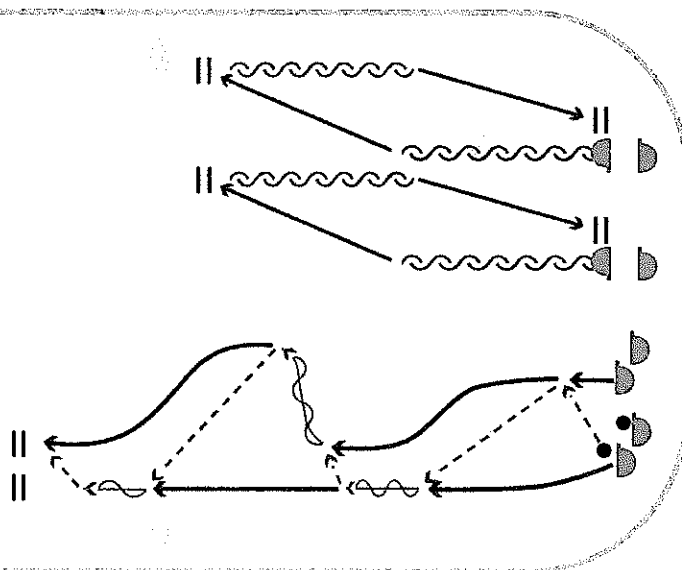
Warm-up

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

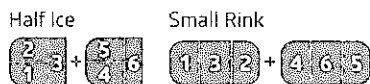


1. Four Lane Skating

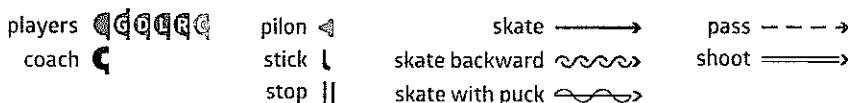
Players will skate down the full length of the ice four times working on various ABC fundamental skating skills in the straightaway. This segment's ABC fundamental skating skills will be forward and backward c-cuts, striding, transitions, and knee touches.



Alternate Layouts



Legend



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 of 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

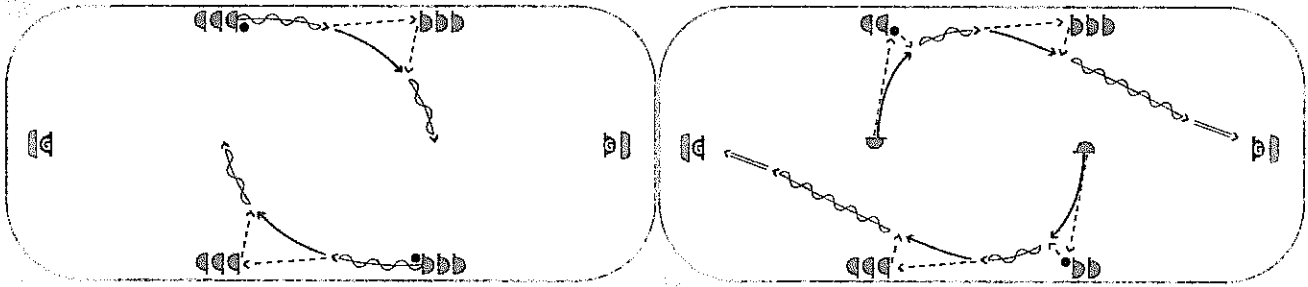
Players begin at the goal line in skating stance and work on various ABC fundamental skating skills. This segment's fundamental skating skill will be lots of time spent perfecting the Mohawk pivot.

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.

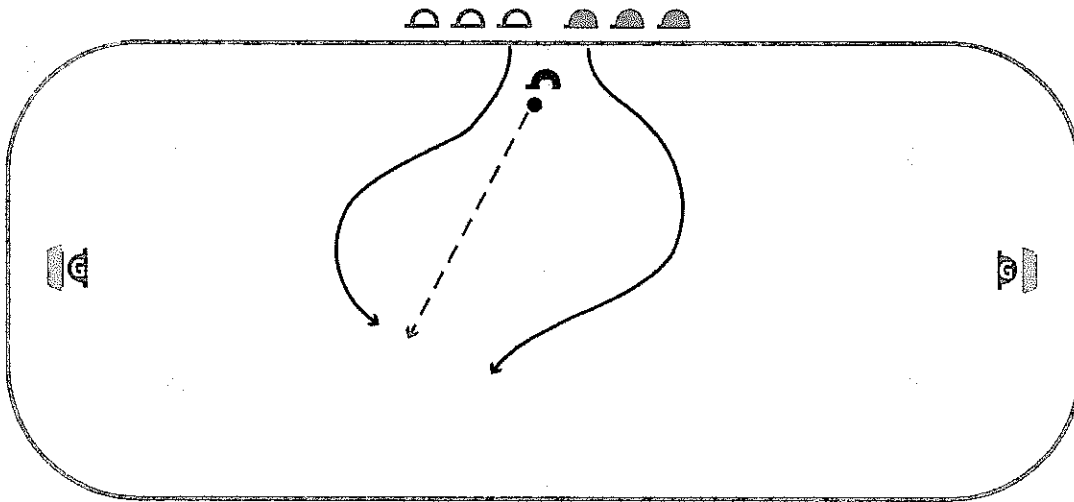
Atom: Practices 5 & 6

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



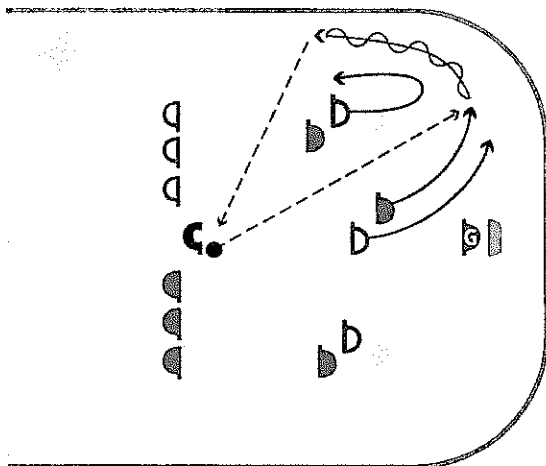
6. Around the World

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.

Atom: Practices 7 & 8

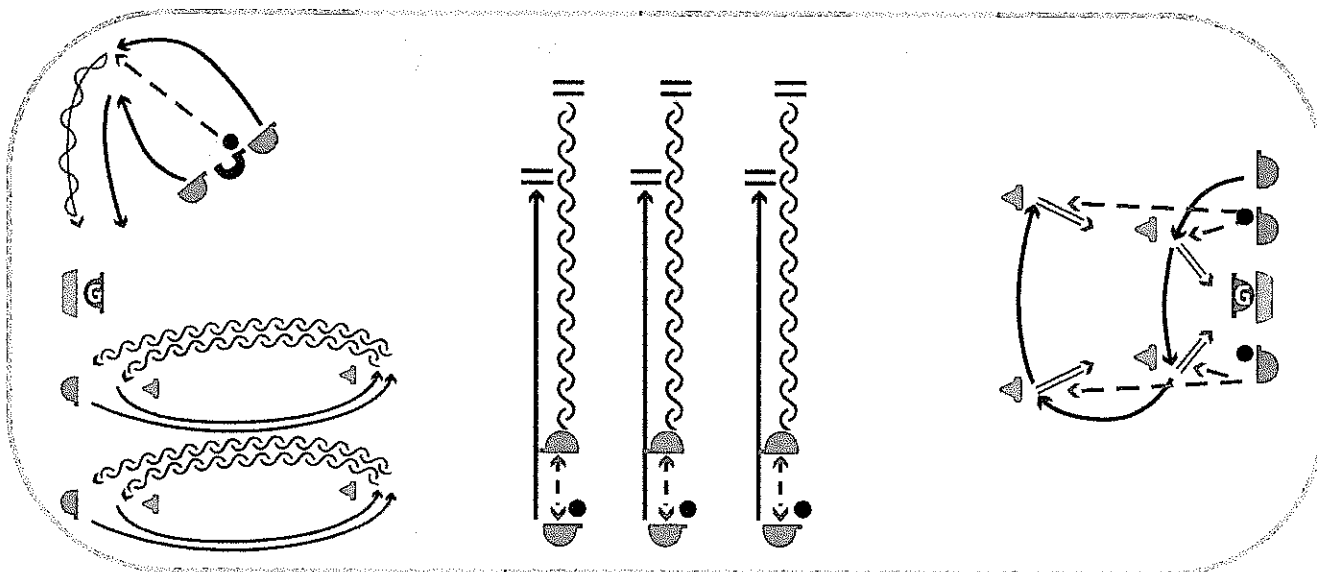
Time: 60 minutes | Theme: Mid lane net drive & full ice regroup | Equipment: Pucks & 8 cones

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.

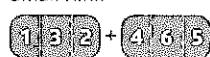


Alternate Layouts

Half Ice



Small Rink



Legend

players



coach



pylon



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

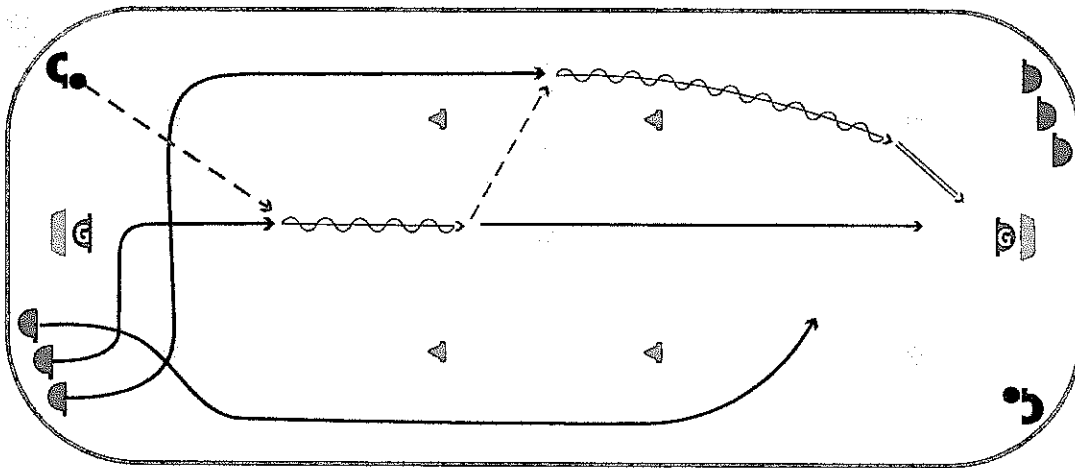
Players will pair up and pass the puck back and forth as they make their way across the width of the ice with one player skating forward and the other skating backward. This drill is all about repetitions; you can never pass the puck enough times!

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.

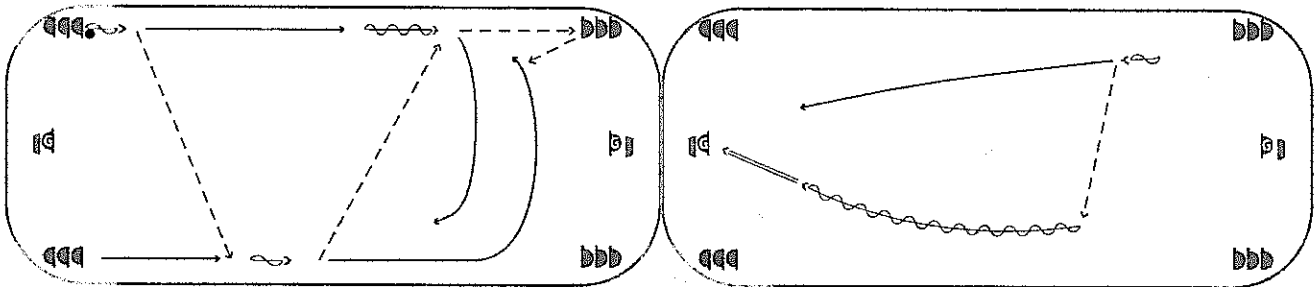
Atom: Practices 7 & 8

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



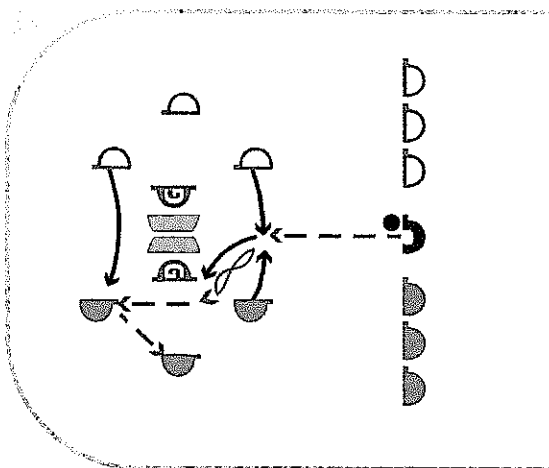
6. Middle Lane Net Drive

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 team 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.

Atom: Practices 9 & 10

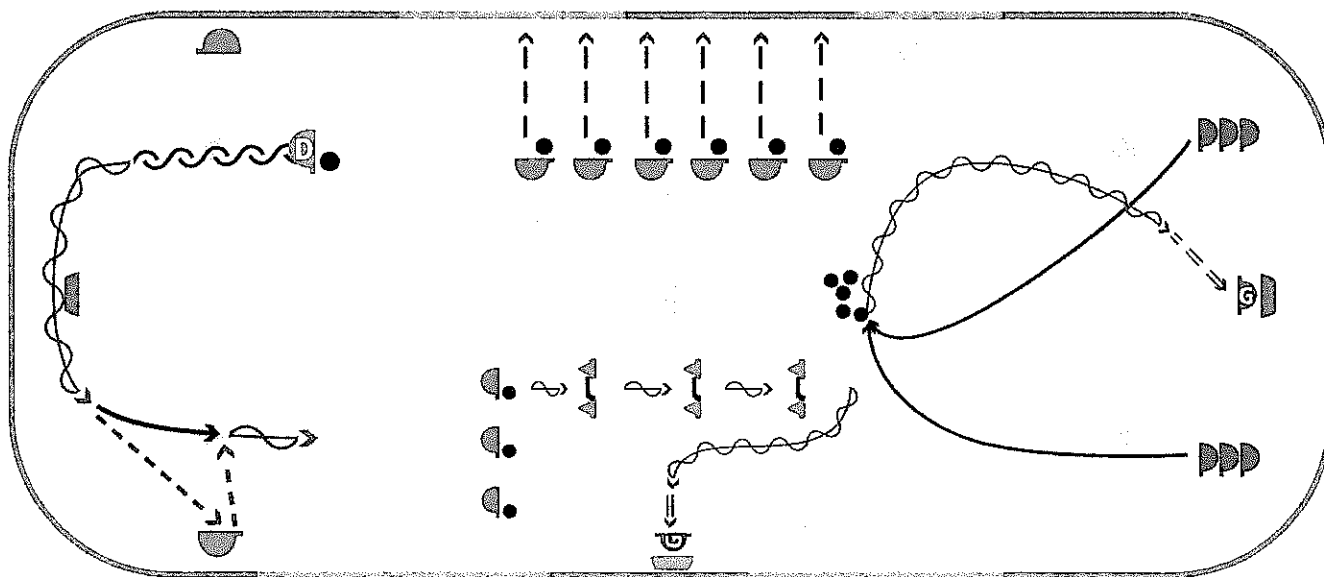
Time: 60 minutes | Theme: Breakout passes & driving to the net | Equipment: Pucks, 12 cones, & 3 nets

Warm-up

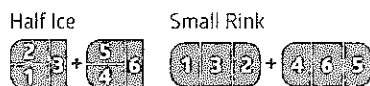
Dump all the pucks at centre ice and allow the players an opportunity for free play.

1. Four Lane Skating

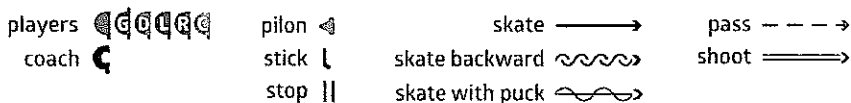
Players skate down the full length of the ice four times working on various ABC fundamental skating skills in the straightaway. This segment's ABC fundamental skating skills are backward crossover starts, backward striding, Mohawk pivots, and transitions.



Alternate Layouts



Legend



2. The First Pass

Defensemen simulate multiple breakout passes by skating around the net and hitting the open winger with a good first pass. After making the pass, the defenseman receives a return touch pass from the winger, transitions at the top of the circle and repeats the first pass on the other side of the ice.

3. Wrist Shot, Snap Shot, Backhand Shot

Players stand 10-15 feet from the boards and work on the fundamental technique of the wrist shot, snap shot, and backhand shot. Challenge players to lift their heads up and snipe a specific logo along the boards.

4. Outside-In Inside-Out

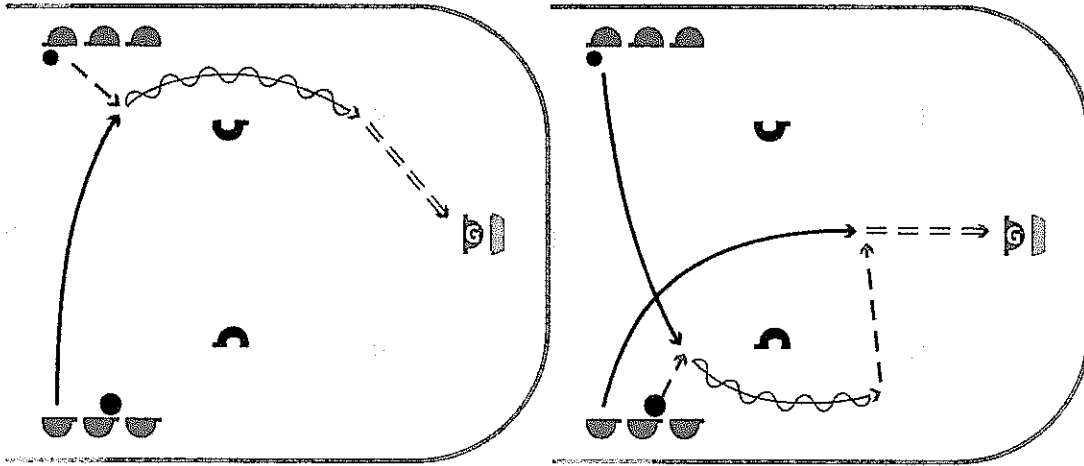
The first player skates wide up the boards, collects a puck, evades passive pressure from the coach to the outside, and finishes with a shot. The second skater skates up the middle, collects a puck by performing an inside-out turn, and returns down the same side for a shot.

5. Agility Sticks

Three sticks are placed on top of cones and players make allusive toe drags under or around the obstacles. Encourage lots of creativity and reward the players with a shot on goal after completing the course.

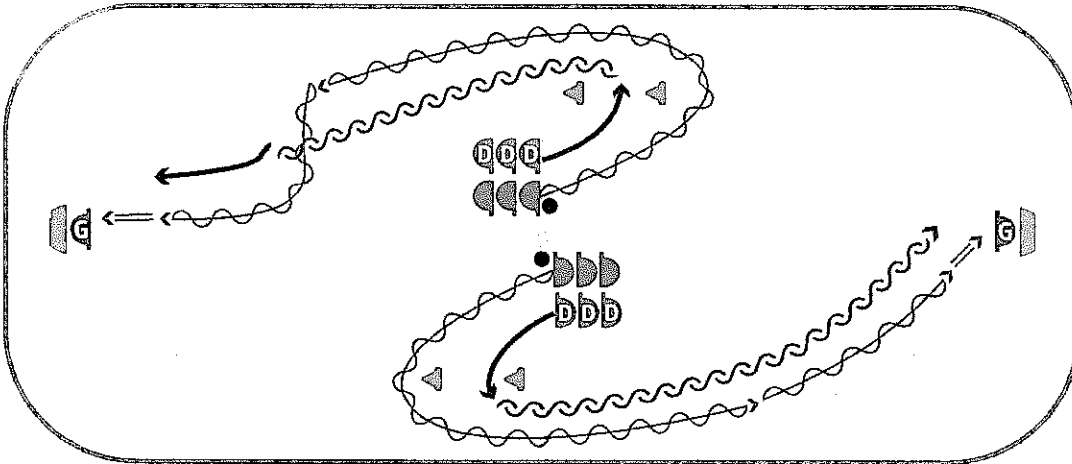
Atom: Practices 9 & 10

Time: 60 minutes | Theme: Breakout passes & driving to the net | Equipment: Pucks, 12 cones, & 3 nets



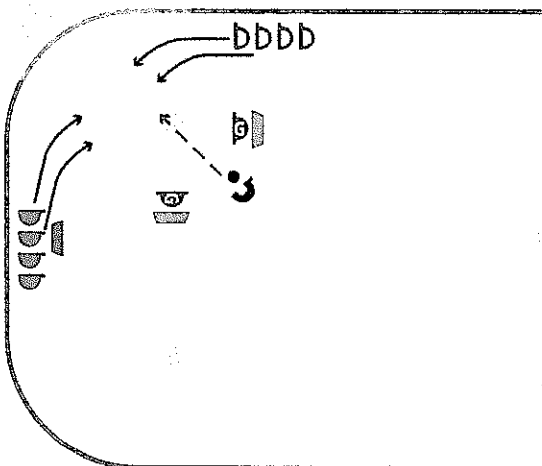
6. Net Drive Attack

Breaking across the ice, the first player receives a short pass and drives wide around the coach for a shot. After making the short pass, the second player cuts across the ice and receives a pass but has the option to hit the trailer following up in the play for a shot.



7. One-on-One Angling

The forwards leave with a puck and gain speed around the far cone to attack the defender, who transitions around the near cone attempting to match their speed. Encourage players to battle as they play out the one-on-one.



+ Corner Drill

Place two nets facing the corner at a 90-degree angle to one another along the outside of an end zone face-off circle. The coach stands in between the nets and dumps a puck in for two players from each side to battle for possession and a shot on the opponent's net. The first team to score five goals wins.

Atom: Practices 11 & 12

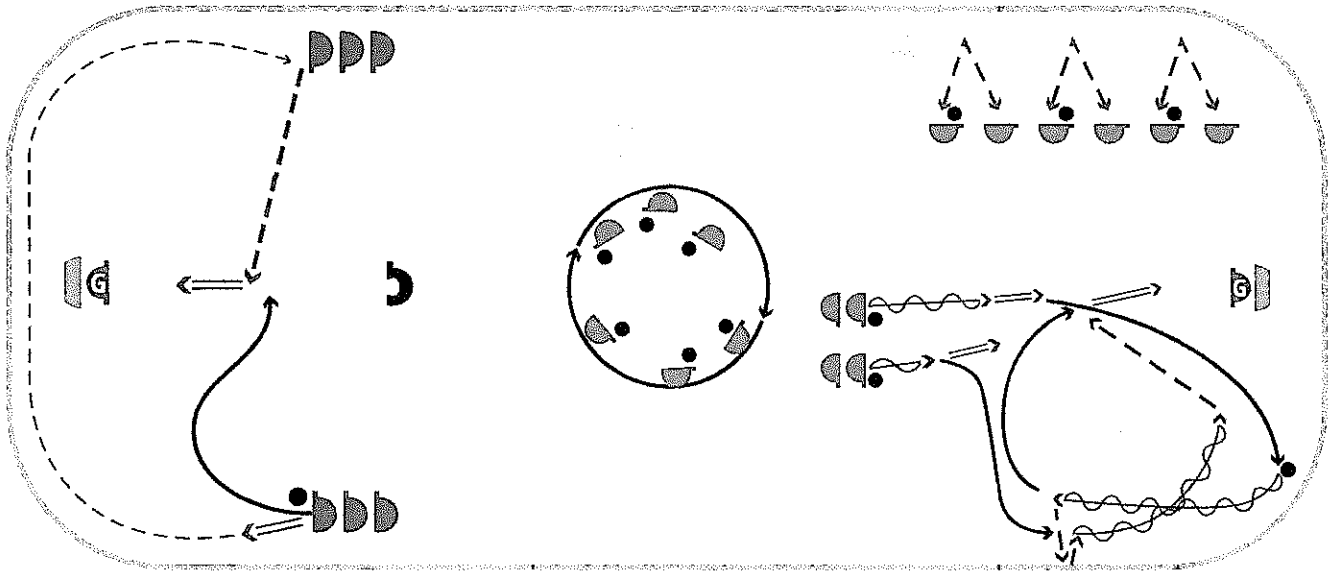
Time: 60 minutes | Theme: Bank passes or chips out of the D-zone | Equipment: Pucks & 8 cones

Warm-up

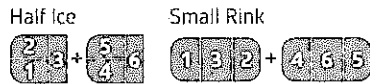
Players skate laps around the ice with a puck; a whistle signals the players to make a tight turn towards the boards and accelerate in the opposite direction with three hard strides.

1. Tight Turn Dots

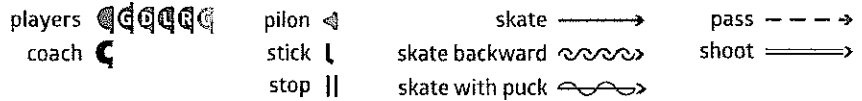
Players begin in the neutral zone in a skating stance and work on various ABC fundamental skating skills. This segment's skating skill is tight turns around all eight wide face-off dots. Add a puck for increased difficulty.



Alternate Layouts



Legend



2. Handle the Rim

Player one will rim the puck around the boards to player two, who must handle the incoming puck and make a return pass to player one in the slot for a scoring opportunity. Repeat each time from opposite sides.

3. Circle Puck Handling

Focus is put on confined area puck handling and spatial awareness. Players begin puck handling randomly inside the face-off circle. On the whistle, players leave their puck and complete a lap around the outside of the circle then return to puck handling.

4. Bank Passing

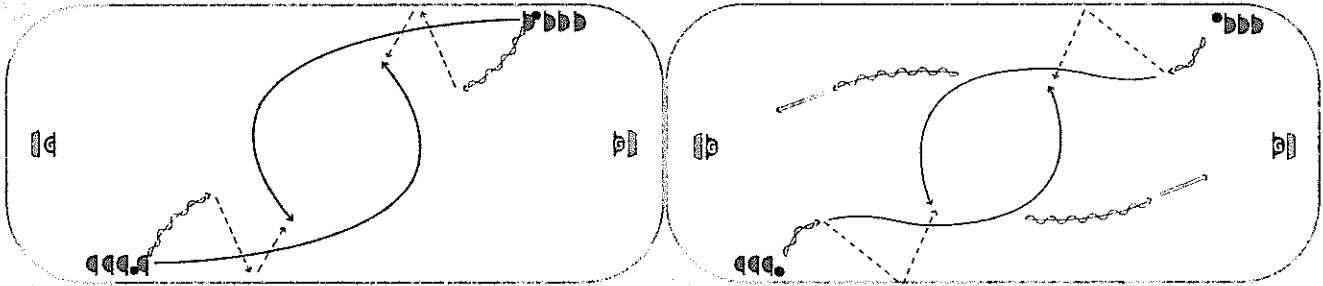
The fundamentals of the bank pass are derived from the physics Law of Reflection, which states that the angle of incidence equals the angle of reflection. Here players learn to gauge the proper angle and speed required to complete a bank pass off the boards to a desired recipient.

5. Double Shot Drop

The first skater takes a long shot on net from the high slot then retrieves a puck from the corner. The second player fires a high shot then breaks down the boards for a drop pass from the first player. Both players attack the net for a scoring opportunity.

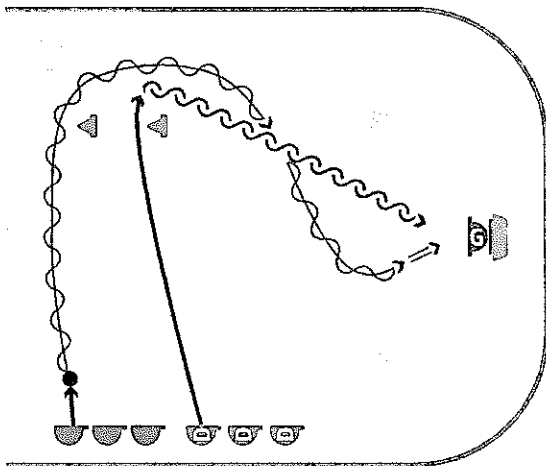
Atom: Practices 11 & 12

Time: 60 minutes | Theme: Bank passes or chips out of the D-zone | Equipment: Pucks & 8 cones



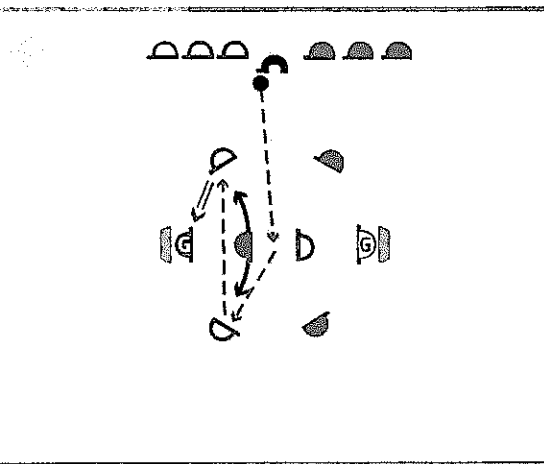
6. Russian Circle Bank

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



7. Net Drive Angling

Two players leave at the same time and skate across the ice, the first with a puck and the second without. Player one turns around the far cone and attacks the goal while player two transitions around the near cone and defends the attack.



+ Half-Circle Scoring

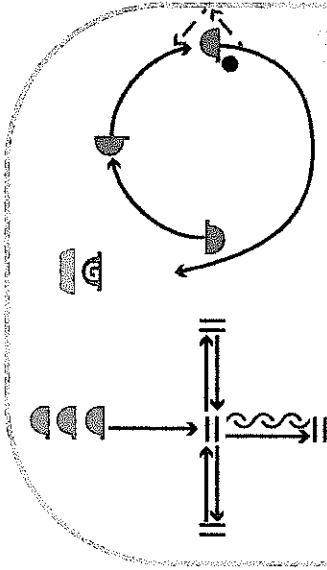
The two players inside the face-off circle are confined to their half. They must play offence and defense, depending on which team has possession. The two wide players on each team are not allowed to enter the circle but can act as passing options once their centre gains possession.

Atom: Practices 13 & 14

Time: 60 minutes | Theme: Delaying, cycling, screens, & deflections | Equipment: Pucks & 3 nets

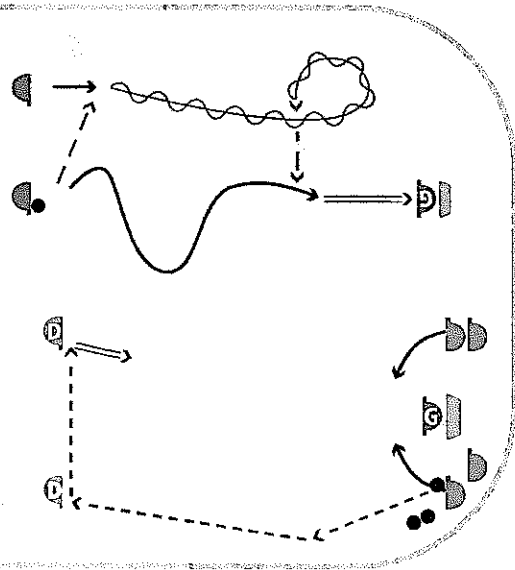
Warm-up

Three players leave the corner at a time and puck handle chaotically inside the first face-off circle. On the whistle, the first group of players advance to the next circle and a new group fills in. Each group puck handle briefly in all five circles before finishing at the far end.

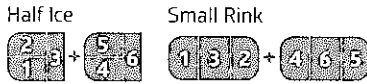


1. The Burning Stick

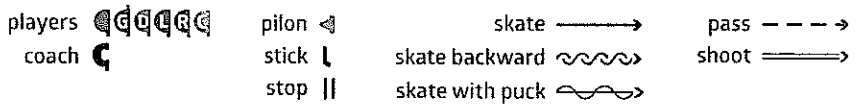
The coach stands in front of a group of players and uses his stick to command the players where to skate (forward, backward, or side-to-side) testing their agility. Once they reach the far blue line, then the next group begins.



Alternate Layouts



Legend



2. Iron Cross

Beginning at the bottom of the circle, players skate forward to the face-off dot, stop, then work their way to the outside edge of the circle but always returning to the middle dot on the right, centre, and left side. Have the players side-step, crossover-step, or karaoke when moving laterally to each side.

3. Corner Cycle

Three players work together to cycle the puck down the boards by making drop bank passes. When the third player collects the cycled puck, they round the circle for a shot on net with the two other players in front to clean up the rebound.

4. Delay One-Timer

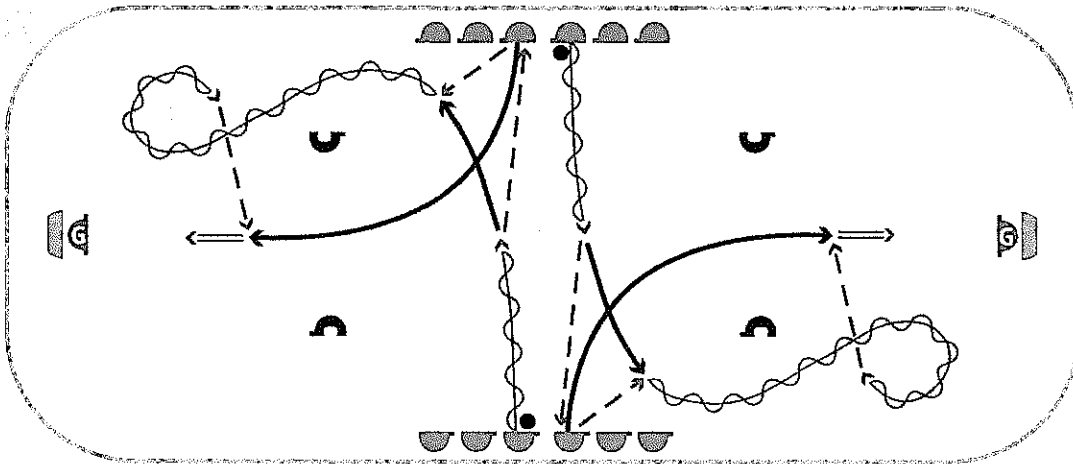
The drill begins with a pass from the inside player to the wide skater. The wide player skates into the zone and make a strategic delay by turning towards the boards. Timing their route, the inside player makes his way into the slot for a pass and one-timer.

5. Point Shot Screen & Deflection

After banking a pass off the boards to the defensemen at the point, two forwards swarm the front of the net screening the goalie and potentially deflecting the incoming point shot. Defensemen should get their heads up and shoot for a stick or an open lane.

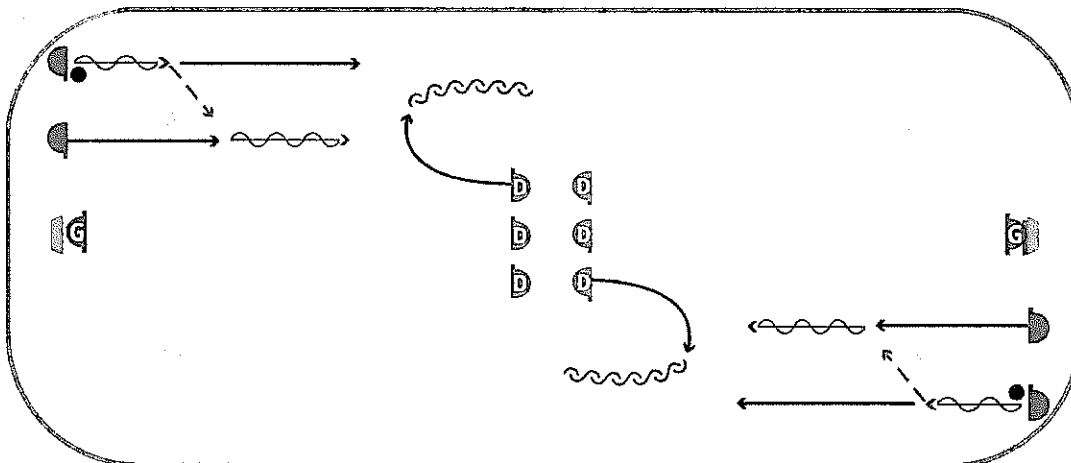
Atom: Practices 13 & 14

Time 60 minutes | Theme: Delaying, cycling, screens, & deflections | Equipment: Pucks & 3 nets



6. Net Drive Delay

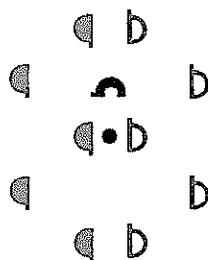
Breaking across the ice, the first player receives a short pass, drives wide around the coach and executes a delay maneuver. After making the short pass, the second player times his route into the zone and receives a pass from the first player for a shot.



6. Full Ice Two-on-One

Two forwards leave the corner with a puck and attack the far net. A defenseman will step out from the circle ice, gap up, and defend the two-on-one rush.

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+ Controlled Scrimmage

Players play a full-ice five-on-five scrimmage with the coach watching attentively for any breakdowns to occur. This is an excellent opportunity for coaches to offer team concept advice, which will benefit all the skaters.

Atom: Practices 15 & 16

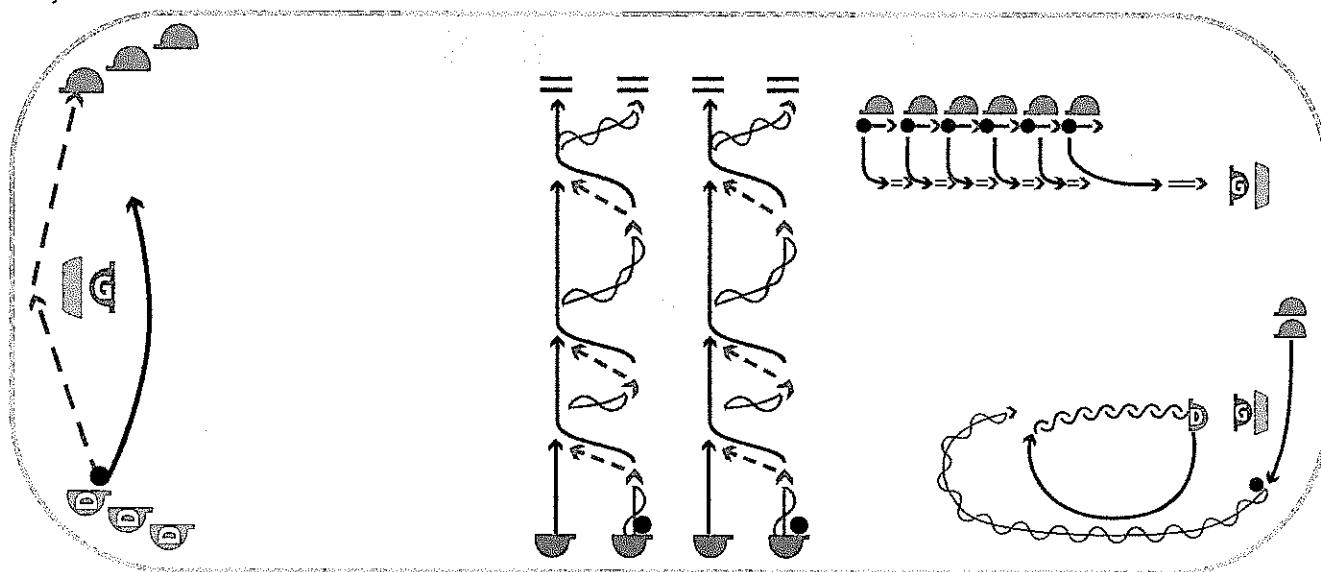
Time: 60 minutes | Theme: Follow your pass & wide lane net drive | Equipment: Pucks, 4 cones & a smile

Warm-up

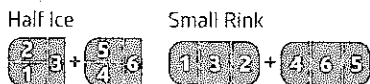
Players are split into all five circles and skate randomly with pucks working on creative fakes and deceptions. On the whistle, players attempt to knock the puck off their nearest teammate's stick while maintaining control of their own puck. If a player loses their puck, they are out.

1. Circle Skating

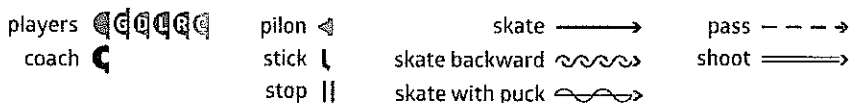
Players begin in the neutral zone in a skating stance and work on various ABC fundamental skating skills. This segment's fundamental skating skills are forward, backward, and alarm clock crossovers around all five circles.



Alternate Layouts



Legend



2. Down Low One-on-One

Players are aligned in both corners, and the drill begins with a bank pass behind the net from one side to the other. The recipient of the pass attacks the net and attempts to score while the passer closes in on the puck carrier and defends the net.

3. Cross-Ice Passing - Follow your Pass

Players pair up and pass the puck back and forth as they make their way across the width of the ice exchanging lanes with the passer cutting in behind the receiver. This drill is all about repetitions; you can never pass the puck enough times!

4. Toe Drags to Shot

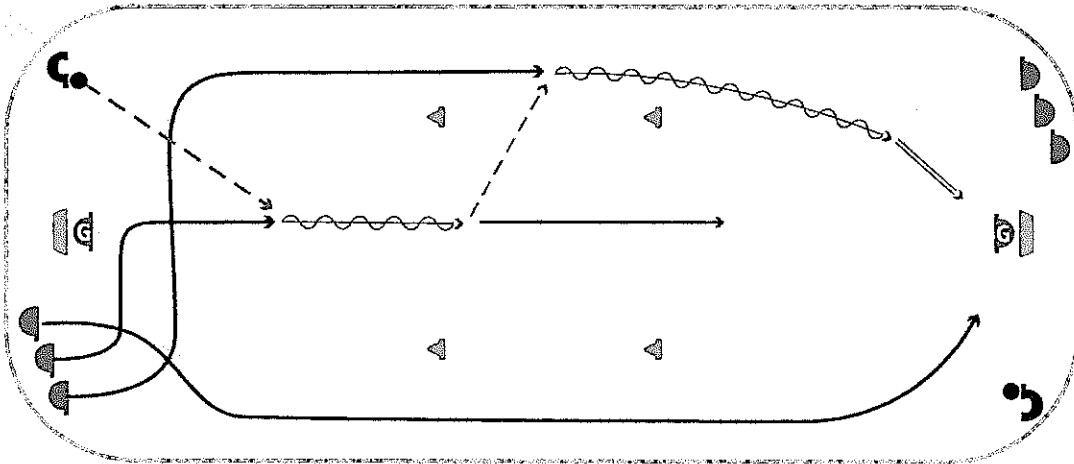
Players follow the coach demonstration on how to properly execute a toe drag. With their own puck, the players continue to cement this new skill into their repertoire. One by one, players finish with a shot on goal starting with the closest player to the net.

5. Corner Contain

The defensemen start in front of the net while the forward skates behind the net to the corner and retrieves a puck. The forward attempts to attack the front of the net while the defensemen must work on containing the forward to the outside and eliminating their scoring chance.

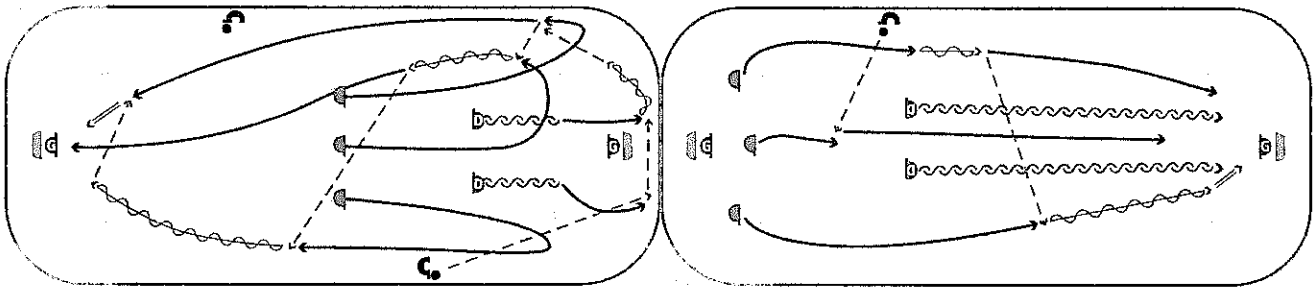
Atom: Practices 15 & 16

Time: 60 minutes | Theme: Follow your pass & wide lane net drive | Equipment: Pucks, 4 cones & a smile



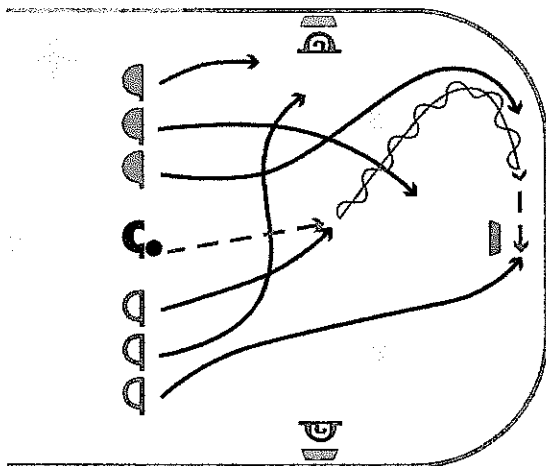
6. Wide Lane Net Drive

Players 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 delay, and wide lane net drive from the non-puck carrying winger. Practice all three options: shot, pass to net drive player, and pass to delay player.



7. Three-on-Two

Two defensemen breakout a line of forwards that complete a full ice three-on-zero line rush attack. The defense pair follow-up the ice for a point shot with a screen or deflection. Coach then spots a puck for a final three-on-one full ice attack against the original defenseman.



+ 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.

Atom: Practices 17 & 18

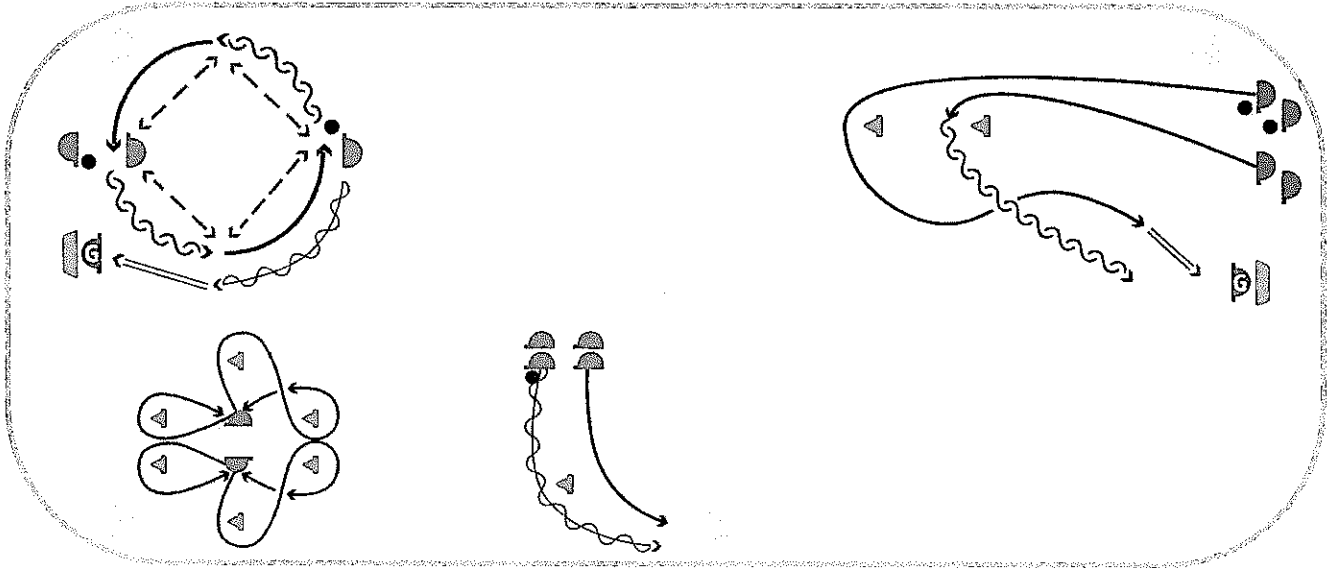
Time: 60 minutes | Theme: D-zone coverage & tight turns | Equipment: Pucks & 9 cones

Warm-up

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

1. Tight Turn Dots

Players begin in the neutral zone in a skating stance and work on various ABC fundamental skating skills. This segment's skating skill is tight turns around all eight wide face-off dots. Add a puck for increased difficulty.

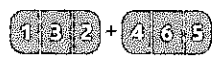


Alternate Layouts

Half Ice



Small Rink



Legend

players
coach

pilon
stick
stop

skate
skate backward
skate with puck

pass
shoot

2. Pylon Agility Mirror

Place six cones as shown in the circle and appoint one player as the leader while the other player mimics the same pattern skated by the leader. The players must always face each other. Add pucks as a progression for increased difficulty.

3. Face the Passer

Players must receive and make a return pass while always facing the passer on one-half of the circle. This requires them to make multiple transitions and pivots 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. Closing the Gap

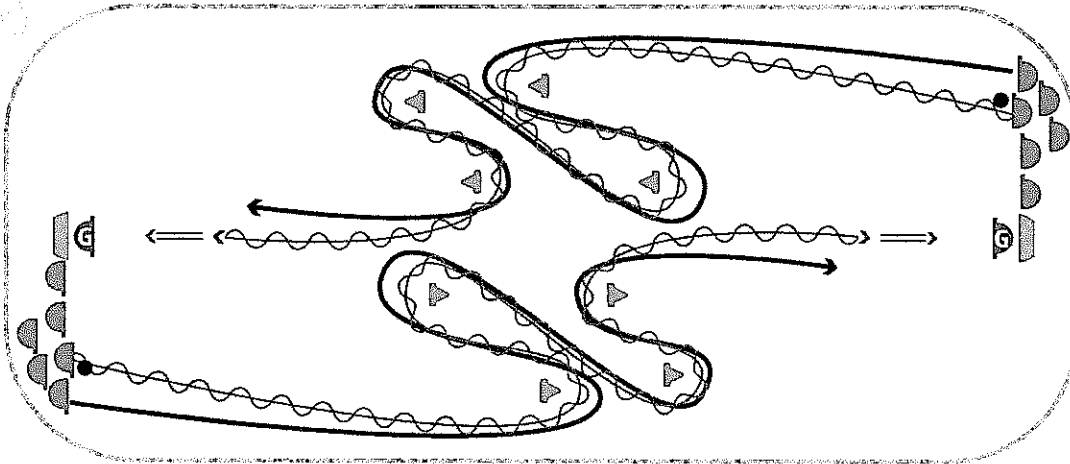
Two players leave the corner at the same time; only the outside player has a puck. The puck-carrying player rounds the far cone and returns to attack the goal while the non-puck carrier pivots around the near cone and defends.

5. Angling Drill

The inside player works on their angling and positioning skills by first keeping the puck carrier to the outside and then creating puck separation by the red line. This is an invaluable skill that can be used anywhere on the ice.

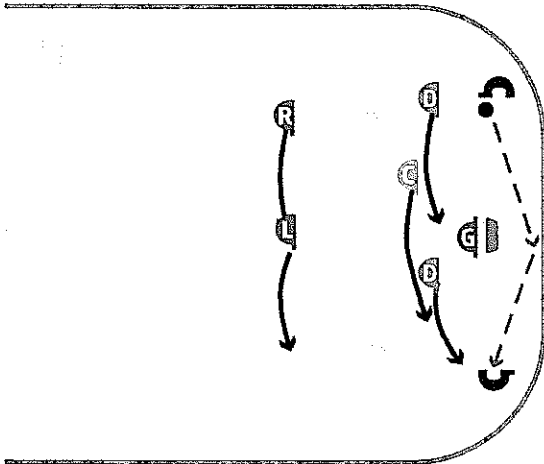
Atom: Practices 17 & 18

Time: 60 minutes | Theme: D-zone coverage & tight turns | Equipment: Pucks & 9 cones



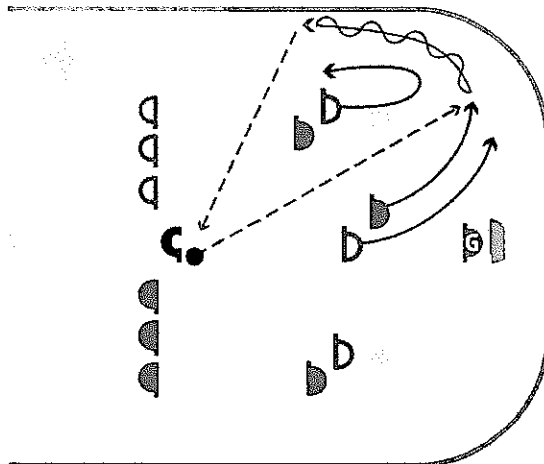
6. Tight Turn Chase

Two players leave at the same time, the first player carrying a puck and the second player beginning on one knee. The second skater tries to chase down the puck carrier as they race around the cones and down the ice. Whoever has possession of the puck at the end finishes with a shot.



7. D-Zone Coverage

Players take their position in the box +1 D-zone coverage formation. Coaches work the puck around the outside and teach players how to shift so that they maintain their defensive structure.



+ Coach Pass

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

Atom: Practices 19 & 20

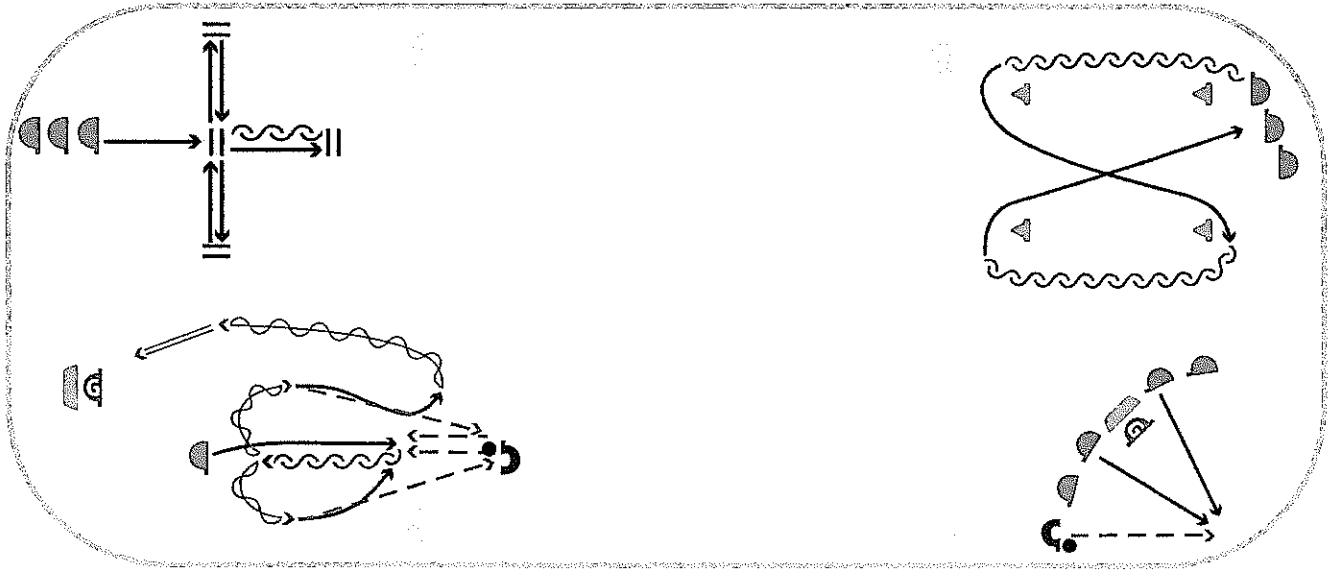
Time: 60 minutes | Theme: Forechecking & Angling | Equipment: Pucks & 4 cones

Warm-up

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

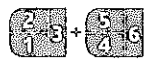
1. Wave Skating

Players begin at the goal line in skating stance and work on various ABC fundamental skating skills. This segment's fundamental skating skills are forward and backward striding with changes of pace from 50 to 75 to 100% speed.

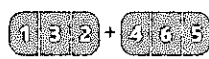


Alternate Layouts

Half Ice



Small Rink



Legend

players
coach

pilon
stick
stop

skate
skate backward
skate with puck

pass
shoot

2. D-Man Mobility

Players must transition from forward to backward in front of the coach, accept a pass while back-pedaling, transition from backward to forward, and complete a return pass to the coach. After repeating the same sequence with a transition to the other side, the player finishes with a shot on net.

3. Iron Cross

Beginning at the bottom of the circle, players skate forward to the face-off dot, stop, then work their way to the outside edge of the circle but always returning to the middle dot on the right, centre, and left side. Have the players side-step, crossover-step, or karaoke when moving laterally to each side.

4. Comeback Pylon Drill

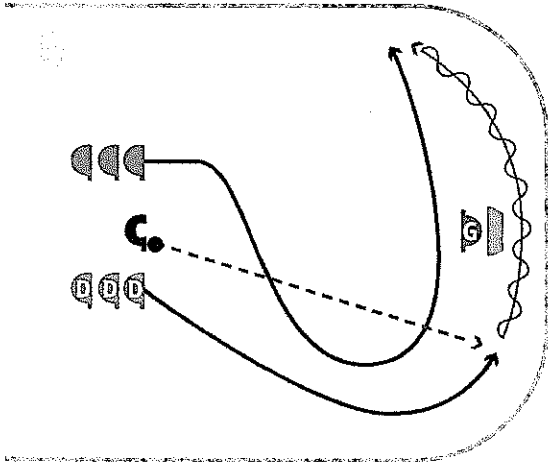
Players begin in the corner skating backward and work their way diagonally through the course transitioning from forward to backward. Challenge your player's footwork and add a puck for increased difficulty.

5. Net Facing Corner

With the net facing the corner and players on either side, the coach places a puck in the middle and opposing players from each side battle one-on-one to try and score on the goalie.

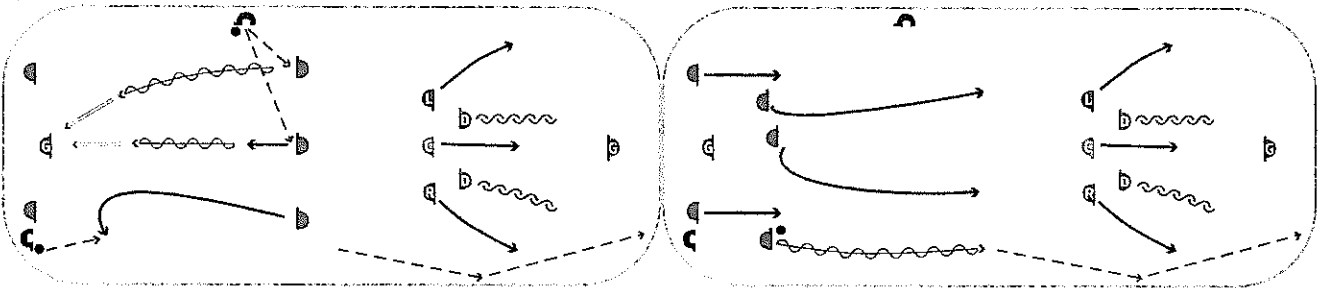
Atom: Practices 19 & 20

Time: 60 minutes | Theme: Forechecking & Angling | Equipment: Pucks & 4 cones



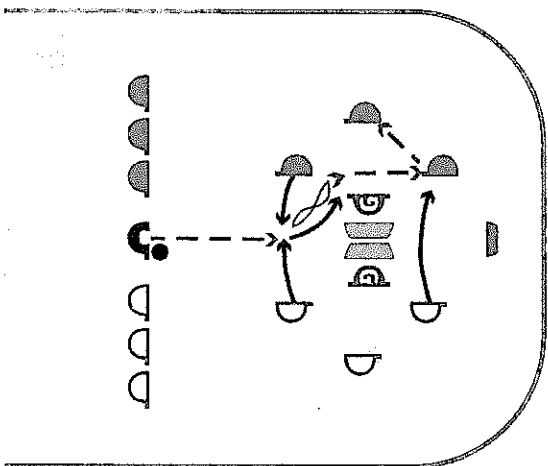
6. Forecheck Angle

Coach dumps a puck into the zone where the first player must skate the puck behind the net and attempt to carry the puck out of the zone. The second player must try to angle the puck carrier and steal the puck to gain a scoring opportunity.



7. Two-One-Two Forecheck

Two shots at the far end followed by a dump in by the third forward will create a forecheck scenario. The three attacking forwards execute a two-one-two forecheck against a full line of players who try to break the puck out.



+ 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 team 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.

Atom: Practices 21 & 22

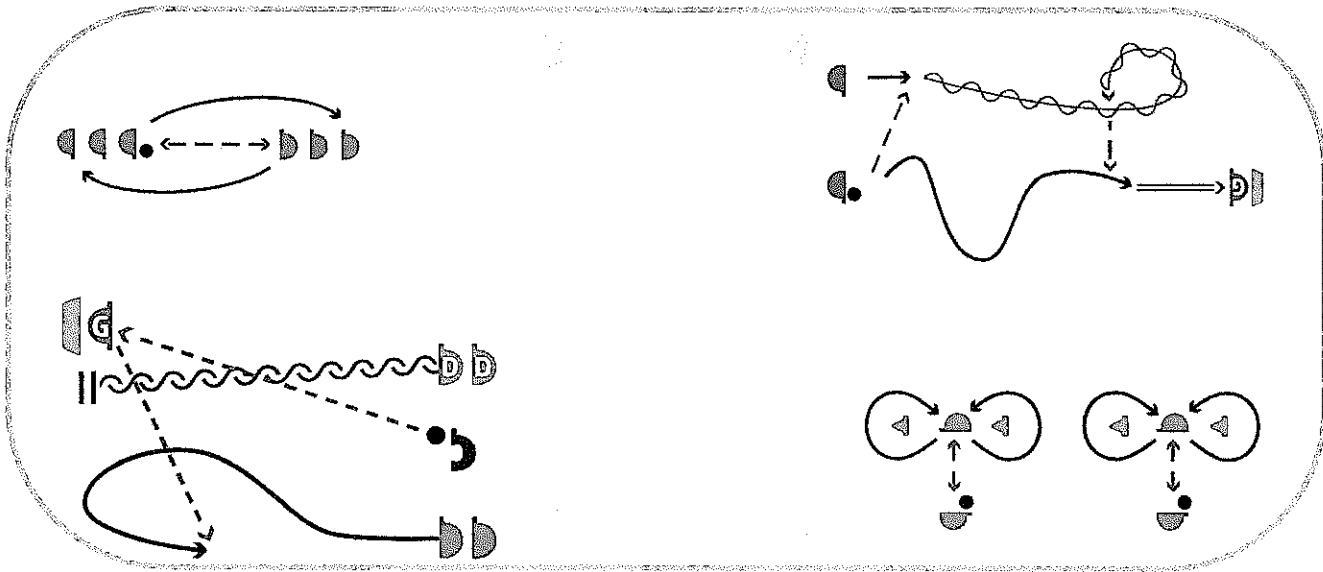
Time: 60 minutes | Theme: Goalies playing the puck & one-t's | Equipment: Pucks & 4 cones

Warm-up

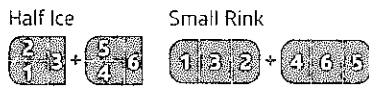
Players skate laps around the ice with a puck, a whistle signals the players to make a tight turn towards the boards and accelerate in the opposite direction with three hard strides.

1. The Burning Stick

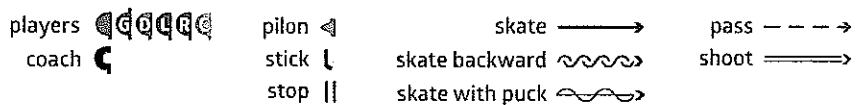
The coach stands in front of a group of players and uses his stick to command the players where to skate (forward, backward, or side-to-side) testing their agility. Once they reach the far blue line, then the next group begins.



Alternate Layouts



Legend



2. Goalie Outlet Pass

The coach dumps the puck on the net and the goalie has to make an outlet pass to the forward who swings low along the boards. Meanwhile, a defenseman must back-pedal, touch the goal line, and defend against the forward, who regroups and attacks the net.

3. Quick Sprint Passing

Forming two lines that face each other roughly 10-15 feet apart, players complete a pass to their opposing teammate and sprint to the back of the far line. Players attempt forehand one touch passes and backhand passes.

4. Delay One-Timer

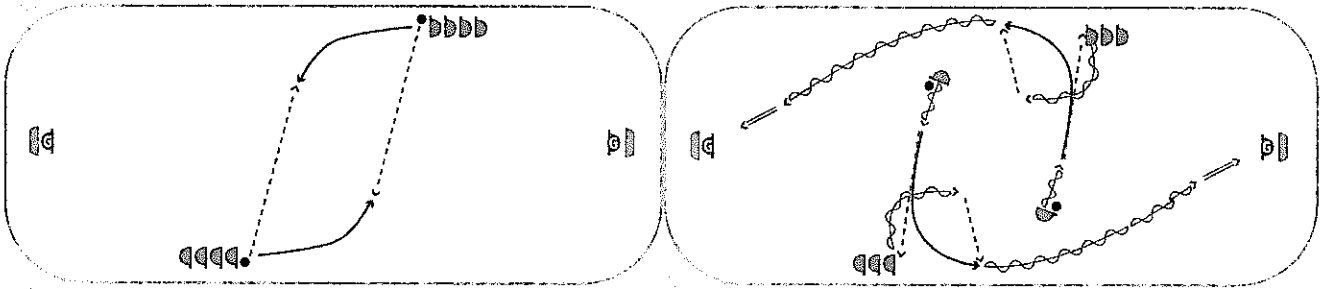
The drill begins with a pass from the inside player to the wide skater. The wide player skates into the zone and makes a strategic delay by turning towards the boards. Timing their route, the inside player makes his way into the slot for a pass and one-timer.

5. Figure Eight Passing

A player completes figure eights by transitioning around the cones and completing one-touch passes in the middle. They complete five more full laps then change roles with the stationary passer.

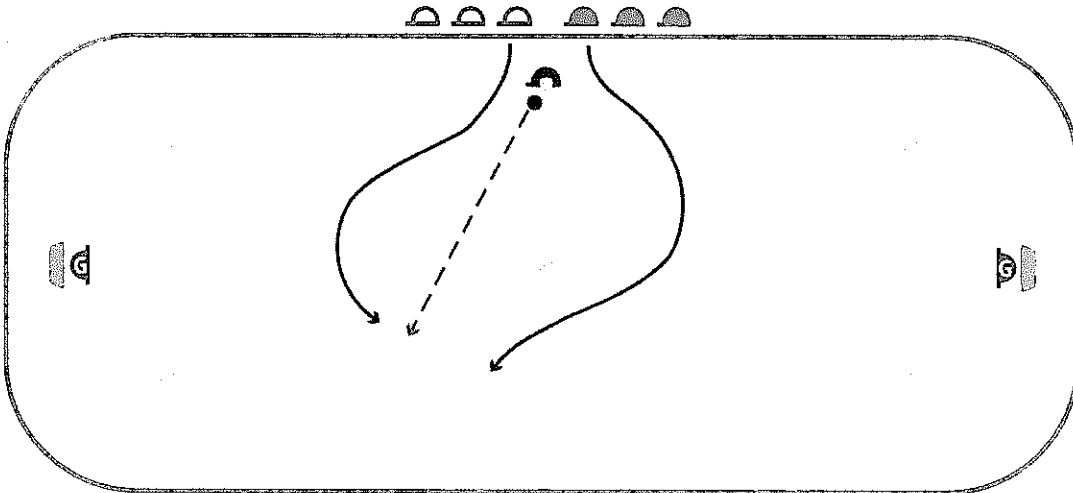
Atom: Practices 21 & 22

Time: 60 minutes | Theme: Goalies playing the puck & one-t's | Equipment: Pucks & 4 cones



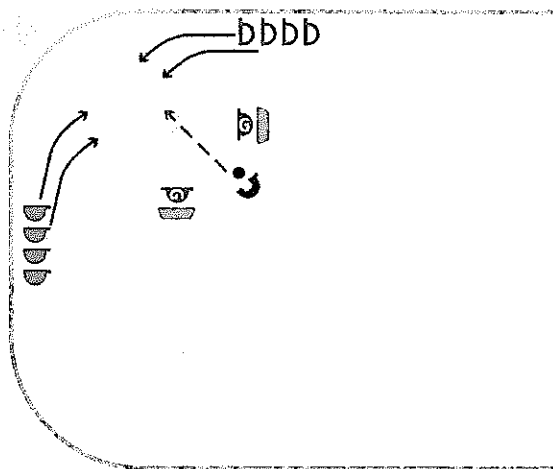
6. Reverse Russian

Players leave at the same time swinging low and wide around the centre ice circle where they receive and return a pass with the next player in the opposite line. The player in line steps out from the boards and hits the swinging player with a pass for a final shot on net. The passer now becomes the swinging player.



7. Stampede Angle

Players are split into two teams and separated onto opposite benches. The coach says a number (one-four) indicating the number of players from each bench that exit the middle gate. A puck is 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.



+ Corner Drill

Place two nets facing the corner at a 90-degree angle to one another along the outside of an end zone face-off circle. The Coach stands in between the nets and dumps a puck in for two players from each side to battle for possession and a shot on the opposing team's net. The first team to score five goals wins.

Atom: Practices 23 & 24

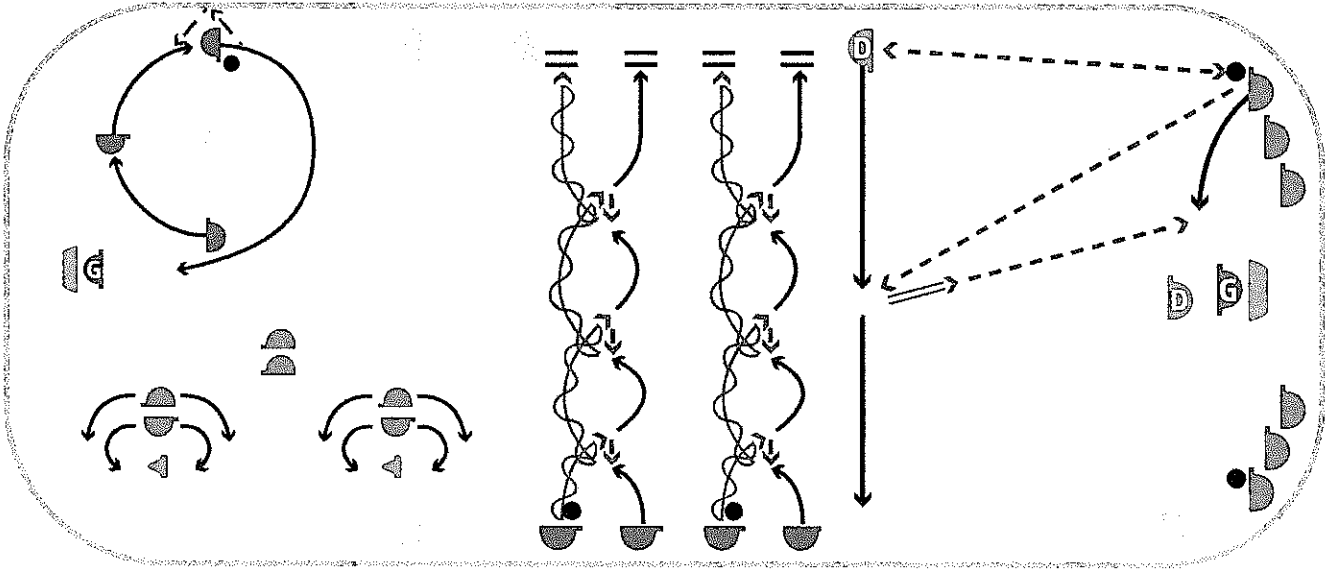
Time: 60 minutes | Theme: Body position & slap passes | Equipment: Pucks & 4 cones

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.

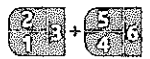
1. Lateral Turn Dots

Players begin in the neutral zone in a skating stance and work on various ABC fundamental skating skills. This segment's skating skills are lateral turns around all eight face-off dots. Add a puck for increased difficulty.

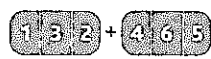


Alternate Layouts

Half Ice



Small Rink



Legend

players
coach

pilon
stick
stop

skate
skate backward
skate with puck

pass
shoot

2. Own the Cone

Have the players discard their sticks and designate one player as the owner of the cone. They use their body to shield the attacking player from touching the cone with their hand. Rotate roles so both players get an opportunity to Own the Cone!

3. Corner Cycle

Three players work together to cycle the puck down the boards by making drop bank passes. When the third player collects the cycled puck, they round the circle for a shot on net with the two other players in front to clean up the rebound.

4. Cross-Ice Passing - Cross 'n' Drop

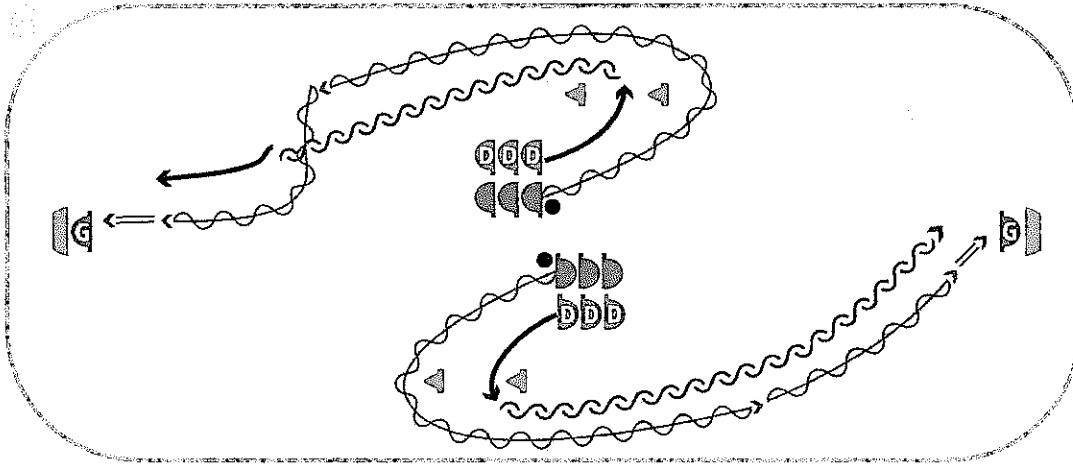
Players pair up and pass the puck back and forth as they make their way across the width of the ice with the puck carrier cutting in front of their teammate and backhand dropping the puck. This drill is all about repetitions; you can never pass the puck enough times!

5. Slap Pass Net-Front Battle

The forward in the corner completes a give 'n' go pass with the point defenseman, who starts along the boards and works their way to the middle of the ice. The point defenseman now attempts a hard shot pass for a deflection by the same forward, who must evade pressure from the net-front defenseman.

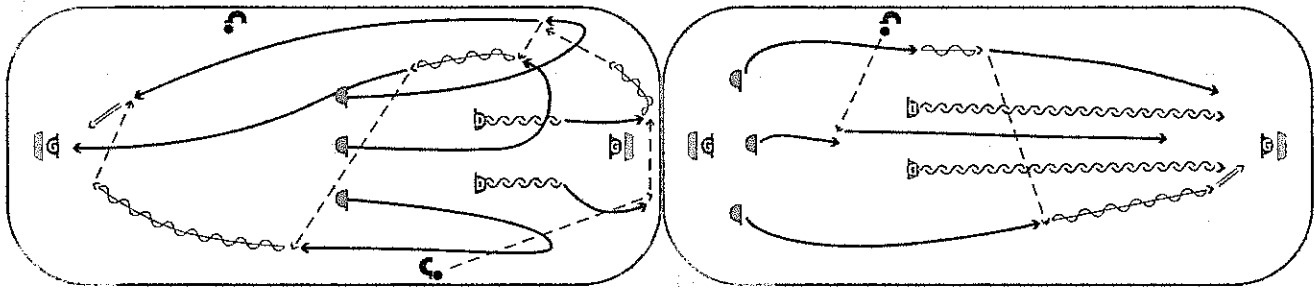
Atom: Practices 23 & 24

Time: 60 minutes | Theme: Body position & slap passes | Equipment: Pucks & 8 cones



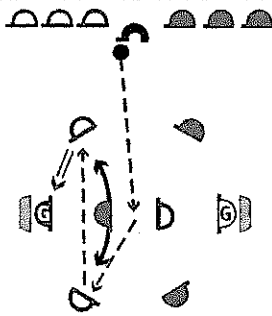
6. One-on-One Angling

The forwards leave with a puck and gain speed around the far cone to attack the defender, who transitions around the near cone attempting to match their speed. Encourage the players to battle as they play out the one-on-one.



7. Three-on-Two

Two defensemen break out a line of forwards that complete a full ice three-on-zero line rush attack. The pair follow-up the ice for a point shot with a screen or deflection. The coach then spots a puck for a final three-on-two full ice attack against the original defensemen.



+ Half-Circle Scoring

The two players inside the face-off circle are confined to their half. They must play offence and defence, depending on which team has possession. The two wide players on each team are not allowed to enter the circle but can act as passing options once their centre gains the puck.

Atom: Practices 25 & 26

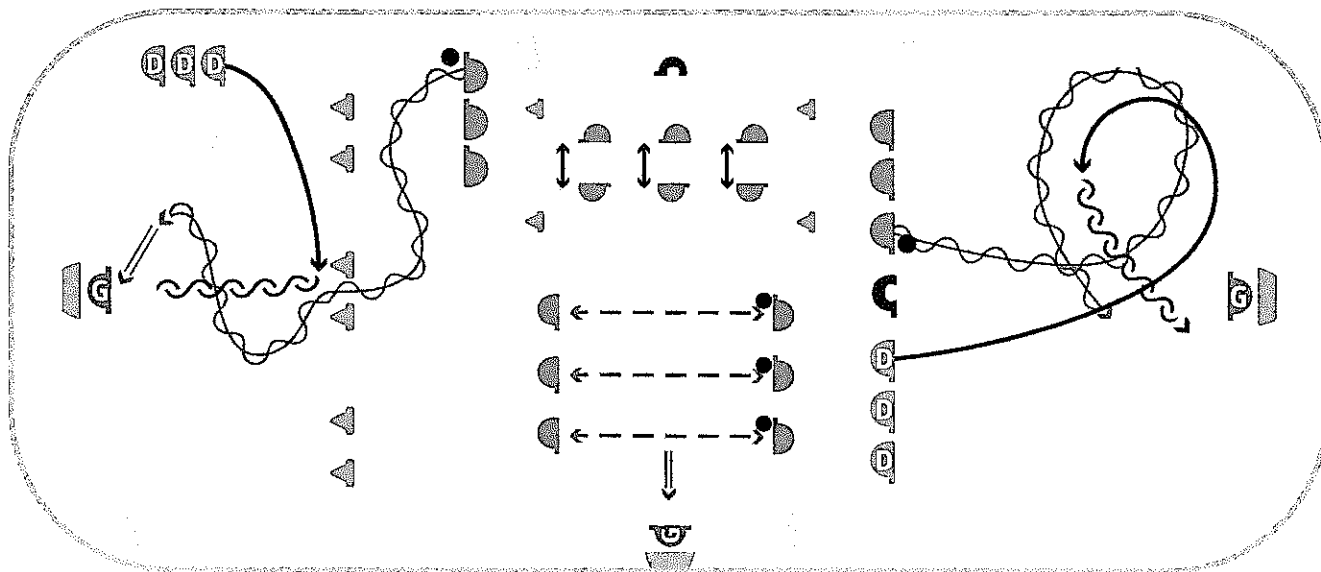
Time: 60 minutes | Theme: Containment & back-checking | Equipment: Pucks & 10 cones, 3 nets

Warm-up

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

1. Circle Skating

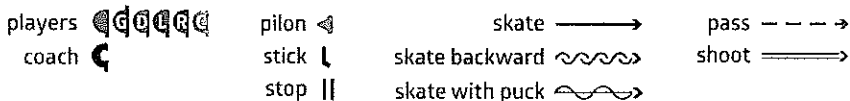
Players begin in the neutral zone in a skating stance and work on various ABC fundamental skating skills. This segment's fundamental skating skill will be forward, backward, and alarm clock crossovers around all five circles.



Alternate Layouts



Legend



2. Containment

Three pylon gates are placed horizontally across the ice, one of which the attacking forward must travel through. The defenseman must shadow the forward across the ice and attempt to block their entry through each gate. Once entry is gained, the two players battle one-on-one.

3. Bull in the Ring

Have the players discard their sticks and set up a ring with cones or use a face-off circle. Each player must use their legs to drive the other players out of the ring. Once a player is pushed out they are eliminated, last player standing wins!

4. Mirror One-on-One

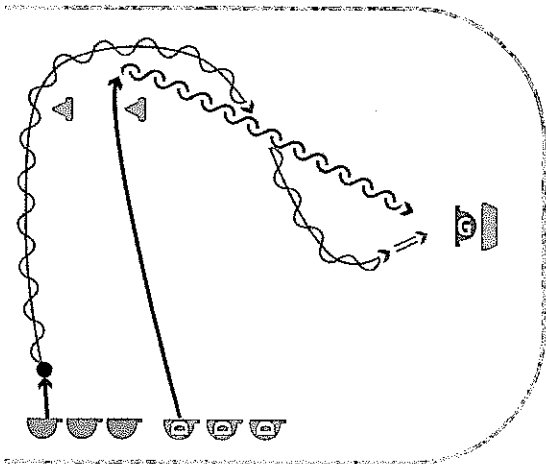
The forward carries the puck in a figure eight around both circles, and the defenseman must trail the forward mirroring their movement. As both players round the top of the second circle they will battle one-on-one, the forward attacking the net while the defenseman defends.

5. Sick Sauce

Players stand 8-10 feet apart and attempt saucer passes to each other by fluidly raising the puck several inches off the ice and landing it flat before reaching their teammate's stick. On the whistle, players skate in for a shot starting with the pair closest to the net.

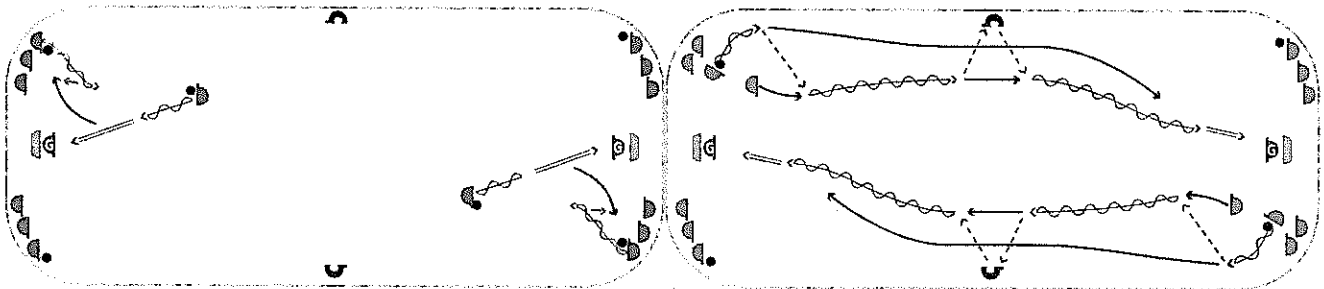
Atom: Practices 25 & 26

Time: 60 minutes | Theme: Containment & back-checking | Equipment: Pucks & 10 cones, 3 nets



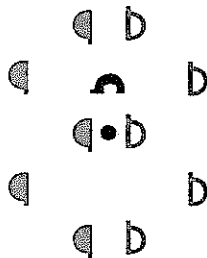
6. Net Drive Angling

Two players leave at the same time and skate across the ice, the first with a puck and the second without. Player one turns around the far cone and attacks the goal while player two transitions around the near cone and defends the attack.



7. Give 'n' Go Back-check

A player rounds the bottom of the circle and receives a drop pass from the next player in line. A return pass up ice is made to the drop passer and the race begins. The lead player must complete a give 'n' go with the coach at centre ice and try to score while the other player chases them down from behind. After racing down for a shot, the same player must round the circle, make a pass, and back-check the full length of the ice.



+ Controlled Scrimmage

Players play a full-ice five-on-five scrimmage with the coach watching attentively for any breakdowns to occur. This is an excellent opportunity for coaches to offer team concept advice, which will benefit all the skaters.

Atom: Practices 27 & 28

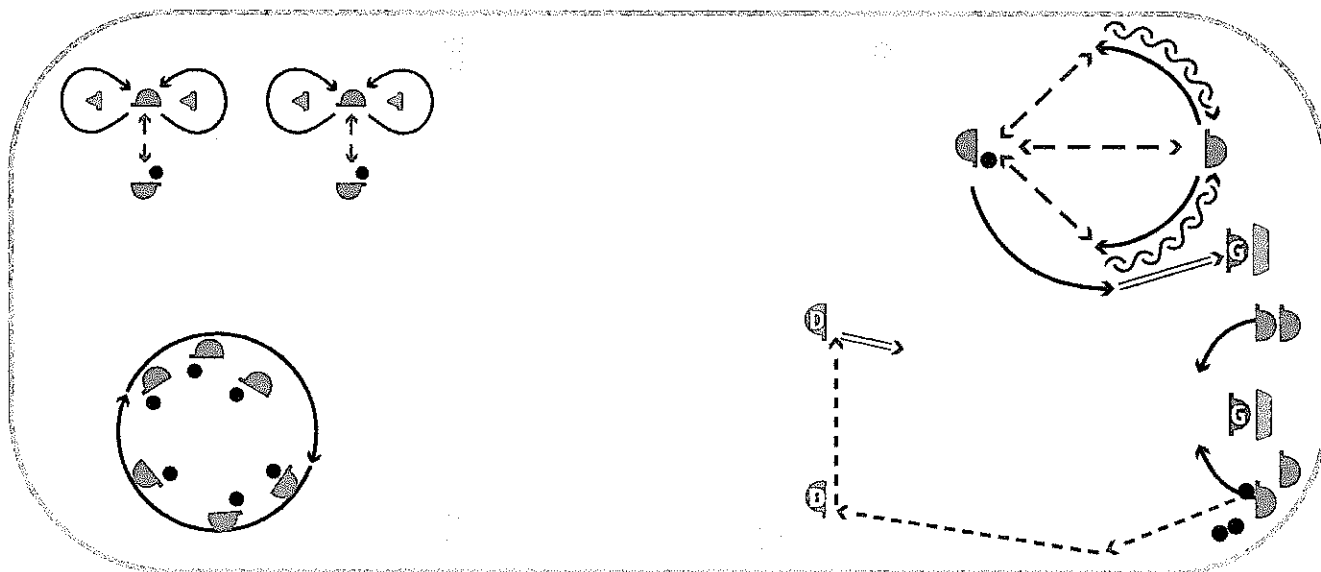
Time: 60 minutes | Theme: Neutral Zone Regroup Options | Equipment: Pucks & 4 cones

Warm-up

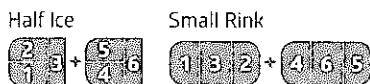
Players skate laps around the ice with a puck; a whistle signals the players to make a tight turn towards the boards and accelerate in the opposite direction with three hard strides.

1. The Burning Stick

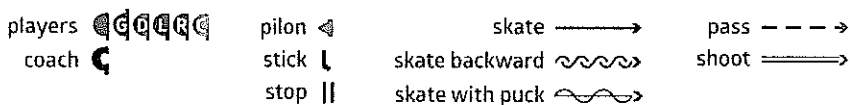
The coach will stand in front of a group of players and use his stick to command the players where to skate (forward, backward, or side-to-side) testing their agility. Once they reach the far blue line, then the next group begins.



Alternate Layouts



Legend



2. Circle Puck Handling

Focus is on confined area puck handling and spatial awareness. Players begin puck handling randomly inside the face-off circle. On the whistle, players leave their puck and complete a lap around the outside of the circle then return to puck handling.

3. Figure Eight Passing

A player completes figure eights by transitioning around the cones and completing one-touch passes in the middle. They will complete five more full laps then change roles with the stationary passer.

4. Pass and Move

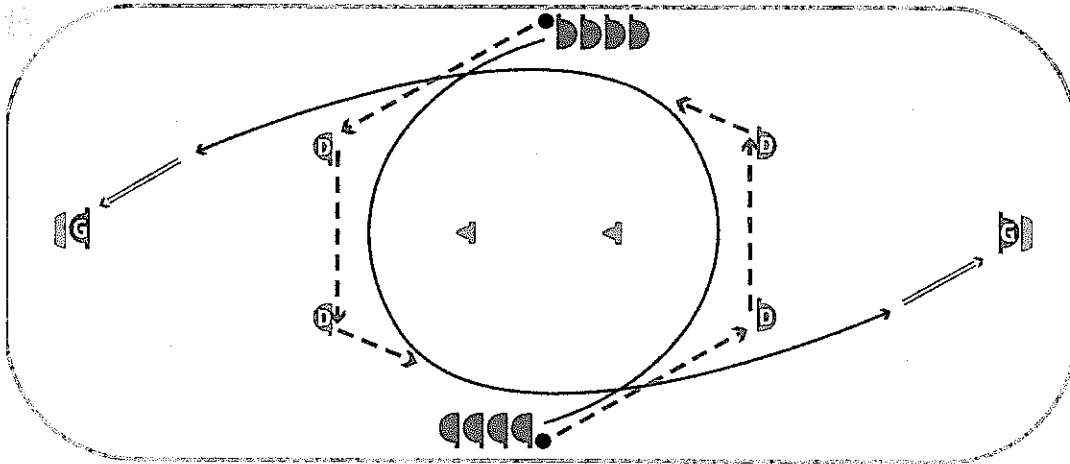
A stationary passer will be appointed to the top of the circle and will complete give 'n' go passes with a player moving along the outside lower half of the circle. On the whistle, the top player skates in for a shot on net.

5. Closing the Gap Two-on-One

The defenseman will pass the puck to one of the two forwards at the blue line, gap up, and defend a two-on-one rush. Encourage creativity from the attackers, an active stick from the defenseman, and rebound control from your goalie.

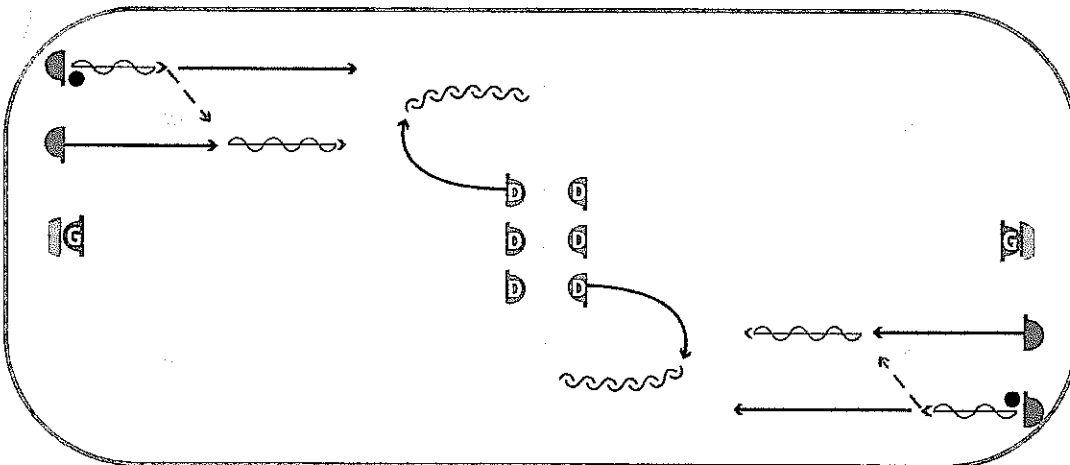
Atom: Practices 27 & 28

Time: 60 minutes | Theme: Neutral Zone Regroup Options | Equipment: Pucks & 4 cones



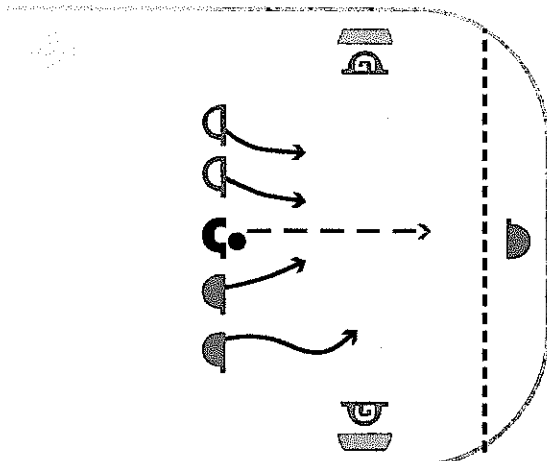
6. Three Option Regroup

Defensemen will simulate neutral zone regroup options 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. Full Ice Two-on-One

Two forwards leave the corner with a puck and attack the far net. A defenseman will step out from the circle ice circle, gap up, and defend the two-on-one rush.



+ Cross-Ice Hockey Single Support

Play 2v2 for 40-second shifts going across ice in the end zone. Select a support player that may only roam below the goal line and each team must first make a pass with the support player before attempting a shot on net. Add an incentive for the players to try harder such as push-ups for the losing team.

Atom: Practices 29 & 30

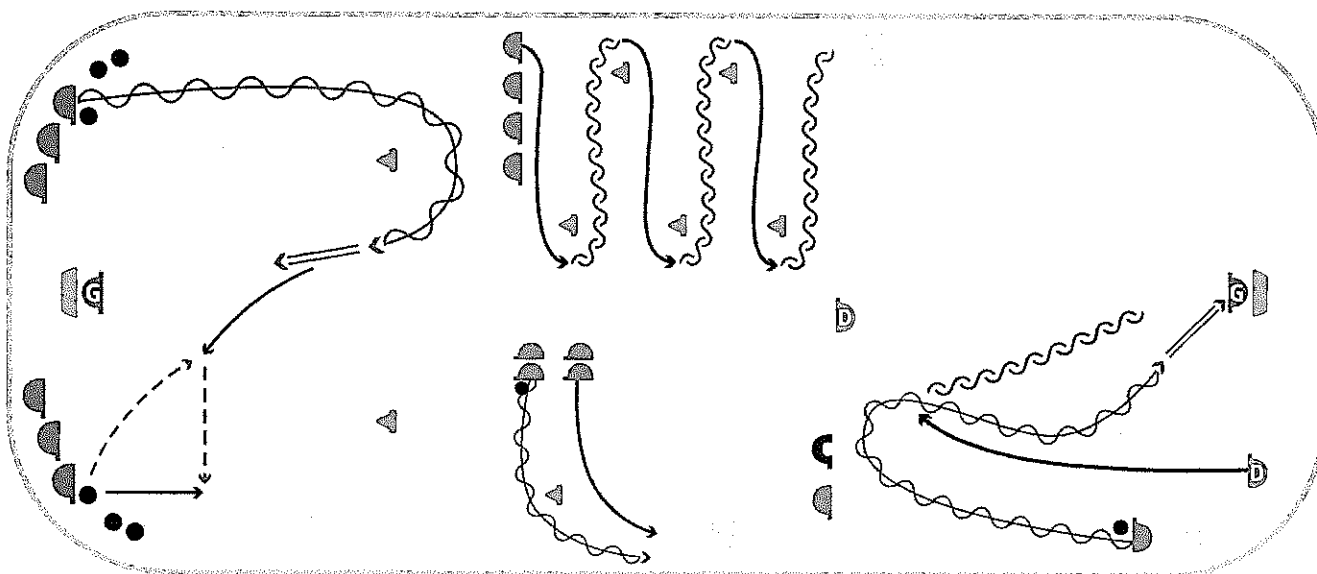
Time: 60 minutes | Theme: Special teams - Overload & Box | Equipment: Pucks & 7 cones

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. After a full season, it's time to review all the forward skating skills that were learned this season.

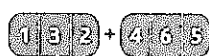


Alternate Layouts

Half Ice



Small Rink



Legend

players
coach

pylon
stick
stop

skate
skate backward
skate with puck

pass
shoot

2. Butterfly Give 'n' Go

The first player skates with a puck around a pylon for a shot on net then receives a pass from the opposite corner and one touches it back to the passer who continues around the pylon for a shot on net. After shooting, this player then receives a pass from the opposite side and touches it back to the next shooter.

3. Transition Slalom

Players continue to work on their transitions from forward to backward (and vice versa) as they slalom around the pylons. Have the players use pucks for increased difficulty.

4. Breakout One-on-One

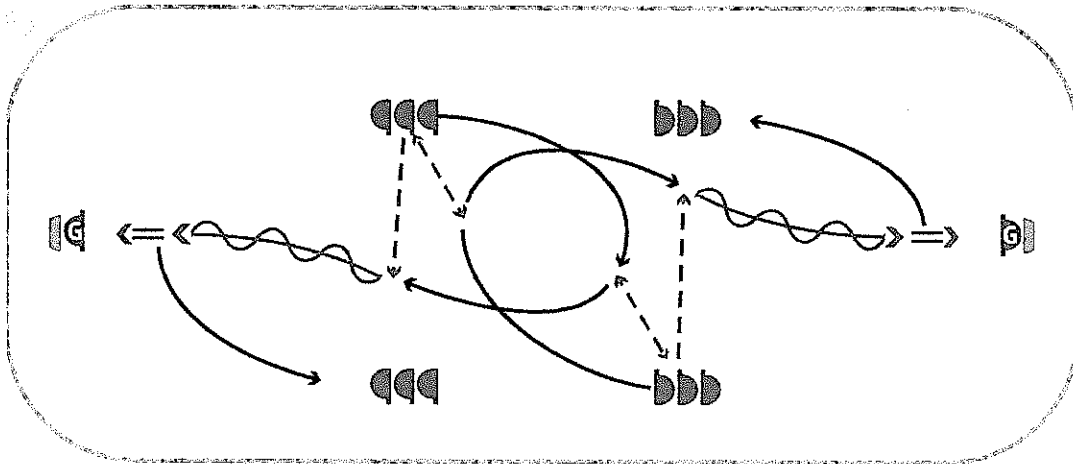
The defenseman will retrieve a dumped puck and make a quick-up breakout pass to the forward along the boards. The forward will regroup at the blue line while the defenseman gaps up to defend a small area one-on-one rush.

5. Angling Drill

The inside player works on their angling and positioning skills by first keeping the puck carrier to the outside and then creating puck separation by the red line. This is an invaluable skill that can be used anywhere on the ice.

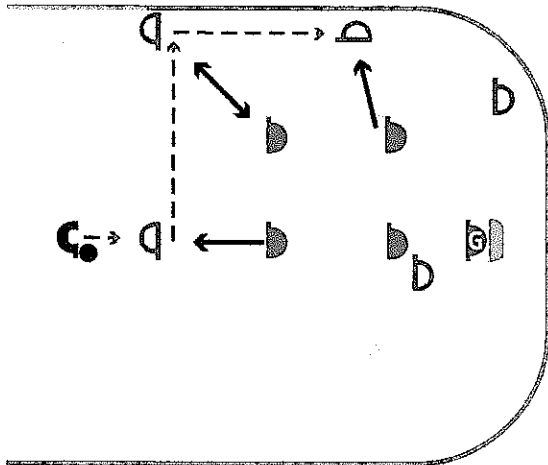
Atom: Practices 29 & 30

Time: 60 minutes | Theme: Special teams – Overload & Box | Equipment: Pucks & 7 cones



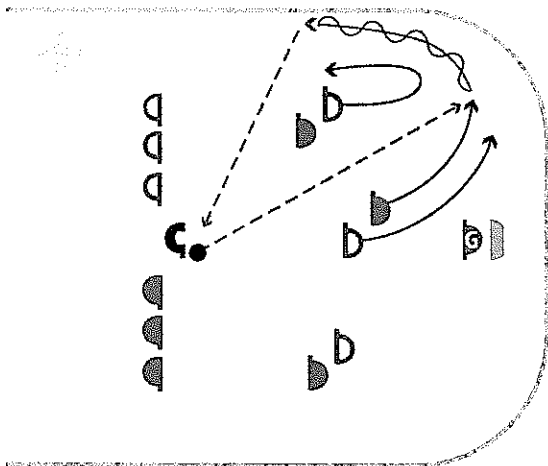
6. Four Dot Drills

Players line up on all four neutral zone face-off dots and run one of the different varieties of the four dot drills: give 'n' go, lateral turn, inside diagonal, and around the circle.



7. Overload & Box

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



+ Coach Pass

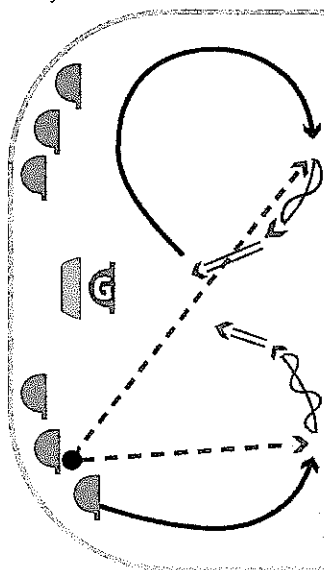
Players play 3v3 in zone where every change of position will require the defending team to make a pass to the coach stationed up near the blue line. The coach will make a pass back to the same team, and now they are on offence. Switch lines every minute to keep everyone engaged.

Atom: Practices 31 & 32

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

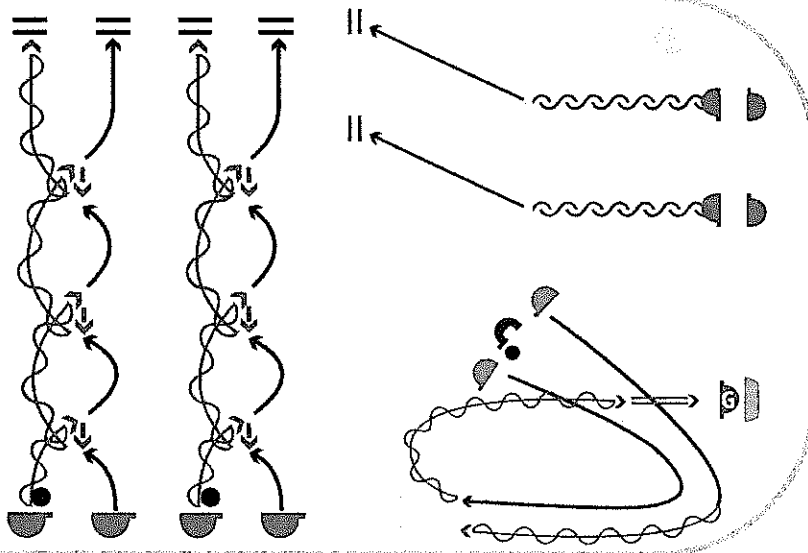
Warm-up

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.

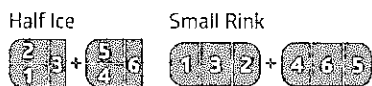


1. Wave Skating

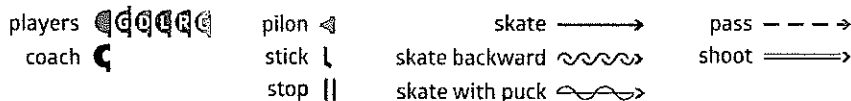
Players begin at the goal line in skating stance and work on various ABC fundamental skating skills. After a full season, it's time to review all the backward skating skills that were learned this season.



Alternate Layouts



Legend



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

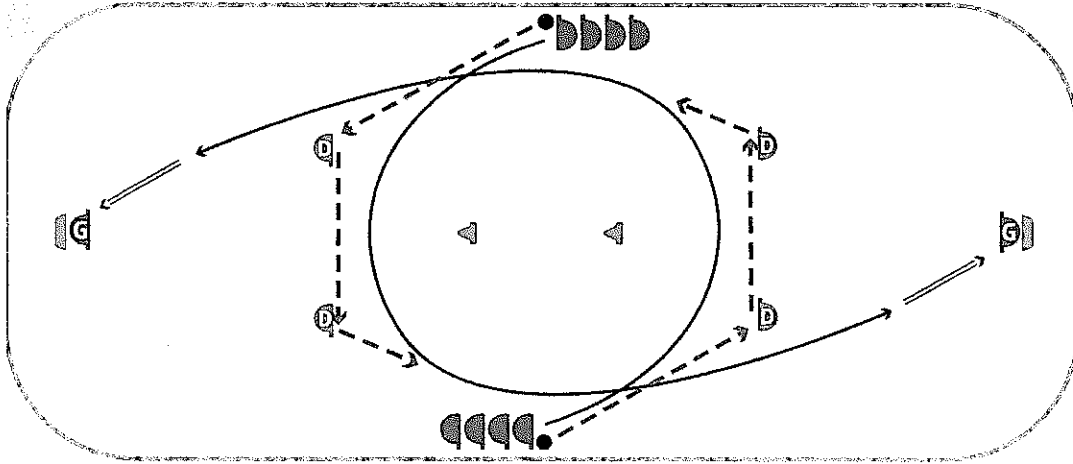
Players begin at the goal line in skating stance and work on various ABC fundamental skating skills. This segment's fundamental skating skill is lots of time spent perfecting the Mohawk pivot.

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.

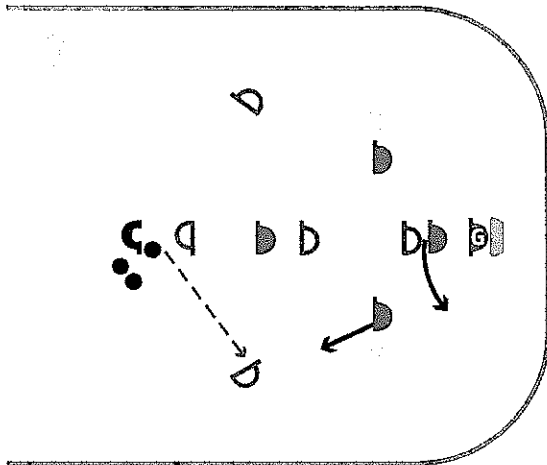
Atom: Practices 31 & 32

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



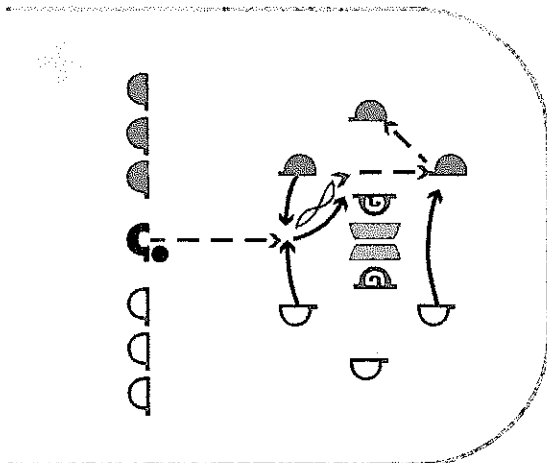
6. Three Option Regroup

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.