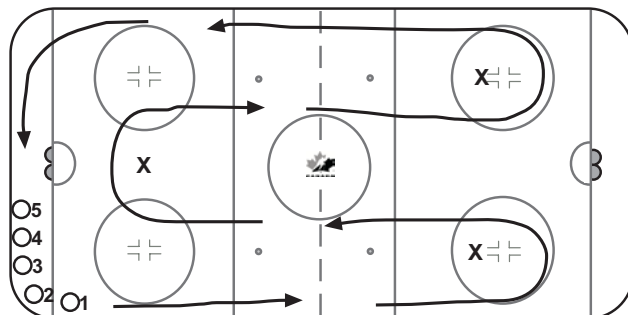




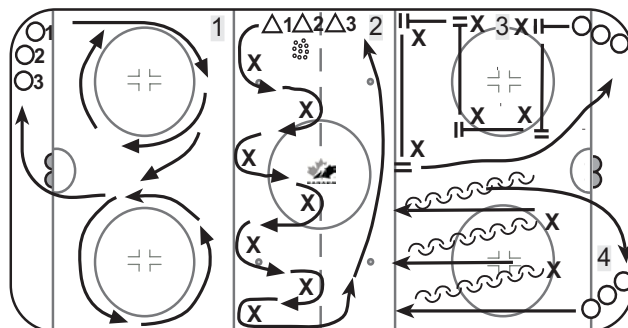
## Hockey Canada Skills Development Program

### Atom Practice Plan 1

Time	Description	Key Points
5	Back Alley Warm-up	
	<ol style="list-style-type: none"> <li>1. Players take off one after another</li> <li>2. Backwards between blue lines</li> <li>3. Two foot jump over each line</li> <li>4. Groin stretch between blue line</li> <li>5. Touch toes, trunk twists, leg kicks</li> </ol>	



Time	Description	Key Points
20	Skating Evaluation – 5 mins at each Stn.	
	<ol style="list-style-type: none"> <li>1. Player performs crossovers around circle. <ul style="list-style-type: none"> <li>-Second player goes, once first player passes.</li> <li>-Do backwards on second time through</li> <li>-Do with puck 3<sup>rd</sup> time through</li> </ul> </li> <li>2. Player weaves through pylons, and goes back in line. Next player goes, when first gets to 2<sup>nd</sup> pylon <ul style="list-style-type: none"> <li>-Second time through, use a puck, 3<sup>rd</sup> time do 360's around each pylon.</li> </ul> </li> <li>3. Player skates forward to pylon, performs a two foot stop, then proceeds forward to next pylon. etc <ul style="list-style-type: none"> <li>Second time through do backwards.</li> </ul> </li> <li>4. Player skates forward to blue line, backwards to pylon, forward to blue line again etc. <ul style="list-style-type: none"> <li>-Second player starts once first player gets to blue line.</li> </ul> </li> </ol>	

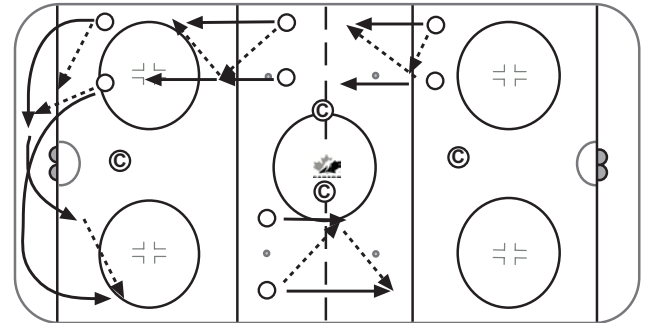




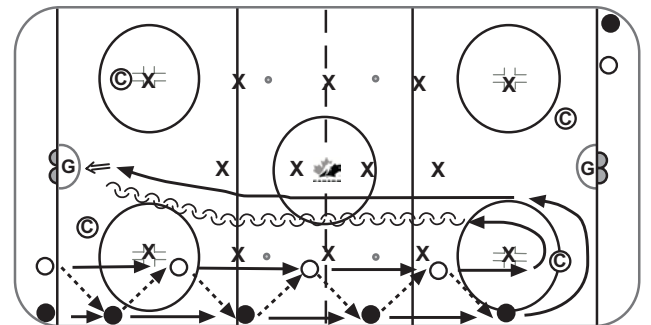
## Hockey Canada Skills Development Program

### Atom Practice Plan 1

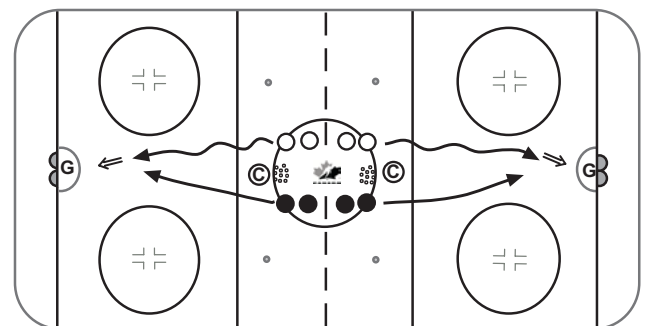
Time	Description	Key Points
5	<b>Pairs Passing</b>	
	<ol style="list-style-type: none"><li>1. Players partner up, skate around the ice surface passing back and forth to each other.</li><li>2. After a couple laps, change sides, so that both players get to pass on forehand, and backhand</li></ol>	



Time	Description	Key Points
10	<b>Pairs Passing - 1 on 1</b>	
	<ol style="list-style-type: none"><li>1. Players start out of each end, forming 2 lines in the corner</li><li>2. Players pair pass back and forth down the ice between boards, and pylons.</li><li>3. At the last pylon, the player with the puck is on offence, the player without the puck is on defence, and come back down the middle lane 1 on 1.</li><li>4. Put pylons down middle so players don't run into each other</li></ol>	



Time	Description	Key Points
5	<b>Shootout</b>	
	<ol style="list-style-type: none"><li>1. 2 lines facing each end of the ice.</li><li>2. Line on left has players down on one knee</li><li>3. Line on right is player with puck</li><li>4. On coach's signal, player with puck skates towards net for shot, player on one knee has to play the back checker, and try and catch puck carrier.</li><li>5. Switch lines after each attempt</li></ol>	

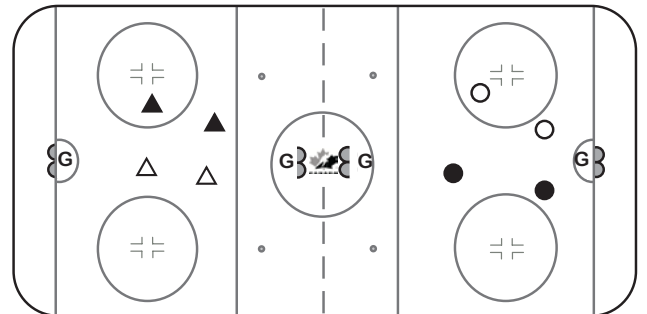




## Hockey Canada Skills Development Program

### Atom Practice Plan 1

Time	Description	Key Points
10	Double French Scrimmage	
	<ol style="list-style-type: none"><li>1. Use 4 nets, place 2 nets back to back at centre ice.</li><li>2. Divide players into 4 groups, and have 2 groups go to each end.</li><li>3. Number of players on ice is determined by the number of times coach blows the whistle ie 2 whistles means 2 on 2</li></ol>	

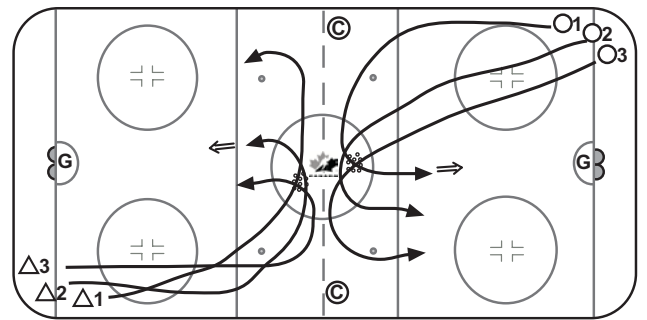




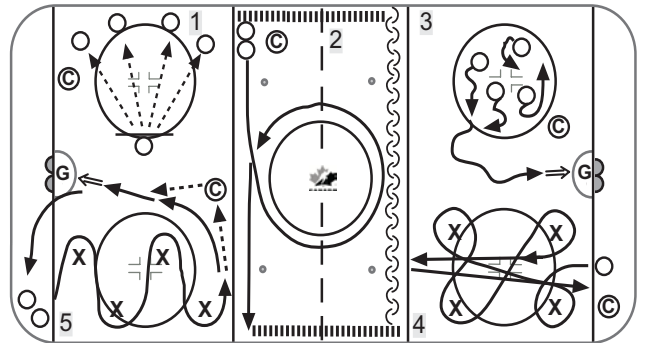
## Hockey Canada Skills Development Program

### Atom Practice Plan 2

Time	Description	Key Points
5	<b>Mill Drill</b>	
	<ol style="list-style-type: none"> <li>1. Players start in corners of opposite ends of the rink.</li> <li>2. All the pucks are in the center circle.</li> <li>3. On whistle, 3 players from each end skate out to center, pick up a puck and then go in for shot on net.</li> <li>4. On next whistle, next 3 players go.</li> <li>5. Keep going until all the pucks are gone.</li> </ol>	



Time	Description	Key Points
25	<b>5 Station Challenge</b>	
	<ol style="list-style-type: none"> <li>1. Player starts with puck, and passes to player on the right, and then receives a pass back, passes to second player on the right etc.... ( each player takes turn as lead passer.)</li> <li>2. Players start by skating forwards, doing crossovers around circle. <ul style="list-style-type: none"> <li>-Skate to far boards, come to a complete stop, and then do lateral crossovers to far blue line – stop – skate backwards to far side, then lateral crossovers back to starting point.</li> <li>-2<sup>nd</sup> time through, start at opposite corner.</li> </ul> </li> <li>3. Players stickhandle puck in the circle, on coach's signal, they each go in for a shot on net.</li> <li>4. Players start on goal line, on coach's signal, player does 360 around pylon, on lower left side, then skates to pylon on upper right side, does a 360, then skates to upper left pylon, and performs a tight turn, then skates to lower right pylon, does a tight turn. <ul style="list-style-type: none"> <li>-Player then skates to blue line, and back to goal line. Next player in line goes, when first player gets to 3<sup>rd</sup> pylon.</li> <li>-Second time through do with pucks</li> </ul> </li> <li>5. Players start in corner, weave through pylons with puck. <ul style="list-style-type: none"> <li>-Pass to coach</li> <li>-Receive pass from coach</li> <li>-Take shot on net.</li> </ul> </li> </ol>	

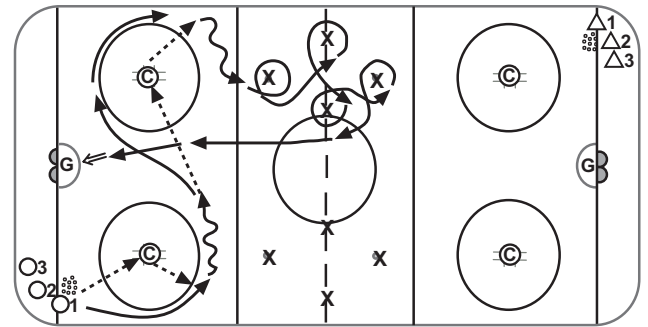




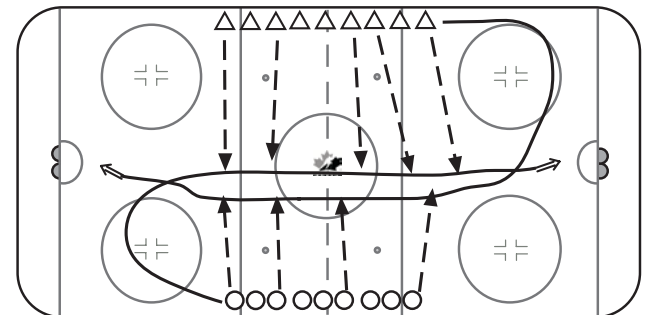
## Hockey Canada Skills Development Program

### Atom Practice Plan 2

Time	Description	Key Points
10	2 Corner Pass	
	<ol style="list-style-type: none"> <li>1. Players start in opposite corners, of opposite ends.</li> <li>2. Coaches on each of the end zone face off dots.</li> <li>3. Player passes to coach</li> <li>4. Receives pass from coach</li> <li>5. Carries puck</li> <li>6. Passes to coach</li> <li>7. Receives pass from coach</li> <li>8. Weaves through pylons</li> <li>9. Goes in for shot on net</li> </ol>	



Time	Description	Key Points
10	Asteroids	
	<ol style="list-style-type: none"> <li>1. Divide players up into two groups.</li> <li>2. Half on each side</li> <li>3. On coach's signal, 3 players from one side, skate through middle with puck.</li> <li>4. Players from other side, shoot pucks to try and knock puck off of stick of players skating through middle.</li> <li>5. If player gets through with puck, take shot on net.</li> <li>6. Switch sides</li> <li>7. Team with most goals wins.</li> </ol>	

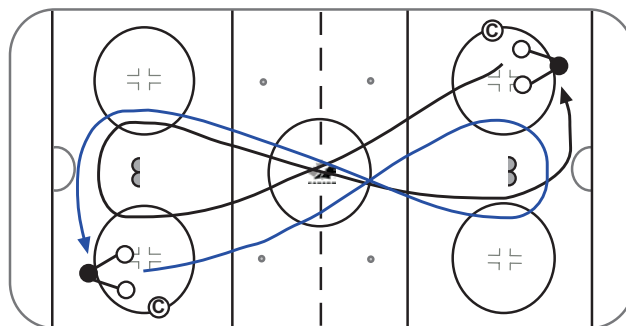




## Hockey Canada Skills Development Program

### Atom Practice Plan 2

Time	Description	Key Points
5	<b>Chuckwagon Races</b>	
	<ol style="list-style-type: none"><li>1. Move nets out to hash marks</li><li>2. Divide players into groups of 3.</li><li>3. First two players ( using sticks ) pull third player who on his / her knees, around the ice in a figure 8 pattern.</li><li>4. Players change positions, after each round.</li><li>5. Send 2 or 3 teams from each end at a time.</li></ol>	



Time	Description	Key Points
5	<b>Shootout</b>	
	<ol style="list-style-type: none"><li>1. 2 lines facing each end of the ice.</li><li>2. Line on left has players down on one knee</li><li>3. Line on right is player with puck</li><li>4. On coach's signal, player with puck skates towards net for shot, player on one knee has to play the back checker, and try and catch puck carrier.</li><li>5. Switch lines after each attempt</li></ol>	

