

Atom: Practices 21 & 22

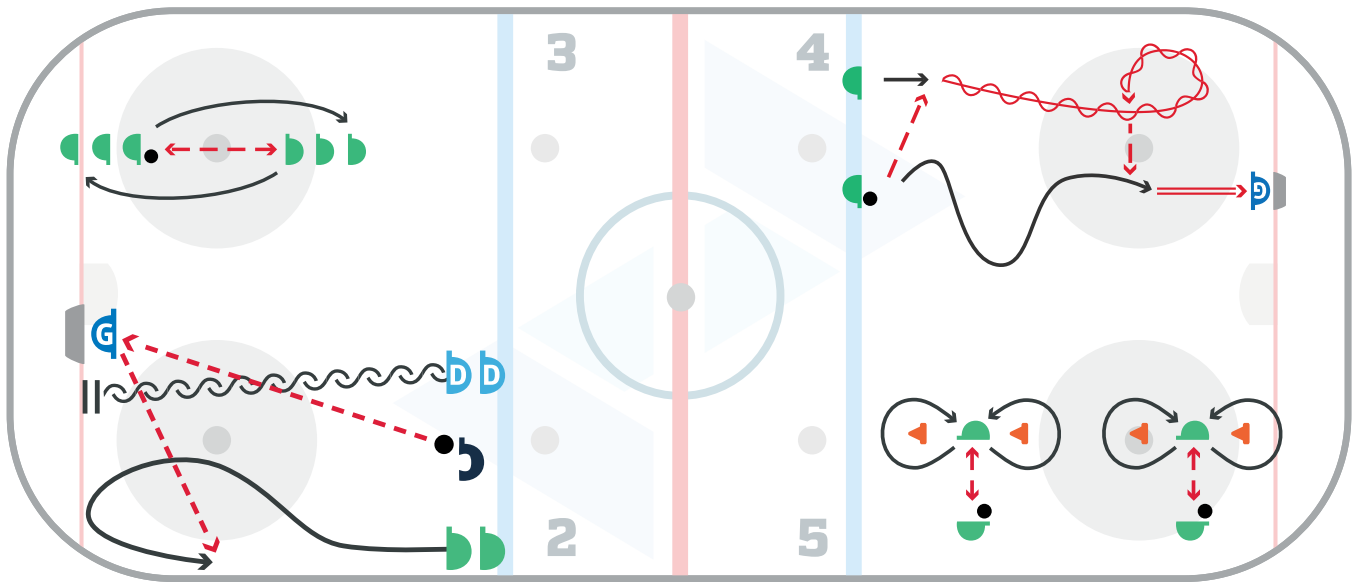
Time: 60 minutes | Theme: Goalies playing the puck & one-t's | Equipment: Pucks & 4 cones

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

Half Ice



Small Rink



Legend

players G D L R C
coach C

pilon ◀
stick L
stop ||

skate →
skate backward ~~~~~>
skate with puck ~~~~~>

pass - - - - ->
shoot ==>

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

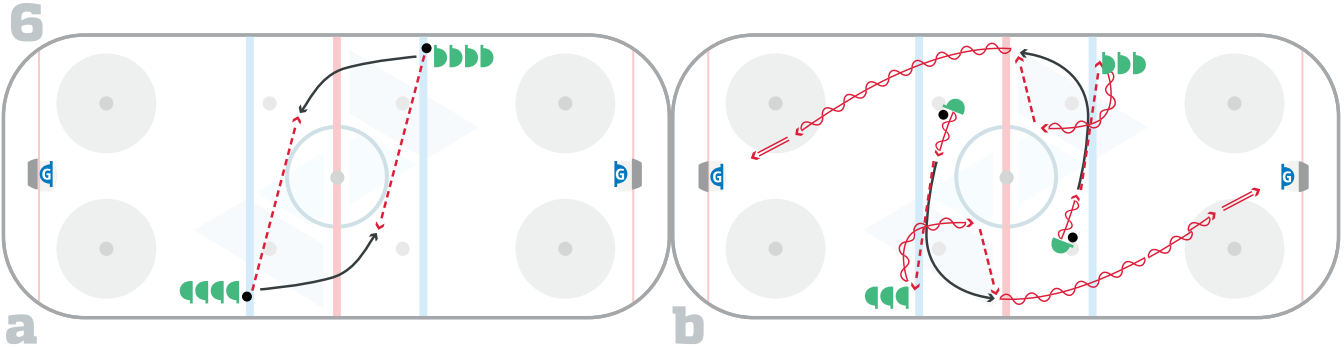
The drill begins with a pass from the inside player to the wide skater. The wide player skates into the zone and makes a strategic delay by turning towards the boards. Timing their route, the inside player makes his way into the slot for a pass and one-timer.

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.

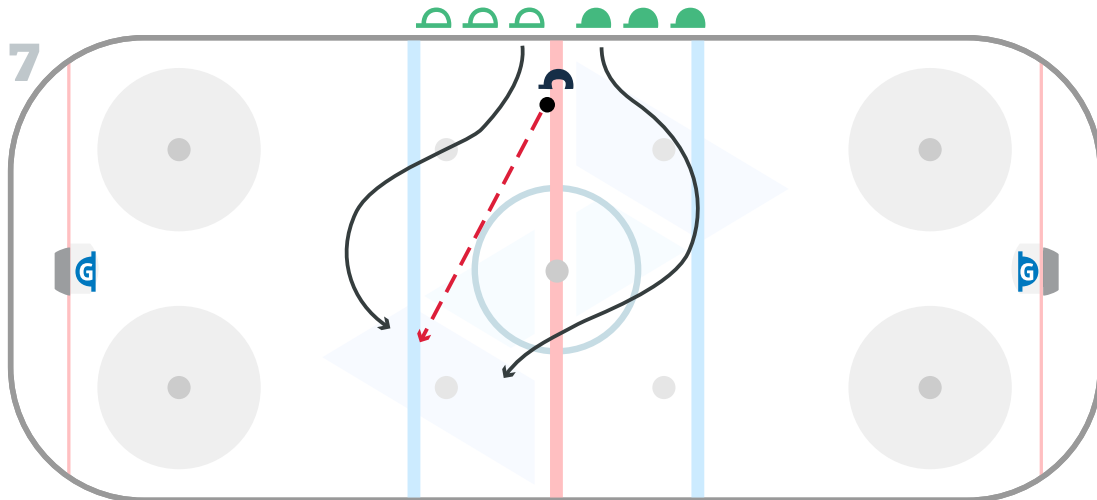
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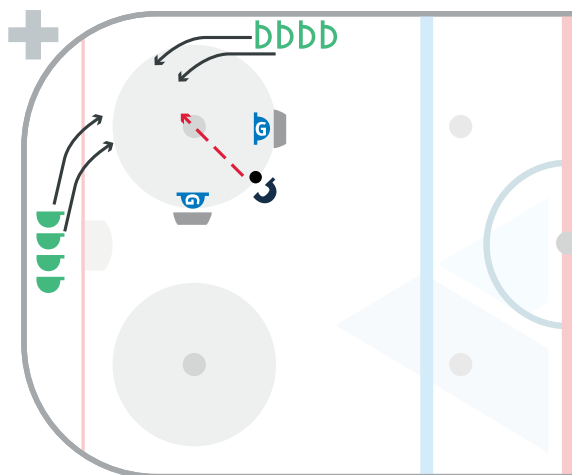
6. Reverse Russian

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.