



Canadian Player Pathway

ATOM



2018 - 19

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How a player gets that first experience of hockey is crucial.

If a beginner has fun while developing the fundamental skills and building confidence in their ability to perform those fundamental skills, there is a strong probability that player will go on to enjoy hockey for many years.

INTRODUCTION

LEAD, DEVELOP AND PROMOTE POSITIVE HOCKEY
EXPERIENCES



TOM RENNEY
President & Chief
Executive
Officer, Hockey
Canada

Hockey is Canada and Canada is hockey.

Let's face it – hockey is a touchstone of Canadian life. It is Canada's national theatre and it is the chatter of the country. Hockey is more than a sport for Canadians, it is a part of the country's heart and soul.



VISION: WORLD SPORTS LEADERS

Whoever said
those words took
the pulse of a
nation that has
had a long and
storied love affair
with hockey



ATOM PATHWAY

WHAT IS THE **ATOM** PATHWAY?

- ❖ The Atom Pathway is a progressive, learn to play teaching curriculum. This pathway is an important transition from the Novice pathway and into the Pee wee pathway
- ❖ Consists of four phases of instruction, designed for entry level hockey players as well as those graduating from Initiation.
- ❖ **Introduces, develops and refines** the skills of skating, passing, puck control and shooting in a progressive one step at a time manner



The main goal is to continue to have fun while developing skills. When players continue on a positive note they automatically enjoy the game and usually go on to have fun playing hockey for many years

WHAT IS THE **ATOM** PATHWAY?

Developing and refining fundamental movement skills (skating, turning, acceleration), manipulation skills (shooting, puck control, passing) and overall motor skills (balance, coordination, agility) in a fun and safe environment that promotes skill development through self-confidence



THE OBJECTIVES OF THE PROGRAM

- ❖ Continue to grow their impression of hockey a positive one for players and parents.
- ❖ Play/Games should be small area games in practice transitioning into full ice for formal games
- ❖ Some streaming of the players –goal is to have players working with players of like skills to develop confidence and self esteem
- ❖ Introduction to position specific skills



SEASONAL STRUCTURE

IDEAL HOCKEY SEASON: Refers to an optimal seasonal structure – this is a guideline and is subject to a range of minor differences regarding suggested numbers.

PREP / TRYOUT PHASE: Refers to the period of time prior to the season starting – typically when prep camps and / or tryouts are held.

DEVELOPMENT PHASE: Refers to the period of time following tryouts or evaluation prior to the regular season starting.

REGULAR SEASON PHASE: Refers to the period of time from first regular season game to the start of playoffs or Provincial / Branch Championships.

PLAYOFF PHASE: Refers to the period of time from the end of the regular season through to the end of Playoffs.

OFF SEASON: Refers to the period of time from the end of the playoff season to the start of the next Prep or Tryout season.

COMMUNITY

DEVELOPMENT PHASE

6 WEEKS 6 PRACTICES 2 EXHIBITION GAMES

REGULAR SEASON PHASE

22 WEEKS 22 PRACTICES 16 GAMES

PLAYOFFS

Mar 15 – 30 Playoff Tournaments
March 31 end of season

TOURNAMENTS

3 tournaments
12 games

TOTAL PRACTICES: 25 - 30 | TOTAL GAMES: 25 - 35

CONSIDERATIONS:

- Tryouts – 5 skates then evaluate / 3 practices / 2 Inter-squad games
- Small Area Games in Practice
- Skill based practices
- Multiple station work
- Fair / equal ice time
- Full time goaltenders – Goalie not playing in games plays out
- Rotate all players through all positions – no early specialization
- Tournament style playoffs vs rounds

DEVELOPMENTAL

DEVELOPMENT PHASE

6 WEEKS 12 PRACTICES 2 EXHIBITION GAMES

REGULAR SEASON PHASE

22 WEEKS 32 PRACTICES 20 GAMES

PLAYOFFS

Mar 15 – 30 Playoff Tournaments
March 31 end of season

TOURNAMENTS

4 tournaments
16 games

TOTAL PRACTICES: 45 - 55 | TOTAL GAMES: 35 - 45

CONSIDERATIONS:

- Tryouts – 5 skates then evaluate / 3 practices / 2 Inter-squad games
- Small Area Games in Practice
- Skill based practices
- Multiple station work
- Fair / equal ice time
- Full time goaltenders – Goalie not playing in games plays out
- Rotate all players through all positions – no early specialization
- Tournament style playoffs vs rounds

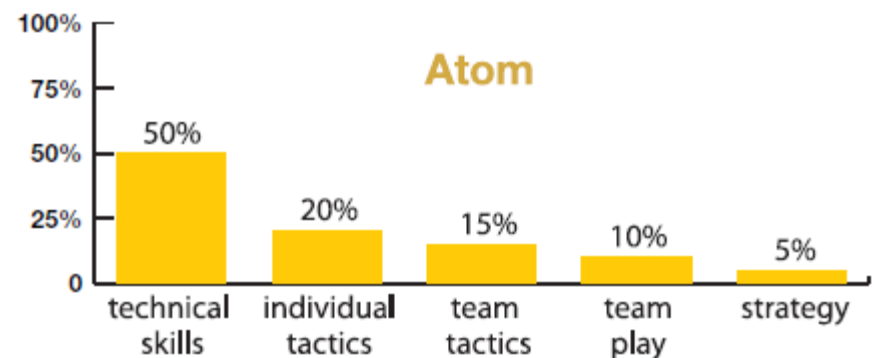
ATOM: AGE 9-10

SEASONAL STRUCTURE

PLAYER DEVELOPMENT PYRAMID



The Hockey Canada Skills Development Program for Atom recommends 50% technical skills, 20% individual tactics, 15% team tactics, 10% team play, and 5% strategy.





SEASONAL STRUCTURE

SEPTEMBER

-Technical Skills - Introduce

Skating
- Agility
- Balance
- Coordination

Puck Control
-Stationary & Moving

Passing
--Stationary

Fun Games

OCTOBER

-Technical Skills - Develop

Skating
- Agility
- Balance
- Coordination

Puck Control
- Stationary & Moving

Passing
-Stationary

Fun Games

NOVEMBER

-Technical Skills - Develop

Skating
- Agility
- Quickness
- Speed

Puck Control
- Moving
- Dukes

Passing
- Moving

Fun Games

DECEMBER

Technical Skills – Develop /
Refine

Skating
- Agility
- Quickness
- Speed

Puck Control
- Moving
- Dukes

Passing
- Stationary
- Moving

Fun Games

Relays

Competitive Drills

JANUARY

Individual Tactics - Introduce

1 on 1's

Give and Go's

Refine Technical Skills
Skating
- Agility
- Quickness
- Speed

Puck Control
- Moving
- Dukes

Passing
- Stationary / Moving

Competitive Drills

SEPTEMBER / OCTOBER

-Ideally there are no tryouts or evaluations to begin, all players should be doing
“ Hockey School “ – multiple skates working on skills before tryouts
-Players can be grouped by skill
-Multiple Stations

SEASONAL STRUCTURE

FEBRUARY

Individual Tactics - Develop

1 on 1's

Give and Go's

Positioning

Breakouts

Technical Skills – Refine

Skating
- Quickness
- Speed

Puck Control
- Stationary/ Moving
- Deks

Passing
-Stationary / Moving

MARCH

Technical Skills - Refine

Skating
- Quickness
- Speed

Puck Control
- Stationary/ Moving
- Deks

Passing
-Stationary / Moving

Individual Tactics -Develop

1 on 1's

Give and Go's

Positioning

Breakouts

APRIL

Tournaments

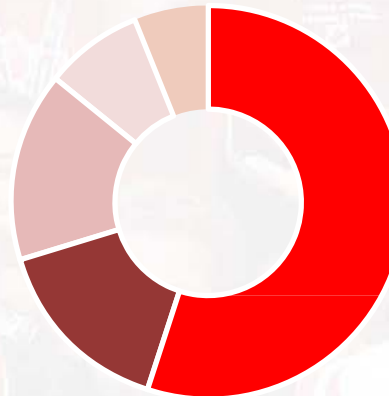
MAY / JUNE / JULY / AUGUST

Off season

Spring Skills (No Games)Multisport Activities

FUN!!!

SEASONAL STRUCTURE BREAKDOWN CHART



30% - Introducing Technical Skills
30% - Developing Technical Skills
15% - Refining Technical Skills
10% - Introducing Individual Tactics
15% - Developing Individual Tactics



ATOM PATHWAY

INSTRUCTORS / COACHES

ATOM Coaching Pathway

- Hockey University – On-line Module
- Coach 2 – Coach 2 in Class and On Ice Clinic
- RIS – Activity Leader – On-line Module

PATHWAY FOR COACH 2 - COACH LEVEL



CERTIFICATION IS NOT REQUIRED AT COACH 2 AND A COACH CAN STAY "TRAINED" INDEFINITELY.

Continuing Education Opportunities - NCCP Instructional Stream

- Skating Clinic
- Skills Clinic
- Developing Defencemen Clinic
- Small Area Games Clinic
- Goaltending Clinic

ATOM SKILLS

LTPD STAGE – Learn to Play

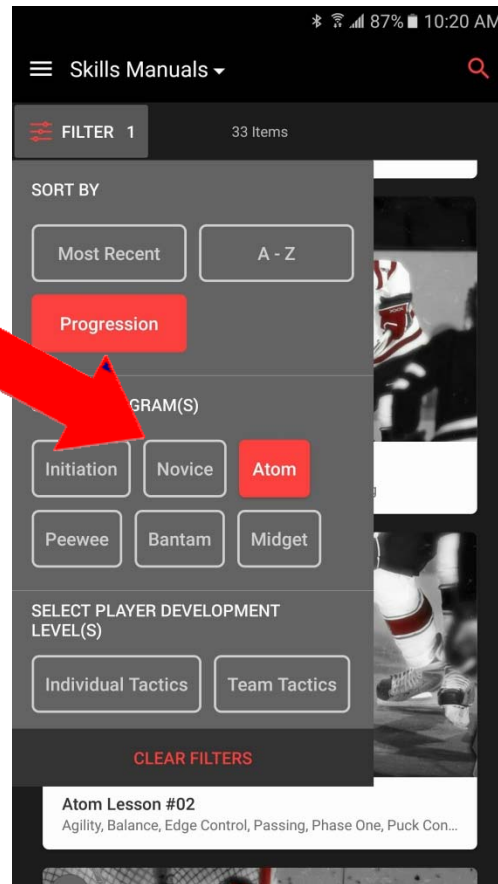
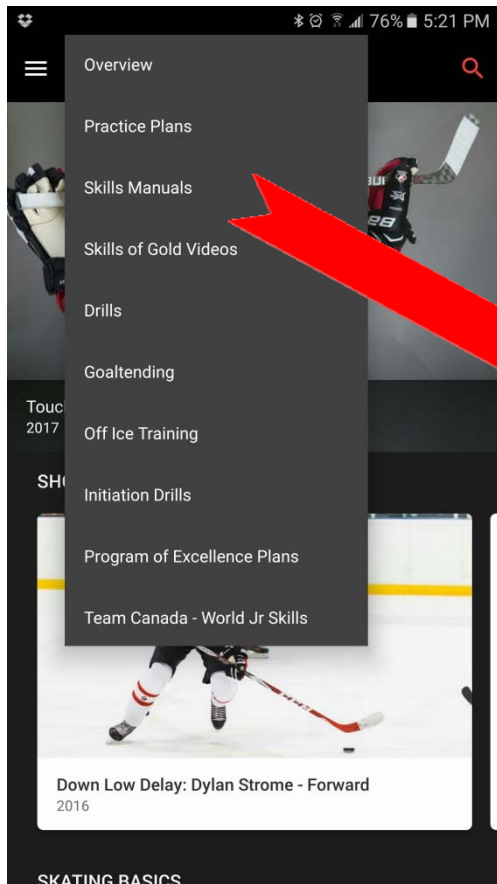
Balance and Agility	Edge Control	Starting and Stopping	Forward Skating and Striding	Backward Skating	Turning and Crossovers
<ul style="list-style-type: none"> All Skating Skills from Initiation and novice Forward Scissor Skate Lateral Crossovers C-cuts toe on puck 	<ul style="list-style-type: none"> Figure 8's – forward – inside & outside edge Figure 8's – backward – inside & outside edge Heel to Heel (Mohawk) 1 leg weaving – fwd / bwd 	<ul style="list-style-type: none"> Front v-start Crossover start Backward c-cut start Outside leg stop Two-foot parallel stop One-leg backward stop Two-leg backward stop 	<ul style="list-style-type: none"> Forward striding Linear crossovers Acceleration Quick Feet Evasive skating 	<ul style="list-style-type: none"> C-cuts – left foot / right foot Backward Scissor skate 1 Crossover / Reach Backward Striding 	<ul style="list-style-type: none"> Glide turns / Tight turns C-cuts – around circle – outside foot – forward & backward Crossovers – forward & backward Pivots – bwd to fwd & fwd to bwd Pivots – open & reverse
Stationary Puck Control	Moving Puck Control	Stationary Passing and Receiving	Moving Passing and Receiving	Shooting	Individual Offensive Tactics
<ul style="list-style-type: none"> Narrow / Wide Side – front – side Toe drag – side/front Attack Triangle 	<ul style="list-style-type: none"> Narrow / Wide Open ice carry – forehand & backhand Weaving with puck Toe drag – front & side Attack the Triangle 	<ul style="list-style-type: none"> Stationary fhd pass Stationary bhd pass Forehand saucer pass 	<ul style="list-style-type: none"> Moving forehand pass Moving backhand pass Pass and Follow Cross and Drop 	<ul style="list-style-type: none"> Forehand - wrist shot Backhand - shot Forehand / backhand shots in motion Forehand - flip shot Backhand - flip shot Tips / Deflections 	<ul style="list-style-type: none"> Body fakes Stick fakes Dekes Moves in Combination Net Drives
Individual Defensive Tactics	Team Play				
<ul style="list-style-type: none"> Angling Basic 1 on 1's Escape moves Puck retrievals Gap Control Tracking 	<ul style="list-style-type: none"> Basic Positioning – D Zone Basic Breakouts Basic Entries 				

RESOURCES

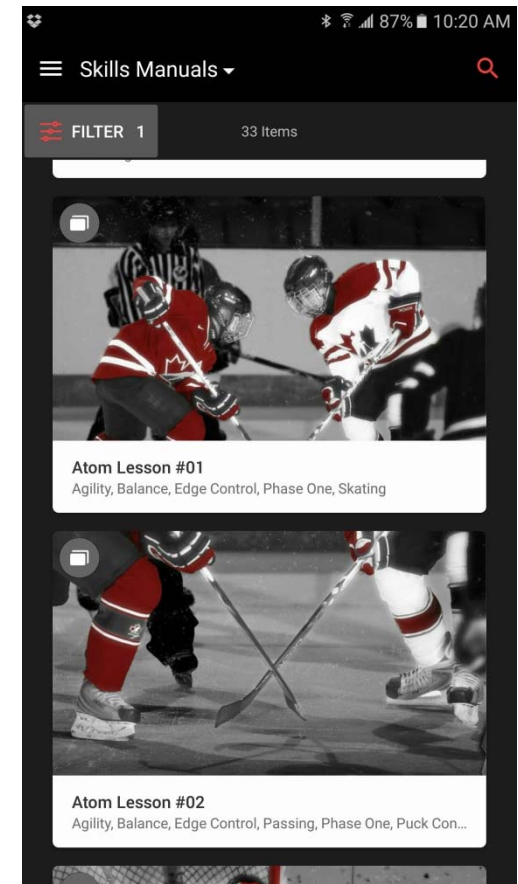


RESOURCES

Skill Development – Skills Manuals



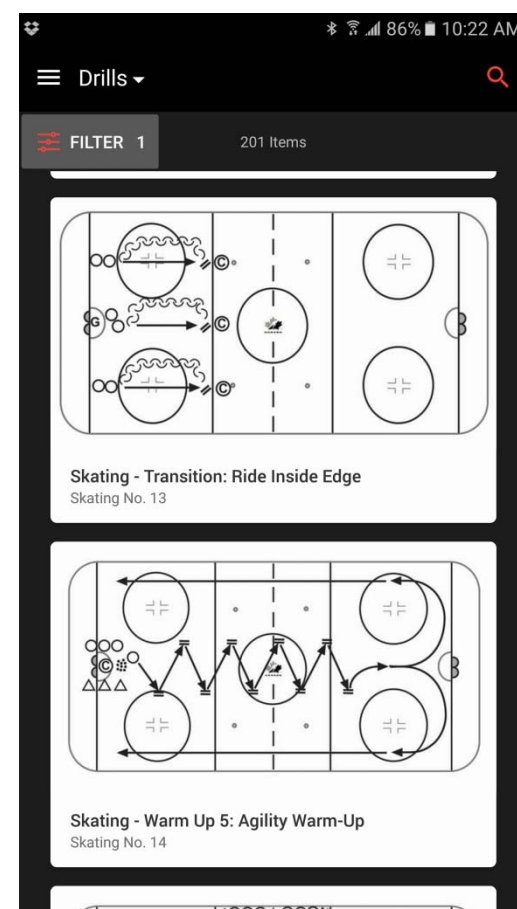
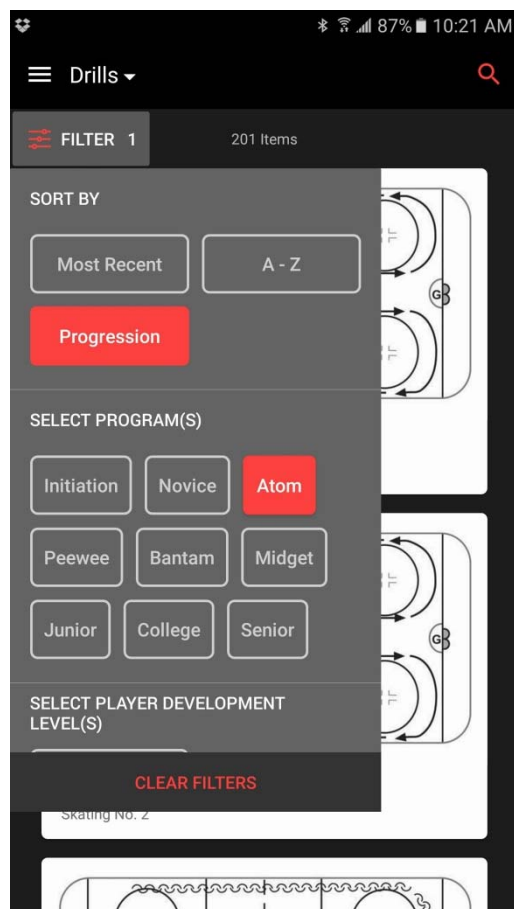
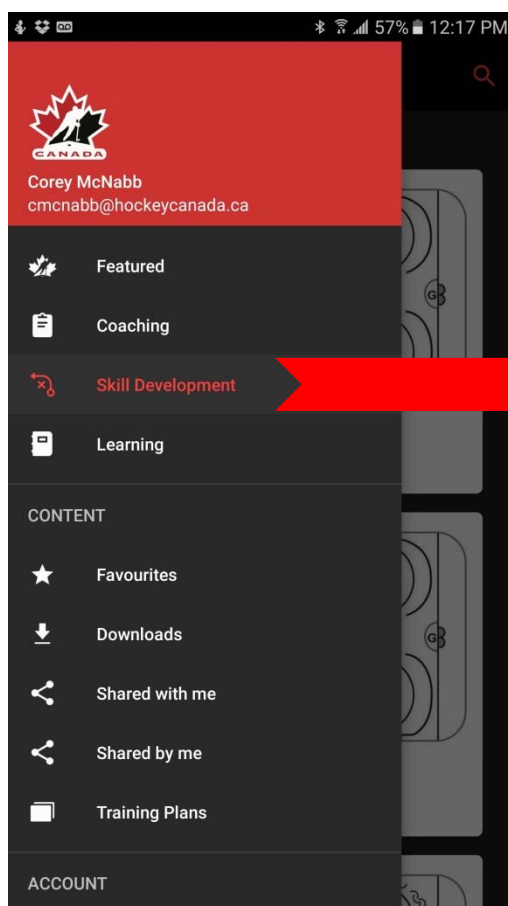
The Hockey Canada Skills Development Atom Manual is broken up into 32 separate practice plans. Each individual drill can also be accessed. Favorite, download and share an entire practice plan or individual drill



RESOURCES



Skill Development – Atom Skills



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