

ICE SESSIONS

ATOM

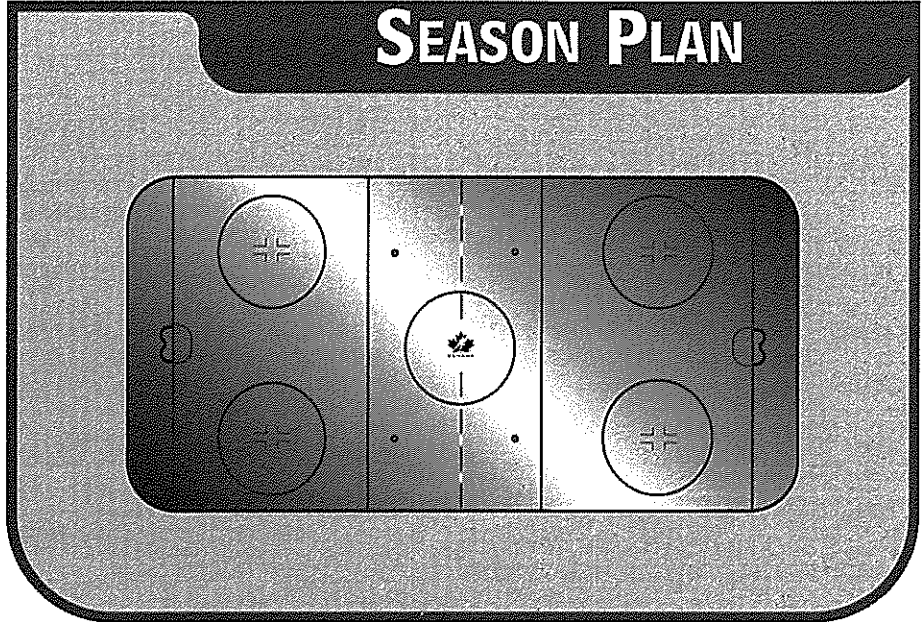
SEASON PLAN

PHASE 1

PHASE 2

PHASE 3

PHASE 4



ATOM LEVEL PRACTICE PLAN

Training Segment Outcomes

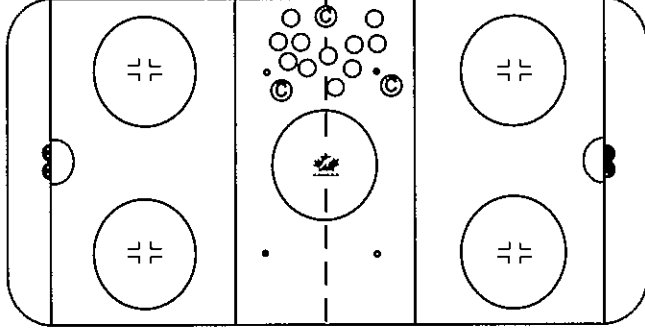
- Demonstrate an understanding of individual skills and tactics
- Demonstrate an understanding of team tactics
- Improve understanding of basic positioning
- Understand team rules, practice routines and the Fair Play Codes

ICE OBJECTIVES:		SKILL FOCUS
LESSON 1	LESSON 1 OBJECTIVES 1. Introduce practice rules 2. Skating assessment 3. Puck control assessment 4. Scrimmage to assess player creativity	<ul style="list-style-type: none"> • Skating – agility / balance / edge control • Moving Puck control • Fun games
LESSON 2	LESSON 2 OBJECTIVES 1. Skating skills 2. Puckhandling - Stationary / Moving 3. Passing / receiving 4. Scoring skills	<ul style="list-style-type: none"> • Agility / balance / edge control • Puck control • Passing receiving while moving • Shooting skills
LESSON 3	LESSON 3 OBJECTIVES 1. Skating 2. Moving Passing / Receiving 3. Pairs Passing 4. Front V-Start 5. Tight Turns	<ul style="list-style-type: none"> • Agility skating / pursuit • Passing / Receiving • Edge control – bwd c-cuts • Quick feet
LESSON 4	LESSON 4 OBJECTIVES 1. Agility 2. Bwd Skating 3. Open Ice carry 4. Front V-start 5. Stationary Puck control 6. Two foot Stop	<ul style="list-style-type: none"> • Balance / Agility • Puck control agility • Starting / stopping • Passing support
LESSON 5	LESSON 5 OBJECTIVES 1. Skating skills 2. Puck control 3. Shooting skills 4. Crossovers	<ul style="list-style-type: none"> • Agility / balance / edge control • Puck Control skills • Inside / outside edge control • Skate / Pass / Shoot combo
LESSON 6	LESSON 6 OBJECTIVES 1. Puckhandling agility 2. Offensive fakes 3. Backchecking 4. Introduce Net Drive 5. Tight turns	<ul style="list-style-type: none"> • Puck Control • Puck Control creativity • Puck Pursuit • Give and Go
LESSON 7	LESSON 7 OBJECTIVES 1. Agility 2. Front V- start 3. Stickhandling 4. Skating with the puck 5. Forward / Backward pivots	<ul style="list-style-type: none"> • Balance / agility • Starting / skating with puck • Fwd / bwd pivots
LESSON 8	LESSON 8 OBJECTIVES 1. Moving Puck control 2. Passing / receiving 3. Forward / Backward pivots 4. Skating with puck 5. Review Net drive	<ul style="list-style-type: none"> • Puck control agility • Passing in motion • Moving to space • Fwd / bwd skating • Net drive

- Session Objective(s)**
1. Introduce practice rules
 2. Skating assessment
 3. Puck control assessment
 4. Scrimmage to assess player creativity

5 min

PRACTICE RULES



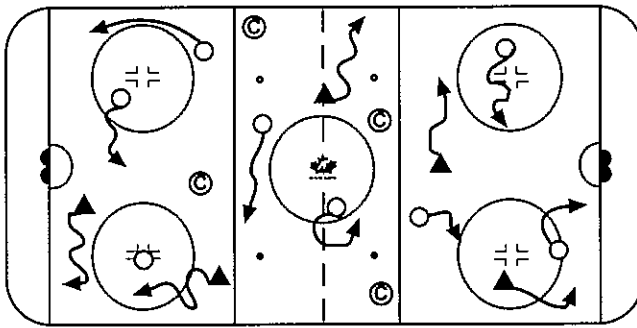
- Coaches introduce themselves, as well as the practice rules and guidelines they want the players to follow.
- Make sure the players know what signals will be used, what the whistle means, as well as safety rules to be followed when on the ice.

KEY EXECUTION POINTS

- Demonstrate what signals will be used

5 min

CHAOS



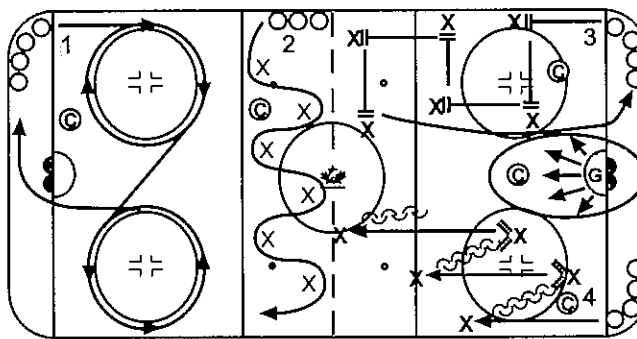
- Players skate around the ice in any direction handling the puck.
- Encourage players to try different stickhandling moves.

KEY EXECUTION POINTS

- Change directions
- Vary speeds
- Forwards / Backwards

25 min

SKATING EVALUATION



1. Forward and backward cross-overs and pivots facing the net.
2. Tight turns and 360° turns.
3. Forward and backward stops and starts.
4. Forward and backward striding.

- Goalie Zone with ©.

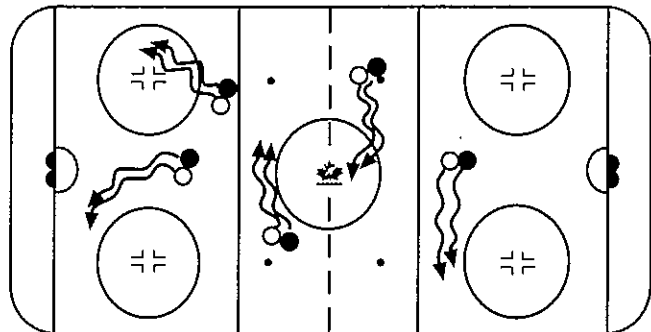
KEY EXECUTION POINTS

- 5 min. in each station with rotation on the whistle
- Coaches remain with stations

- Session Objective(s)
1. Introduce practice rules
 2. Skating assessment
 3. Puck control assessment
 4. Scrimmage to assess player creativity

5
min**RABBIT / COYOTE**

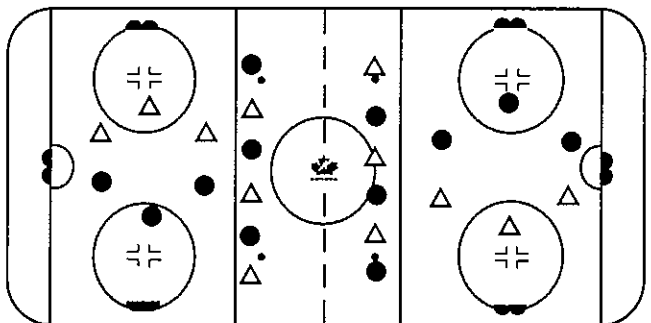
- Divide players into groups of two. One player has puck, second player does not.
- On whistle player with puck skates randomly around the ice, while second player tries to get the puck away.
- On second whistle players rest for 30 seconds, then reverse roles.

**KEY EXECUTION POINTS**

- Puck protection
- Agility
- Only stick checks allowed to get the puck

10
min**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

- Session Objective(s)**
1. Skating skills
 2. Puckhandling - Stationary / Moving
 3. Passing / receiving
 4. Scoring skills

5 min

4 LANE SKATING CIRCUIT

Players follow pattern performing skating moves:

- C-cuts.
- Forward striding.
- Backward c-cuts.
- Backward striding.
- Pivots at lines.
- Drop to knees on lines.
- 3 crossover one way, 3 crossovers the other.

KEY EXECUTION POINTS

- Do different skill down each lane
- Do circuit 4 times

5 min

CHAOS

- Players skate around the ice in any direction handling the puck.
- Encourage players to try different stickhandling moves.

KEY EXECUTION POINTS

- Change directions
- Vary speeds
- Forwards / Backwards

15 min

SKILLS STATIONS

1a. Stationary Passing and Receiving

1b. Stationary Passing and Receiving

- Players form box formation around circle, and pass randomly to other players.
- Add person in middle to try and intercept the pass.

2. Open Ice Carry

- Players start along boards, and skate to other side of the rink carrying the puck.

3. Pairs Passing

- Form two lines in the corner, one on each side of the pylon.
- Players skate around zone passing the puck between the pylons. Make sure players take turn passing and receiving on forehand and backhand.

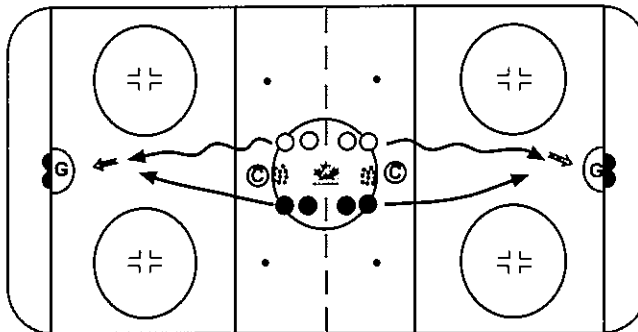
KEY EXECUTION POINTS

- Head up, roll wrists, follow through to target
- Stickhandle narrow, wide, off to the side, with one hand etc.
- Control speed
- Eye contact before passing

- Session Objective(s)
1. Skating skills
 2. Puckhandling - Stationary / Moving
 3. Passing / receiving
 4. Scoring skills

5 min SHOOTOUT

- Have players line up in two lines at center ice (use both ends). One line has player standing with puck, the other line has the player starting on one knee.
- On coach's signal, the players take off towards the goal. Player with puck tries to score, while player on one knee backchecks.
- If player takes puck away, then that player is on offense.

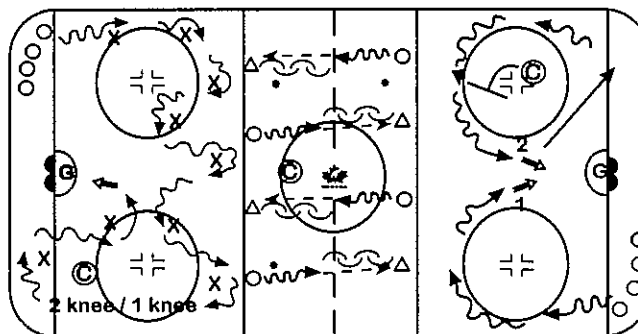


KEY EXECUTION POINTS

- Must be down on one knee if starting without the puck
- Quick feet off the start
- Protect puck
- Alternate lines after each attempt

15 min PUCK CONTROL EVALUATION

1. Stick handling course.
2. Forward and backward skating (telescoping) while passing and receiving.
3. Shooting (wrist forehand and backhand) add passive defensive side pressure from ©.

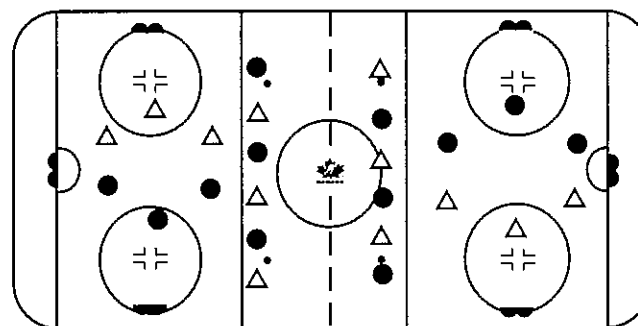


KEY EXECUTION POINTS

- Space players
- Keep feet moving
- Quick release

5 min 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

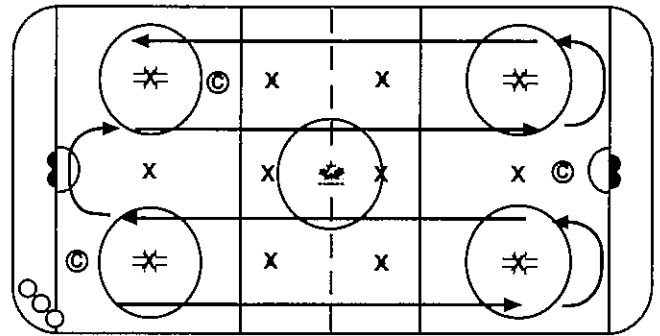
- Session Objective(s)
1. Skating
 2. Moving Passing / Receiving
 3. Pairs Passing

4. Front V-Start
5. Tight Turns

10 min **4 LANE SKATING CIRCUIT**

Players follow pattern performing skating moves:

- C-cuts.
- Forward striding.
- Backward c-cuts.
- Backward striding.
- Pivots at lines.
- Drop to knees on lines.
- 3 crossover one way, 3 crossovers the other.

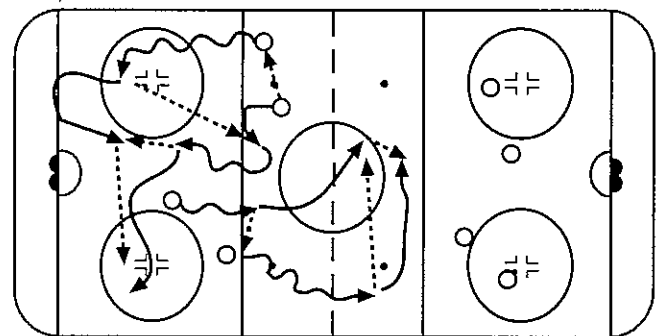


KEY EXECUTION POINTS

- Do different skill down each lane
- Do circuit 4 times

5 min **GIVE AND GO – LONG PASS/SHORT PASS**

- Players pair up, each pair should have 1 puck between them.
- Player 1 (with the puck) makes a short pass to Player 2 and then stretch skates to be an open option for a long pass. Once the long pass is made, Player 1 must move to become tight support for Player 2 to take a short pass. Continue long pass – short pass – long pass – short pass etc.
- Use the entire ice – players must keep their heads up and communicate with their partner.



KEY EXECUTION POINTS

- Players must communicate
- Pass upon eye contact

15 min **SKILLS STATIONS**

1. Front V start

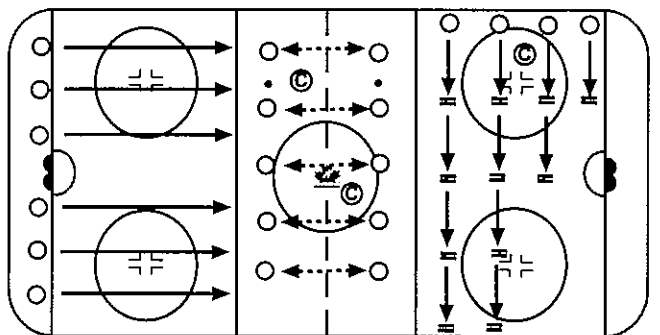
- Players line up along red line, and perform front v-start, after 4-5 strides, glide to blue line. Do the same returning to goal line repeat 4 – 5 times.

2. Stationary Passing

- Player partner up in neutral zone, and pass back and forth, using both forehand and backhand.

3. Two Foot Stop

- Players begin on side boards, using front v start, players take 4-5 strides, and then perform a 2 foot stop.
- Resume basic stance, and do again 3 – 4 times to cross ice. Repeat 4- 5 times. Stop both ways.
- Add puck if time permits.



KEY EXECUTION POINTS

- Quick feet
- Roll wrists, follow through
- Come to complete stop

Session Objective(s)

1. Skating
2. Moving Passing / Receiving
3. Pairs Passing

4. Front V-Start
5. Tight Turns

15
min

SKILLS STATIONS 2

1. Tight Turns / Edge Control

- Players begin in corner, and skate through pylons executing tight turns around each pylon. Second time through have them do a 360 around each pylon.

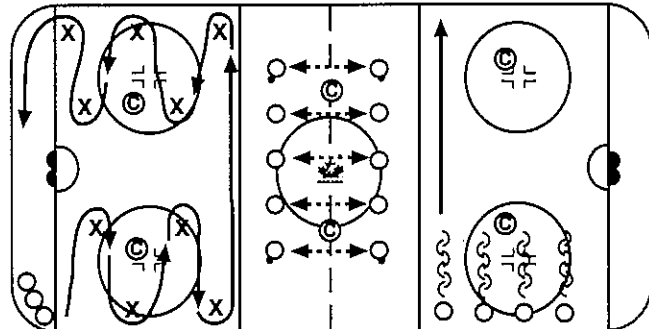
2. Stationary Passing

- Have players get in proper puckhandling stance .
- Players perform stationary passing and receiving.

- Do on both forehand and backhand.

3. Backwards C- Cuts

- Players start along side boards, in proper backwards stance and begin with backwards c-cuts, or backwards crossover start, and then perform backwards c-cuts all the way to the other side Repeat 6 – 7 times.
- Add puck if time permits.



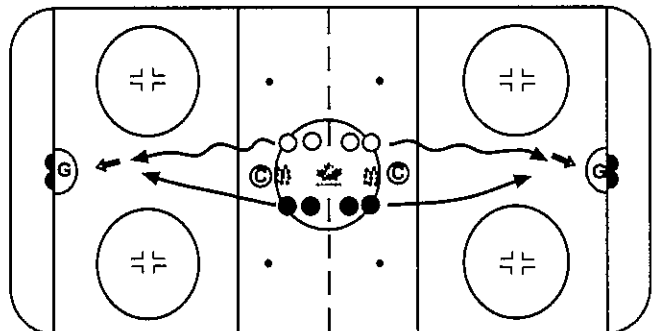
KEY EXECUTION POINTS

- Rotate after 5 minutes

5
min

SHOOTOUT

- Have players line up in two lines at center ice (Use both ends). One line has player standing with puck, the other line has the player starting on one knee.
- On coach's signal, the players take off towards the goal. Player with puck tries to score, while player on one knee backchecks.
- If player takes puck away, then that player is on offense.



KEY EXECUTION POINTS

- Must be down on one knee if starting without the puck
- Quick feet off the start
- Protect puck
- Alternate lines after each attempt

- Session Objective(s)**
1. Agility
 2. Bwd Skating
 3. Open Ice carry
 4. Front V-start

5. Stationary Puck control
6. Two foot Stop

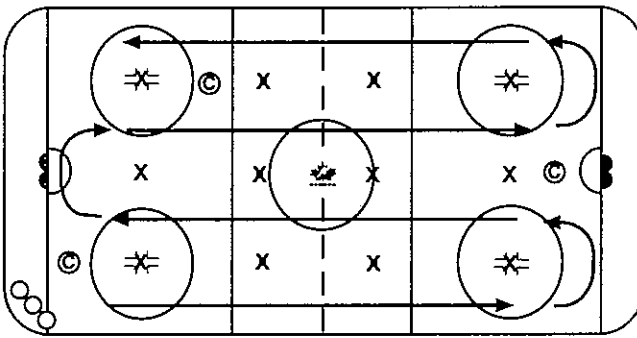
10 min

4 LANE SKATING CIRCUIT

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Players follow pattern performing skating moves:

- C-cuts.
- Forward striding.
- Backward c-cuts.
- Backward striding.
- Pivots at lines.
- Drop to knees on lines.
- 3 crossover one way, 3 crossovers the other.



KEY EXECUTION POINTS

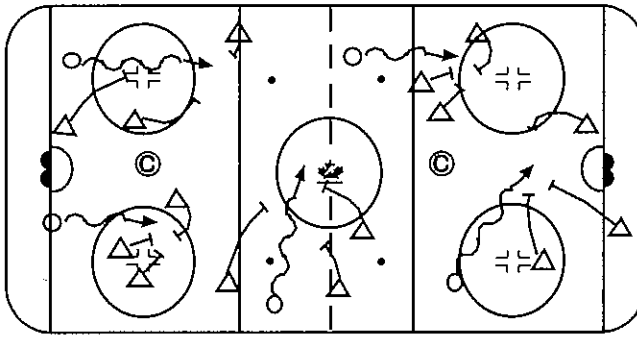
- Do different skill down each lane
- Do circuit 4 times

5 min

CHAOS

CHAOS

- Players skate around the ice in any direction handling the puck.
- Encourage players to try different stickhandling moves.
- Coaches try to knock puck away from players.



KEY EXECUTION POINTS

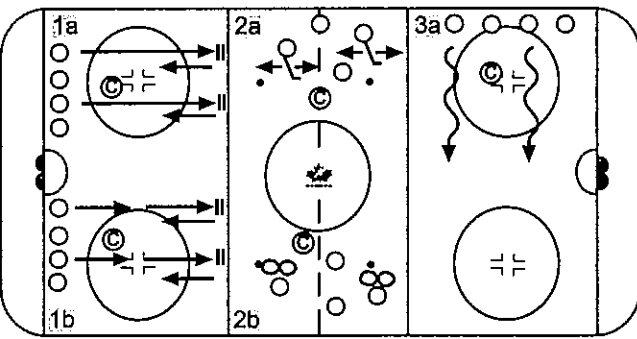
- Change directions
- Vary speeds
- Forwards / Backwards

15 min

SKILLS STATIONS

SKILLS STATIONS

1. Balance / Skating
 - Players start on goal line. Demonstrate basic stance. Perform following activities to blueline and back.
 - Walk on toes.
 - Walk on heels.
 - Glide on one skate.
 - Drop down on one knee.
 - Execute front v-start, 3 quick strides.
- 2a. Stationary Stickhandling
 - Have players get in proper puckhandling stance.
 - Players perform stationary stickhandling skills.
- 2b. Stationary " Figure 8's "
 - Players perform stationary stickhandling in a " figure 8 " motion. Use puck dots or spray paint Do not let players to take gloves off.
3. Open Ice Carry
 - Players start along boards, and skate to other side of the rink carrying the puck.



KEY EXECUTION POINTS

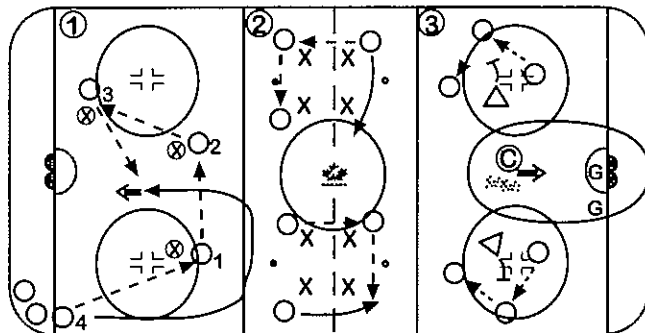
- Knees bent, shoulder width apart, stick on the ice
- Shift weight as pucks moves across body
- Alternate narrow stickhandling, wide stickhandling, one-handed puck carrying on forehand and backhand

- Session Objective(s)
1. Agility
 2. Bwd Skating
 3. Open Ice carry
 4. Front V-start

5. Stationary Puck control
6. Two foot Stop

15 min PASS / RECEIVE CIRCUIT

1. Montreal Drill
 - O4 passes to O1, O1 - O2, O2 - O3, O3 back to O4 in the slot (rotate).
2. Pass with Accuracy
 - Move laterally, giving and receiving puck on the outside of cones.
3. "Pig in the Middle"

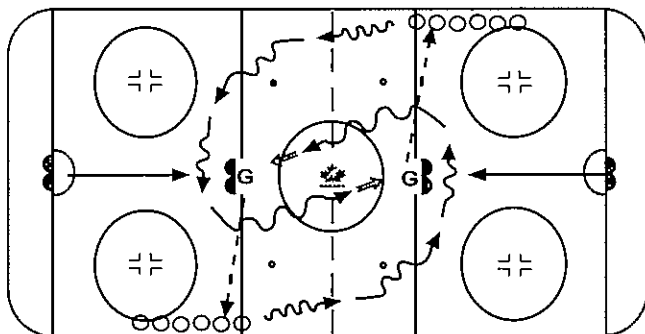


KEY EXECUTION POINTS

- 5 minutes per station
- Eyes on target
- Give target at all times
- Use deception

5 min SHOOT OUT COMPETITION

- Move nets to the blue lines.
- First team, with all players scoring, is the winner.



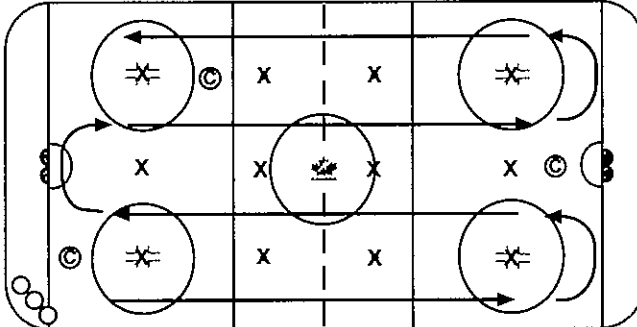
KEY EXECUTION POINTS

- After each goal, player scoring passes puck to next player in line
- After making saves, goalie can clear pucks away from shooters

- Session Objective(s)
1. Skating skills
 2. Puck control
 3. Shooting skills
 4. Crossovers

10 min

4 LANE SKATING CIRCUIT



Players follow pattern performing skating moves:

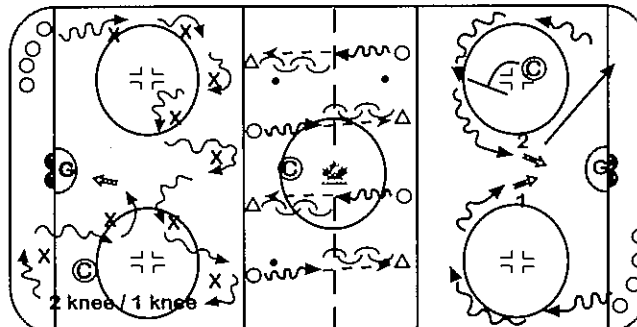
- C-cuts.
- Forward striding.
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- Pivots at lines.
- Drop to knees on lines.
- 3 crossover one way, 3 crossovers the other.

KEY EXECUTION POINTS

- Do different skill down each lane
- Do circuit 4 times

15 min

PUCK CONTROL EVALUATION



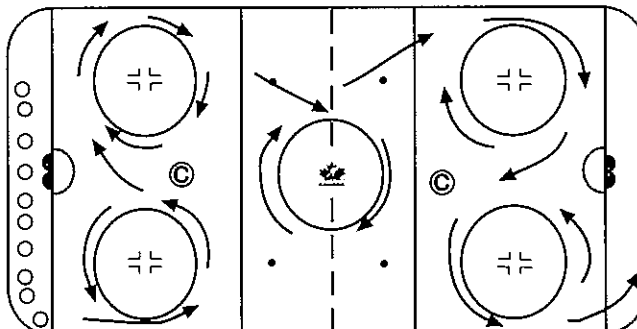
1. Stick handling course.
2. Forward and backward skating (telescoping) while passing and receiving.
3. Shooting (wrist forehand and backhand) add passive defensive side pressure from ©.

KEY EXECUTION POINTS

- Space players
- Keep feet moving
- Quick release

5 min

CIRCLE SKATE



1. Forward crossovers.
2. Backward crossovers.
3. Pivots facing one end.
4. Pivots facing one end (with pucks).
(players skate all circles)

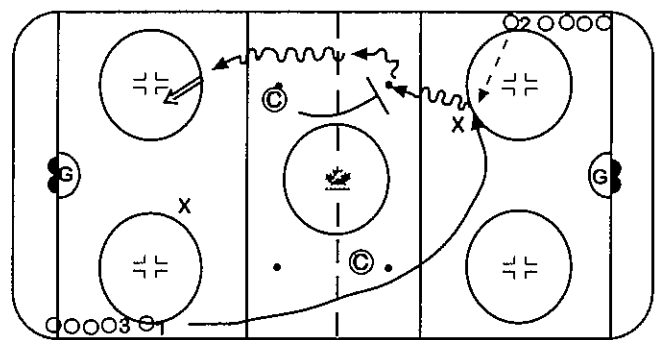
KEY EXECUTION POINTS

- Quick feet
- Stick on ice
- Head up
- 3 players go at a time

- Session Objective(s)
1. Skating skills
 2. Puck control
 3. Shooting skills
 4. Crossovers

5
min**COMBO SKATE PASS / SHOOT**

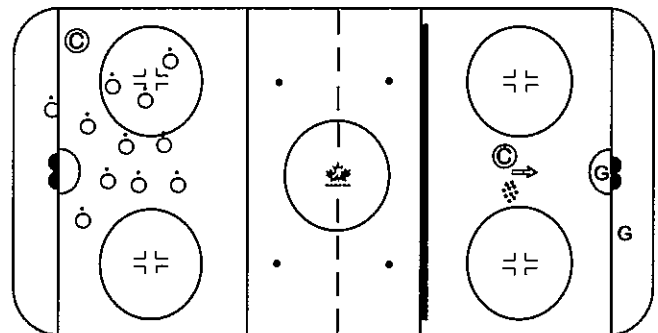
- O1 skates around pylon and receives pass from O2.
- O1 completes evasive move on © in the neutral zone and skates to offensive zone for shot.
- O2 repeats in the other direction.

**KEY EXECUTION POINTS**

- Eye contact
- Protect the puck
- Quick feet
- Read defensive positioning

5
min**STATIONARY STICK HANDLE**

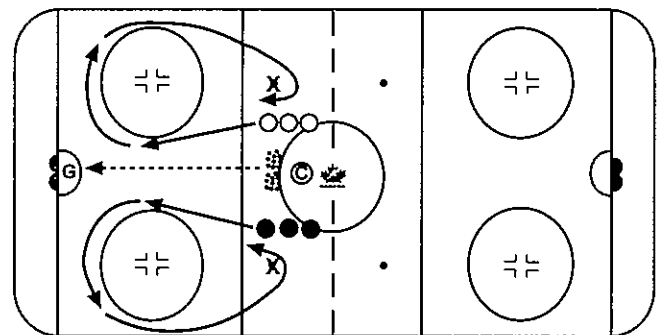
- © Directs Stationary Exercises
1. Players roll wrists, moving puck from side to side.
 2. Players stick handle puck in figure "8"s around gloves (placed on the ice).
- Goalie Zone with ©.

**KEY EXECUTION POINTS**

- Head up looking at ©
- Wrist roll
- Quiet stickhandling

10
min**CIRCLE RELAY - 3 ON 3**

- 3 players from each side line up outside blueline.
- On Coaches whistle, players skate around circles, back out around pylon and as coach dumps puck on goalies, players play 3 on 3 until one side scores.
- Have players do something different each time going around circle, ie. fwds, bwds, pivots etc...

**KEY EXECUTION POINTS**

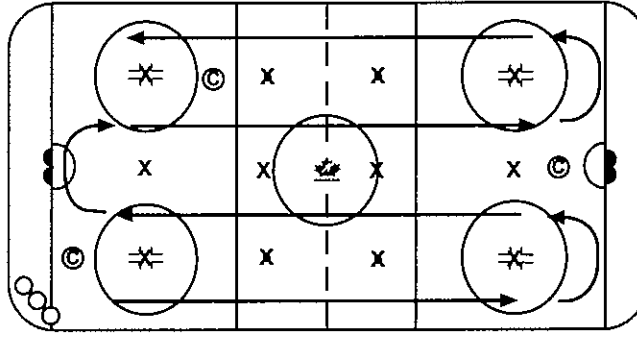
- Quick feet
- Puck pressure
- Man to man D
- Offensive team move to open space

- Session Objective(s)
1. Puckhandling agility
 2. Offensive fakes
 3. Backchecking
 4. Introduce Net Drive

5. Tight turns

10 min

4 LANE PUCK CONTROL CIRCUIT



Players follow pattern performing puckhandling moves:

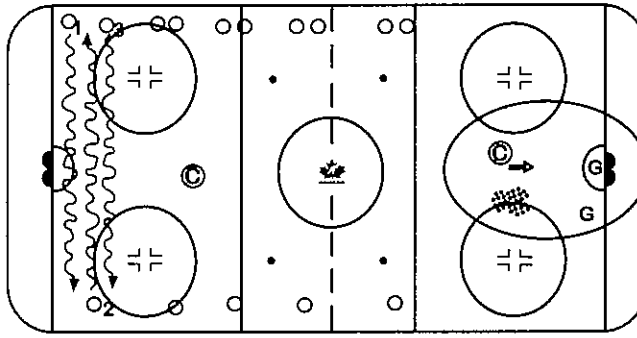
- Narrow.
- Wide.
- Front toe drags.
- Side toe drags.
- Puck in feet.
- Drop to knees on lines.
- 3 crossovers one way, 3 crossovers the other.

KEY EXECUTION POINTS

- Do different skill down each lane
- Do circuit 4 times

10 min

OFFENSIVE FAKES 1



© Demonstrates

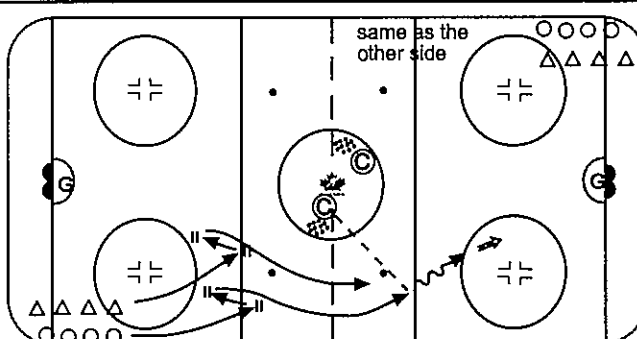
- Players practice shoulder, head, and shooting fakes.
- O1 carries puck across ice and drops to O2. O2 carries across and drops to O3 - repeat.
- Goalie Zone with ©.

KEY EXECUTION POINTS

- Head up
- Weight shift
- Quick feet
- Accelerate after fake

10 min

ASSESS CHECKING SKILLS



1 on 0 with Backchecker

- O and Δ stand a stick length apart.
- © blows whistle - O & © race to the blueline, to top of circle, and O receives lead pass from ©.
- © stays close to O and checks if possible.

KEY EXECUTION POINTS

- Defensive side positioning
- Stops and starts
- Use stick checks
- Quick feet

Session Objective(s)

1. Puckhandling agility
2. Offensive fakes
3. Backchecking
4. Introduce Net Drive

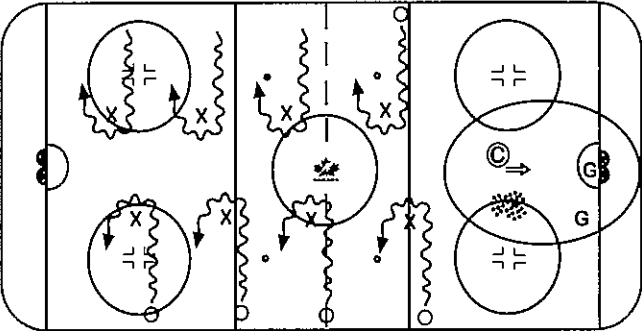
5. Tight turns

5 min

NET DRIVE PROGRESSION

Technical Level

- Have players skate around pylon protecting the puck.
- Goalie Zone with ©.



KEY EXECUTION POINTS

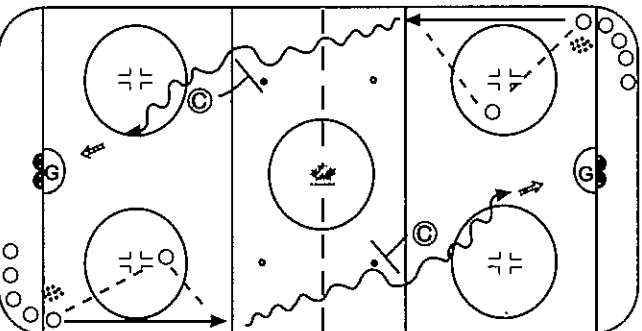
- Approach with speed
- Puck to the outside
- Build the wall
- Keep feet moving

5 min

NET DRIVE

Tactical Level

- Player from corner passes to O for "give and go".
- Puck carrier drives with speed, executing net drive at the blueline.
- © offers passive pressure.
- Alternate sides.



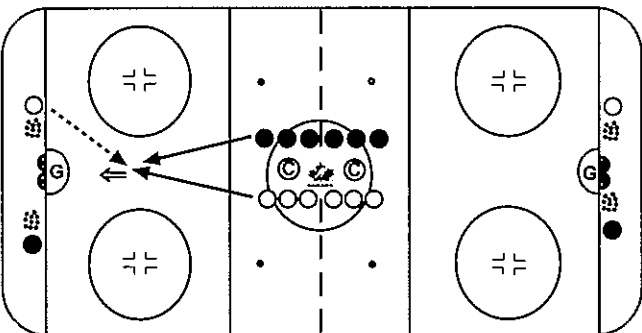
KEY EXECUTION POINTS

- Head up
- Accelerate after fake
- Quick feet
- Weight shift

10 min

1 ON 1 BODY POSITION SHOOTOUT

- Players line up in two lines at center.
- On whistle players race towards the goal and try to get body position on the opponent to receive pass and take shot on goal.
- Alternate who is on defence and offense.



KEY EXECUTION POINTS

- Quick start
- Offensive player use body and block defensive player
- Stick on ice, ready for quick shot

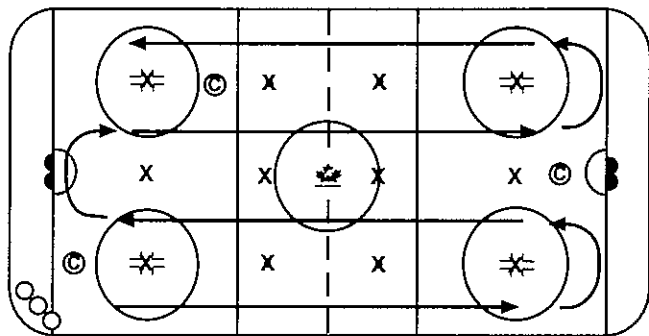
- Session Objective(s)**
1. Moving Puck control
 2. Passing / receiving
 3. Forward / Backward pivots
 4. Skating with puck

5. Review Net drive

10 min 4 LANE 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 crossover one way, 3 crossovers the other.



KEY EXECUTION POINTS

- Do different skill down each lane
- Do circuit 4 times

15 min SKILLS STATIONS

1a. Backwards striding

- Players skate across the ice backwards, performing a 2 foot backwards stop at boards.

- #### 1b. Player partner up, one player is on side boards, second player is halfway across ice. Player on boards skates forward, at same time, partner who is halfway across ice, starts skating backwards, and tries to get to far side boards before player who skating forwards.

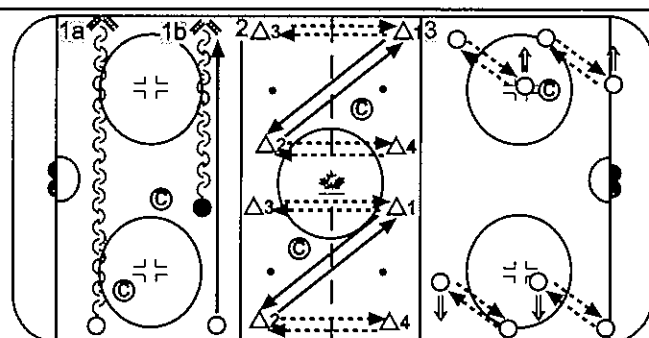
2. Moving to Space

- Divide players into groups of four. Position the four players to form a square. Use spot of spray paint to indicate position.
- Players 1 and 2 each have a puck and pass to player 3 and 4 respectively.

- Players 1 and 2 exchange positions.
- Player 2 (In new position) receives a pass from 3 and 1 (in new position) receives a pass from Δ4.
- Players Δ3 and Δ4 exchange position and receive a pass.
- Use both forehand and backhand when passing and receiving.

3. Stationary Shooting

- Players partner off as diagrammed. Shooter is four meters out from boards. Each pair needs 4-5 pucks.
- Puck starts with player on boards, who passes to shooter. Repeat 5-6 times, then switch passer / shooter.
- Repeat using backhand sweep shot.



KEY EXECUTION POINTS

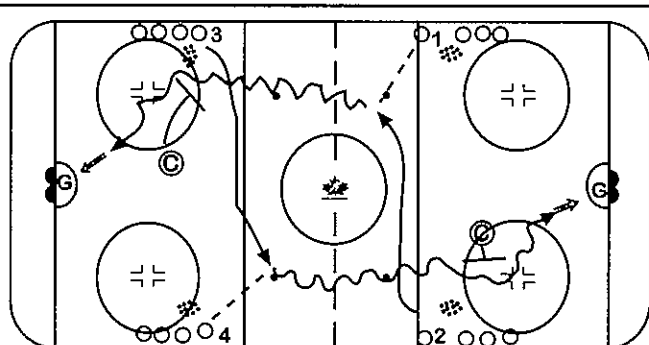
- Have players go on signal
- Demonstrate proper movement pattern
- Review key points of shooting, and passing

5 min NET DRIVE

4 Corner Drill

(review net drive skills)

- O2 and O3 receive passes from O1 and O4 in neutral zone. Execute net drives around ©s.
- O1 and O4 repeat - receiving passes and executing net drives.



KEY EXECUTION POINTS

- Alternate diagonal sides
- Drive far post
- Enter zone with speed
- Keep feet moving
- Protect the puck

- Session Objective(s)
1. Moving Puck control
 2. Passing / receiving
 3. Forward / Backward pivots
 4. Skating with puck

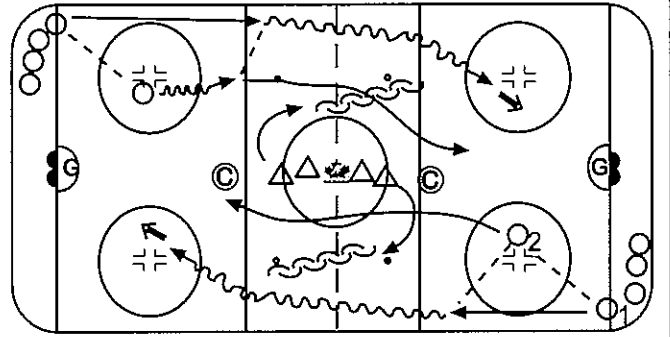
5. Review Net drive

5 min

TEAM TACTICS - 2 ON 1

Team Tactics Assessment
(offensive play)

- On whistle, O1 passes to O2. O2 has option to give 'n go with O1 or carry and headman, then follow up for 2 on 1.
- Alternate sides.

**KEY EXECUTION POINTS**

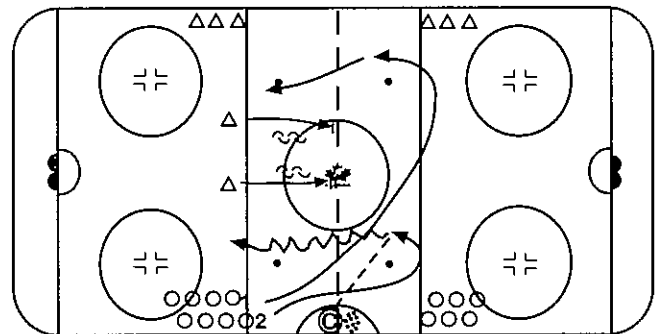
- Offensive:
- Eye contact with passer
 - Give target on ice with stick
 - Penetrate O zone with speed
 - Support the puck carrier

10 min

TEAM TACTICS - 2 ON 2

Team Tactics Assessment (offensive play)

- On whistle, O1 skates around far face off dot and O2 near dot.
- Δ1 & Δ2 skate to redline, pivot and defend against O1 & O2.
- © passes to either O1 or O2.

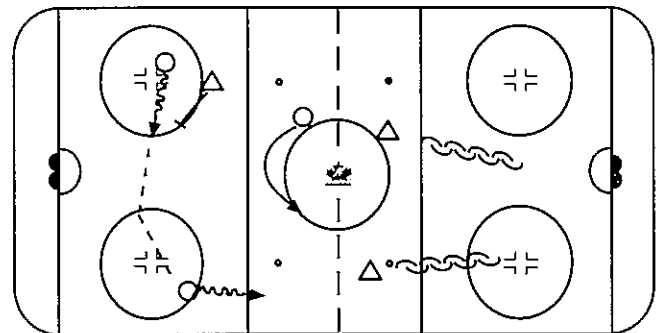
**KEY EXECUTION POINTS**

- Communicate
- Read Δ gap, cross, or outside drive
- Enter zone with speed
- Headman pass if open

5 min

SCRIMMAGE - 3 ON 3

- Continuous play with quick change on the whistle.
- Emphasis on checking technique.
- Defensive position.
- Assess offensive team tactics - give & go, headman, etc.

**KEY EXECUTION POINTS**

- O & Δ: read and react skills
- O: Quick puck movement
- Δ: Defensive side positioning

ICE SESSIONS

ATOM

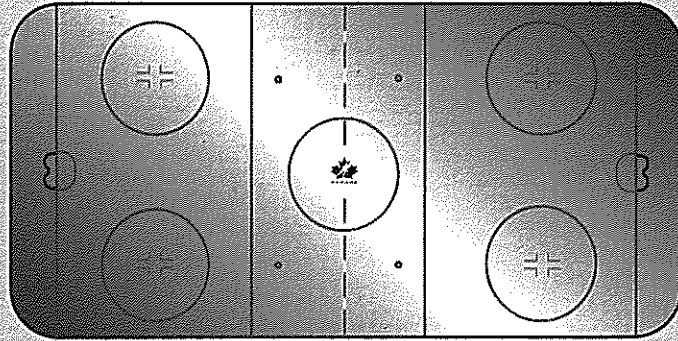
SEASON PLAN

PHASE 1

PHASE 2

PHASE 3

PHASE 4



CANADA

ATOM LEVEL PRACTICE PLAN

Training Segment Outcomes

- Refine individual skills and individual tactics
- Refine understanding of team tactics
- Demonstrate and understanding of team play systems
- Have fun, attain fitness and abide by the Fair Play Codes

ICE OBJECTIVES:		SKILL FOCUS
LESSON 9	<p>LESSON 9 OBJECTIVES</p> <p>1. Skating skills 2. Moving puck control 3. Forward / Backward agility 4. Introduce 2 on 2</p> <p>5. Introduce 1,2,3 Attack principle</p>	<ul style="list-style-type: none"> • Agility skating / pivots • Puck control skills – puck protection • Ice awareness • Creating depth and width
LESSON 10	<p>LESSON 10 OBJECTIVES</p> <p>1. Balance and agility 2. Skating and shooting 3. Technical skills in combination 4. Passing support</p>	<ul style="list-style-type: none"> • Agility skating – pivots / backwards skating • Shooting in motion • Skate / pass / shoot combo • Moving to space
LESSON 11	<p>LESSON 11 OBJECTIVES</p> <p>1. Agility skating 2. Net drive 3. 1,2,3 attack progression 4. Pass and follow</p> <p>5. Competitive relay</p>	<ul style="list-style-type: none"> • Inside / outside edges • Control skating • Offensive fakes / puck protection • Passing while moving
SESSION 12	<p>LESSON 12 OBJECTIVES</p> <p>1. Skating agility 2. Support passing 3. Offensive fakes 4. Pass and move</p> <p>5. Net Drives</p>	<ul style="list-style-type: none"> • Pairs passing while moving • Puck control variations. • Head / shoulder fakes • Puck protection
LESSON 13	<p>LESSON 13 OBJECTIVES</p> <p>1. Puck Control agility 2. Introduce Drive Delay 3. Offensive fakes 4. Agility skating</p>	<ul style="list-style-type: none"> • Agility puck control • Control skating • Head / shoulder fakes • Skating fakes • Puck protection
LESSON 14	<p>LESSON 14 OBJECTIVES</p> <p>1. Agility puck control 2. Review net drives / delays 3. Introduce Offensive / defensive tactics</p> <p>4. Pass and move 5. Competitive games</p>	<ul style="list-style-type: none"> • Skate and puck control combinations • Review of skating fakes • Walkouts / turnups • Ice awareness
LESSON 15	<p>LESSON 15 OBJECTIVES</p> <p>1. Puck control agility 2. Passing / receiving 3. Bank passes 4. Passing while moving</p>	<ul style="list-style-type: none"> • Puck control creativity • Pass and follow • Cross and drop • Passing / skating timing • Moving to space
LESSON 16	<p>LESSON 16 OBJECTIVES</p> <p>1. Puck control agility 2. Review bank pass 3. Defensive tactics 4. 1,2,3, attack principle</p> <p>5. Pass and move</p>	<ul style="list-style-type: none"> • Puck control creativity • Passing timing • Gap control • Defensive positioning

- Session Objective(s)**
1. Skating skills
 2. Moving puck control
 3. Forward / Backward agility

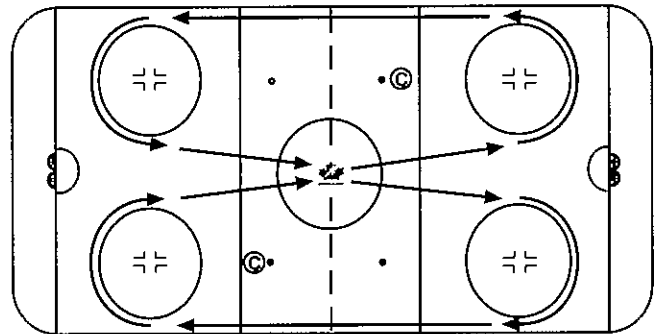
4. Introduce 2 on 2
5. Introduce 1,2,3 Attack principle

10 min

WARM UP SKATE

Circuit: Continuous Movement

1. Fwd to bwd pivots facing one end.
2. Bwd to fwd pivots facing one end.
3. 2 foot slalom - edge control work.
4. Forward crossovers.
5. Backward crossovers.



KEY EXECUTION POINTS

15 min

SKILLS STATIONS (I)

1. Tight Turn Puck Control

- Players start in corner, and weave through pylons with puck and finish with a shot on net. Second time through put puck on one side of pylon, and skate on the other side, and pick puck up again.

player then stops and skates backwards to receive pass.

3. Relay race

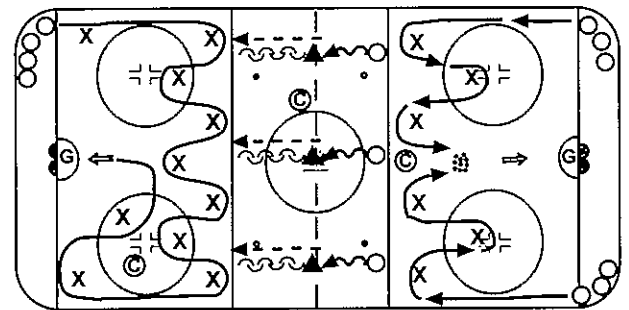
- Split players into 2 groups, one in each corner. Coach spots puck in middle of ice.

2. Telescoping Passing

- Players partner up, player with puck, skates forward, player without puck skates backward, and receives pass, stops, then skates forward. After pass,

- On signal players weave through pylons, and race for puck.

- First player to puck goes in for shot on net, second player tries to prevent shot.



KEY EXECUTION POINTS

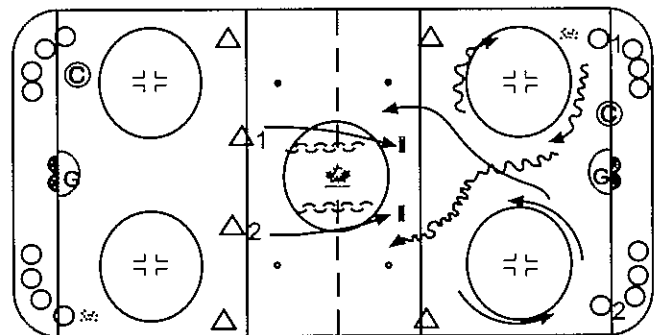
- Encourage players to be creative when getting to pylon
- Focus on control first, then speed
- Encourage the competition

10 min

TEAM TACTICS - 2 ON 2

Technical Level Drill: Cross

- O1 & O2 skate wide route and cross in front of stationary defender - ©.
- O1 & O2 exchange puck 2 times on crosses, then attack net with shot on goal.



KEY EXECUTION POINTS

- Communicate
- Alternate forwards
- Control skate
- Go both ways
- Time cross and pass

- Session Objective(s)
1. Skating skills
 2. Moving puck control
 3. Forward / Backward agility

4. Introduce 2 on 2
5. Introduce 1,2,3 Attack principle

1,2,3 PRINCIPLE OF ATTACK

10 min

Assess Triangulation

- © passes to O1, O2, or O3.
- Δ1 & Δ2 skate to redline, pivot and retreat, defending against 3 on 2.

KEY EXECUTION POINTS

<p>Offensive:</p> <ul style="list-style-type: none"> • Support puck carrier • Timing • Fill 3 lanes 	<ul style="list-style-type: none"> • O's must curl below far blueline • Alternate sides
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CIRCLE RELAY

5 min

- 3 players from each side line up outside blueline.
- On Coaches whistle, players skate around circles, back out around pylon and as coach dumps puck on goalies, players play 3 on 3 until one side scores.
- Have players do something different each time going around circle, ie fwds, bwds, pivots etc...

KEY EXECUTION POINTS

- Quick feet



- Session Objective(s)
1. Balance and agility
 2. Skating and shooting
 3. Technical skills in combination

4. Passing support

10 min

WARM UP SKATE

Circuit: Continuous Movement

1. Fwd to bwd pivots facing one end
2. Bwd to fwd pivots facing one end.
3. 2 foot slalom - edge control work.
4. Forward crossovers.
5. Backward crossovers.

KEY EXECUTION POINTS

5 min

WARM-UP SHOOTING

- 3 pylons mark 3 staggered lanes.
- On whistle, 3 players skate length of the ice and shoot on goal.
- O1 - wrist shot from blueline.
- O2 - backhand from high slot.
- O3 - net drive.

KEY EXECUTION POINTS

- Space lines
- Quick release and move out of way
- Allow time for goalie to recover after wave of 3

5 min

COMBO - TECHNICAL SKILL

Drill #1

- Both ends start at the same time.
- O skates, stops and starts at redline and blueline, pivots, skates backward, pivots open to pass, skates through neutral zone, executes give & go with ©.

KEY EXECUTION POINTS

- Finish with shot on goal
- Quick feet
- Switch sides
- Eye contact
- Quick release
- Give target for pass

Session Objective(s) 1. Balance and agility
2. Skating and shooting
3. Technical skills in combination

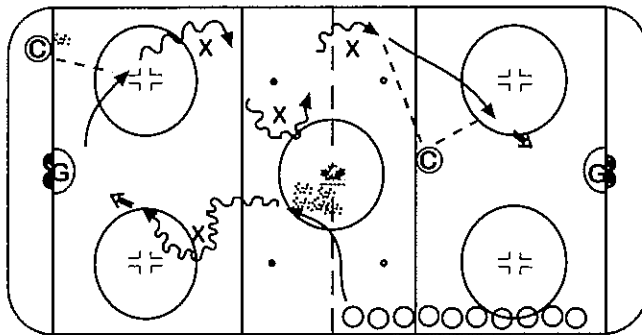
4. Passing support

10 min

COMBO - TECHNICAL SKILL

Drill #2

- O picks up puck from center, drives outside and takes shot on goal.
- After shot, receives pass from ©, controls puck through pylons, "give & go" with 2nd ©.
- Finish with shot on goal.



KEY EXECUTION POINTS

- Quick feet
- Follow up on goal for rebound
- Quick release
- Give target for pass

15 min

PASS / RECEIVE CIRCUIT

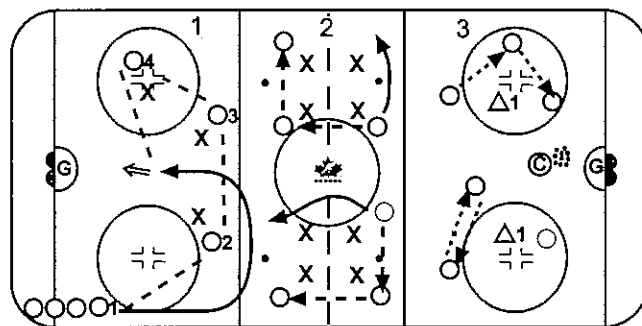
1. Montreal Drill

- O4 passes to O1, O1 - O2, O2 - O3, O3 back to O4 in the slot (rotate).

2. Pass with Accuracy

- Move laterally, giving and receiving puck on the outside of cones.

3. "Pig in the Middle"



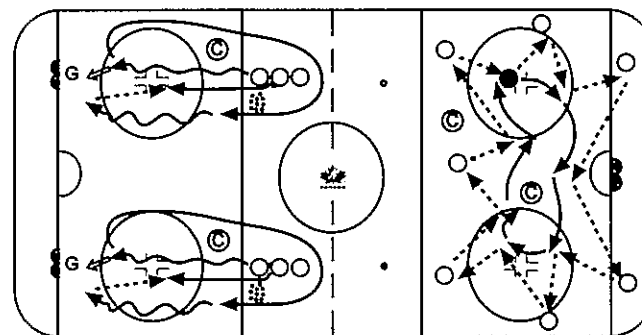
KEY EXECUTION POINTS

- 3 to 4 minutes per station
- Eyes on target
- Give target at all times
- Use deception

5 min

1, 2, 3 ON 0 / TOUCH PASSING

- Move nets to each end, on goal line, below face off dots.
- Players line up outside blue line in equal groups, each player with a puck.
- 1st player goes in for shot, keeps going until goal is scored.
- After goal, player skates back outside blue, next player joins in for 2 on 0
- 3rd time through, 3 on 0 etc...
- Have all players dive across blue line when last player scores.
- At far end, have the players not in the relay doing the one touch passing circle. Trade ends after relay is over.



KEY EXECUTION POINTS

- Use 4 nets if required
- Each player must touch puck once before shot

- Session Objective(s)
1. Agility skating
 2. Net drive
 3. 1,2,3 attack progression
 4. Pass and follow

5. Competitive relay

10 min

WARM UP SKATE

Circuit: Continuous Movement

1. Fwd to bwd pivots facing one end.
2. Bwd to fwd pivots facing one end.
3. 2 foot slalom - edge control work.
4. Forward crossovers.
5. Backward crossovers.

KEY EXECUTION POINTS

5 min

NET DRIVE

Efficient Level

- D skates to blueline with puck.
- Passes to O and defends 1 on 1.
- O reads gap on D. Tight gap - drive outside. Loose gap - drive middle

KEY EXECUTION POINTS

- Alternate sides
- Head up
- Weight shift
- Quick feet

- Accelerate after fake

10 min

1, 2, 3 ATTACK PROGRESSION

Tactical Level: Option #1

- 2 groups working 1/2 ice.
- © walks each player through their responsibilities.
- O1 - Net drive (penetrate).
- O2 - Support high slot (depth).
- O3 - Support low slot (width).
- Repeat options 3 vs 0.

KEY EXECUTION POINTS

- Players exchange positions and roles
- Read and react

- Session Objective(s)
1. Agility skating
 2. Net drive
 3. 1,2,3 attack progression
 4. Pass and follow

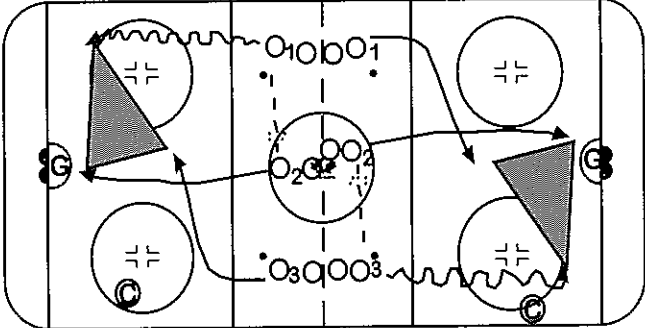
5. Competitive relay

10 min

1,2,3 ATTACK PROGRESSION

Tactical Level: Option #2

- O1 - Net drive (width & penetrate).
- O2 - Middle drive low slot (width).
- O3 - Support high slot (depth).
- Repeat options 3 vs 0.



KEY EXECUTION POINTS

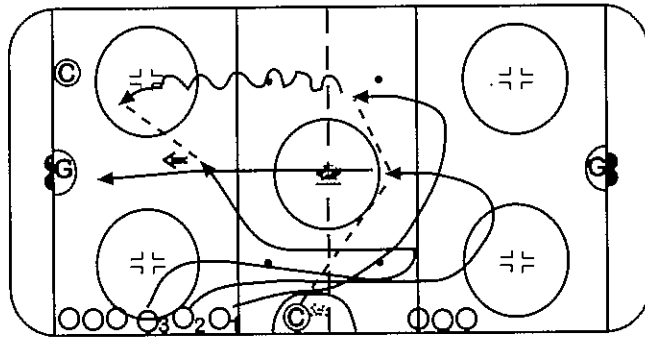
- Players exchange positions and roles
- Read and react

10 min

1,2,3 ATTACK PROGRESSION

Efficient Level: No Defensive Pressure

- Emphasis on reading and reacting to the two attack triangle options.
- 3 vs 0.
- Alternate sides.



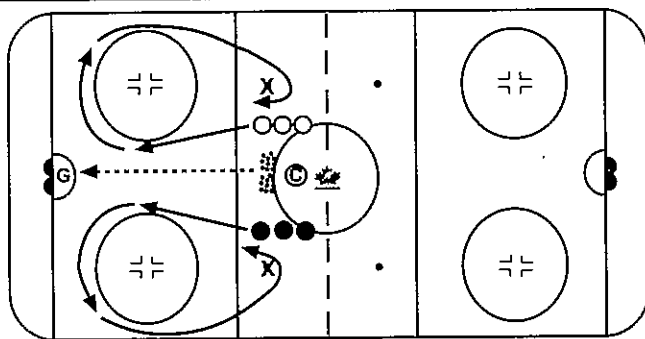
KEY EXECUTION POINTS

- Penetration with speed from O1
- Width and depth from O2 and O3
- Timing

5 min

CIRCLE RELAY - 3 ON 3

- 3 players from each side line up outside blueline.
- On Coaches whistle, players skate around circles, back out around pylon and as coach dumps puck on goalies, players play 3 on 3 until one side scores.
- Have players do something different each time going around circle, ie fwds, bwds, pivots etc...



KEY EXECUTION POINTS

- Quick feet
- Puck pressure
- Man to man D
- Offensive team move to open space

- Session Objective(s)
1. Skating agility
 2. Support passing
 3. Offensive fakes
 4. Pass and move

5. Net Drives

10 min

WARM UP SKATE

Circuit: Continuous Movement

1. Fwd to bwd pivots facing one end.
2. Bwd to fwd pivots facing one end.
3. 2 foot slalom - edge control work.
4. Forward crossovers.
5. Backward crossovers.

KEY EXECUTION POINTS

15 min

PASS / RECEIVE CIRCUIT

1. Montreal Drill
 - O4 passes to O1, O1 - O2, O2 - O3, O3 back to O4 in the slot (rotate).
2. Pass with Accuracy
 - Move laterally, giving and receiving puck on the outside of cones.
3. "Pig in the Middle"

KEY EXECUTION POINTS

- 5 minutes per station
- Eyes on target
- Give target at all times
- Use deception

5 min

STICKHANDLING - DEKING

- O1 carries to O2, O2 to O3, repeat
- © demos or gives instructions:
- Tight turns.
- Pivots.
- 360's.
- Stops and starts.
- Head/shoulder fakes.
- Shooting fakes.
- Goalie Zone with ©.

KEY EXECUTION POINTS

- Speed, change of pace
- Quick puck movement
- Use of body fakes
- Acceleration

- Session Objective(s)
1. Skating agility
 2. Support passing
 3. Offensive fakes
 4. Pass and move

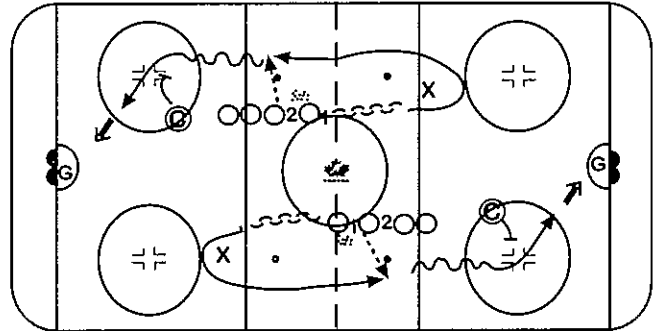
5. Net Drives

10 min

TACTIC – NET DRIVE

Drill #1 - Tactical Level

- O1 skates backwards to pylon, pivots and calls for pass from O2.
- © applies passive pressure.



KEY EXECUTION POINTS

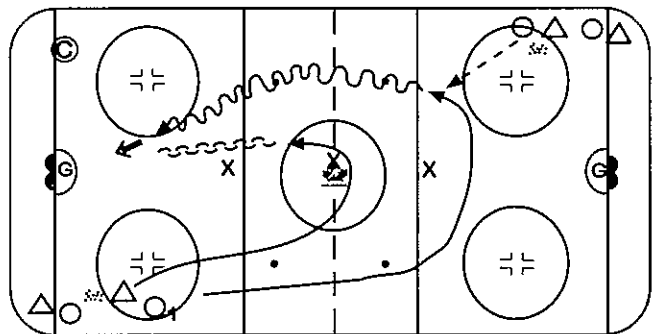
- Switch sides
- Drive to far post
- Keep feet moving
- Build wall with the body

5 min

NET DRIVE

Drill #2 - Efficient Level

- O1 skates around far pylon.
- Δ skates around middle pylon.
- O vs Δ - 1 on 1 with emphasis on the outside drive.
- Both sides go at the same time or alternate to slow drill down.



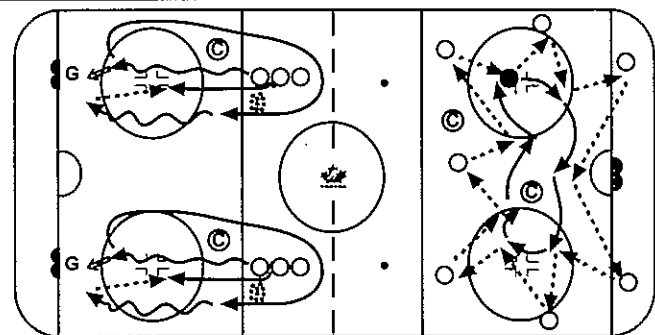
KEY EXECUTION POINTS

- Switch sides of attack

5 min

1-2-3 ON 0 – RELAY RACE

- Move nets to each end, on goal line, below face off dots.
- Players line up outside blue line in equal groups, each player with a puck.
- 1st player goes in for shot, keeps going until goal is scored.
- After goal, player skates back outside blue, next player joins in for 2 on 0.
- 3rd time through, 3 on 0 etc...
- Have all players dive across blue line when last player scores.
- At far end, have the players not in the relay doing the one touch passing circle. Trade ends after relay is over.



KEY EXECUTION POINTS

- Use 4 nets if required
- Each player must touch puck once before shot

- Session Objective(s)
1. Puck Control agility
 2. Introduce Drive Delay
 3. Offensive fakes
 4. Agility skating

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 crossover one way, 3 crossovers the other.

KEY EXECUTION POINTS

- Do different skill down each lane
- Do circuit 4 times

5 min

DRIVE / DELAY

Drill #1 - Technical Level

- O attacks pylon with full speed, tight turns or pivots to the boards, skating back up the wall creating time and space.

KEY EXECUTION POINTS

- Begin without pucks (2 or 3 reps)
- Change of pace at pylon
- Add pucks and repeat
- Create time and space
- Go both ways
- Attack with speed

5 min

DRIVE / DELAY

Drill #2 - Tactical Level

- O1 tight turns around face off dots and gets pass from O2, O1 attacks. © - passive pressure - O1 delays to the boards drawing ©
- O2 times entry into high slot for pass from O1 - ensure that defensive player commits to O1.

KEY EXECUTION POINTS

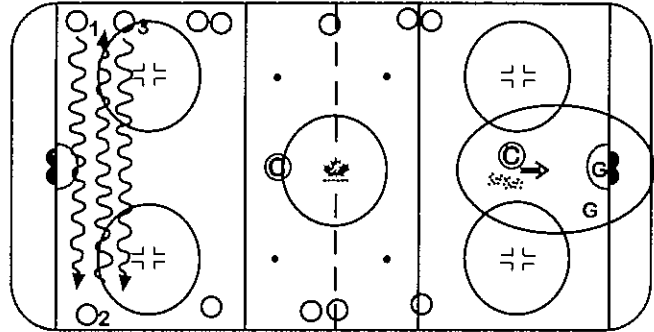
- Create time and space
- Change of pace
- Read 'n react
- Communicate
- Attack with speed
- Timing

- Session Objective(s)
1. Puck Control agility
 2. Introduce Drive Delay
 3. Offensive fakes
 4. Agility skating

STICKHANDLING - DEKING

10 min

- O1 carries to O2, O2 to O3, repeat
- © demos or gives instructions.
- Tight turns.
- Pivots.
- 360's.
- Stops and starts.
- Head/shoulder fakes.
- Shooting fakes.
- Goalie Zone with ©.



KEY EXECUTION POINTS

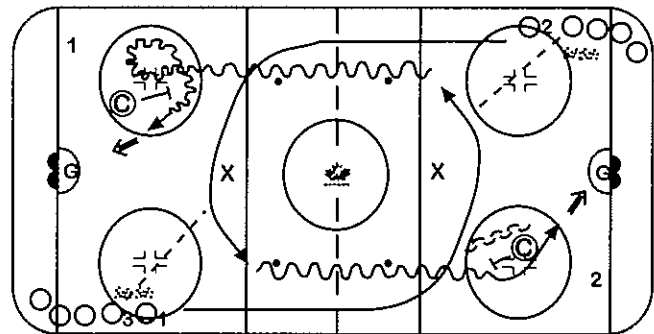
- Speed, change of pace
- Quick puck movement
- Use of body fakes
- Acceleration

NET DRIVE - DELAY

10 min

Tactical Level - Delay Opt. #1

- 1 vs 0 with minimum pressure.
- 1. O1 receives pass from O2 and reads loose gap, therefore delays and drives to the slot for a shot.
- 2. O2 reads tight gap and drives to the net.
- © varies pressure, allowing O to read gap and react.



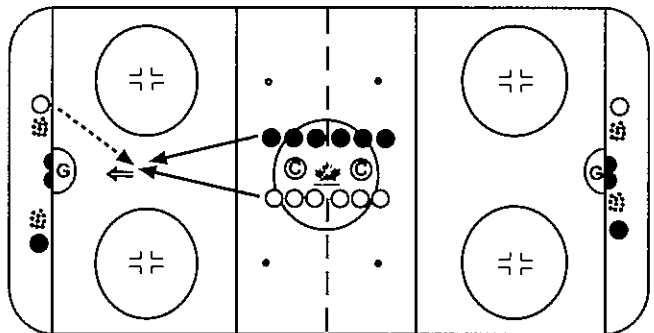
KEY EXECUTION POINTS

- Attack with speed
- Switch sides

1 ON 1 BODY POSITION SHOOTOUT

10 min

- Players line up in two lines at center.
- On whistle players race towards the goal and try to get body position on the opponent to receive pass and take shot on goal.
- Alternate who is on defence and offense.



KEY EXECUTION POINTS

- Quick start
- Offensive player use body and block defensive player
- Stick on ice, ready for quick shot

- Session Objective(s)
1. Agility puck control
 2. Review net drives / delays
 3. Introduce Offensive / defensive tactics
 4. Pass and move
 5. Competitive games

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 crossover one way, 3 crossovers the other.

KEY EXECUTION POINTS

- Do different skill down each lane
- Do circuit 4 times

5 min

NET DRIVE - DELAY

Tactical Level - Delay Opt. #1
1 vs 0 with minimum pressure:

1. O1 receives pass from O2 and reads loose gap, therefore delays and drives to the slot for a shot.
2. O2 reads tight gap and drives to the net.

KEY EXECUTION POINTS

- @ varies pressure, allowing O to read gap and react
- Attack with speed
- Switch sides

5 min

NET DRIVE - DELAY

Efficient Level - Delay Opt. #2
1 vs 0 with full pressure:

- O1 receives pass, attacks with speed and pulls delay.
- O2 with puck, takes shot on goal then joins play as 2nd wave.
- Δ goes around middle pylon and defends 1 on 1.
- O1 creates time and space with puck.
- O2 times entry into slot .

KEY EXECUTION POINTS

- Work both sides

- Session Objective(s)
1. Agility puck control
 2. Review net drives / delays
 3. Introduce Offensive / defensive tactics
 4. Pass and move
 5. Competitive games

10 min

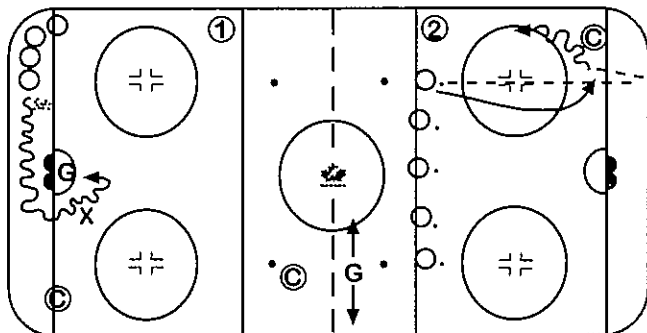
WALKOUTS / TURN UPS #1

Technical Level (1/2 ice • 5 mins each)

1. Walkouts • O fakes pass to © then drives between pylon and net for play on goal.
2. Players pass puck off boards and retrieve rebound making turn ups - work on turn ups both ways.

Walkouts : • fake/change direction

Turn-ups : • use body fakes

**KEY EXECUTION POINTS**

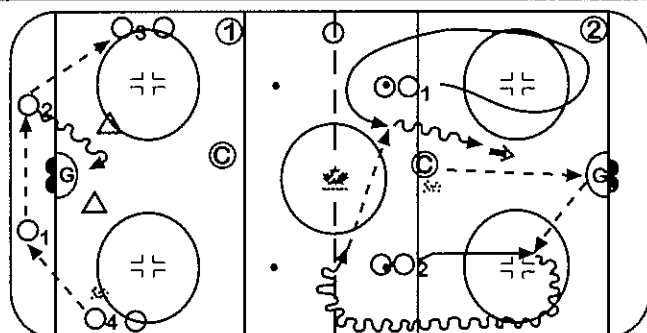
- Protect puck
- Explosive move
- Be evasive

10 min

WALKOUTS / TURN UPS #2

Tactical Level (1/2 ice • 5 mins each)

1. O1 and O2 exchange pass and fake out Δ by faking pass to O3 or O4. When seam to net opens, O player attacks from behind net.
2. O1 and O2 pick up pass from G, turn up ice & attack back 2 on 0.

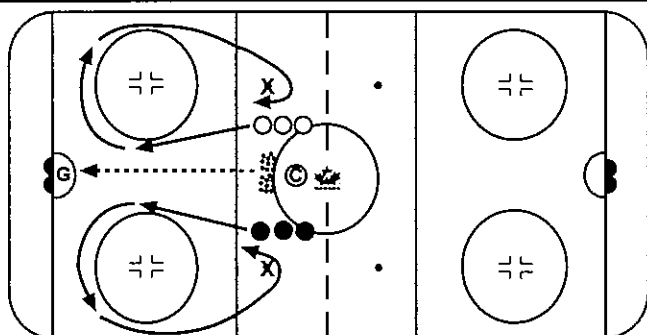
**KEY EXECUTION POINTS**

- Eye contact
- Deception
- Quick feet and hands

10 min

CIRCLE RELAY - 3 ON 3

- 3 players from each side line up outside blueline.
- On Coaches whistle, players skate around circles, back out around pylon and as coach dumps puck on goalies, players play 3 on 3 until one side scores.
- Have players do something different each time going around circle, ie. fwds, bwds, pivots etc...

**KEY EXECUTION POINTS**

- Quick feet
- Puck pressure
- Man to man D
- Offensive team move to open space

- 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
- Provide close support
- Control skate
- Eye contact
- Give target

10 min

PASSING - TECHNIQUE

• Review passing and receiving skills
Run players through:

1. Partner pass forehand & back-hand (switching sides).
2. 2 man weave.

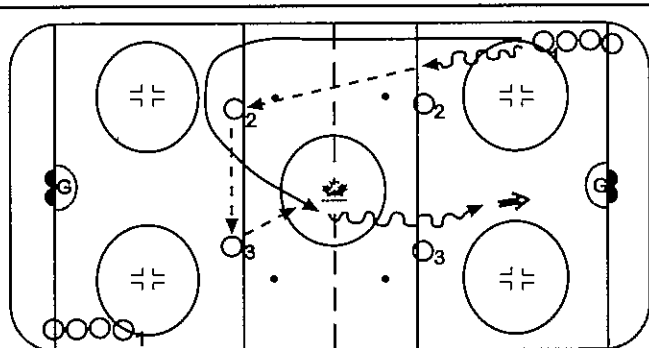
KEY EXECUTION POINTS

- Follow through to target when passing
- Give target - blade square to passer
- Cushion pass

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

10
min**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.

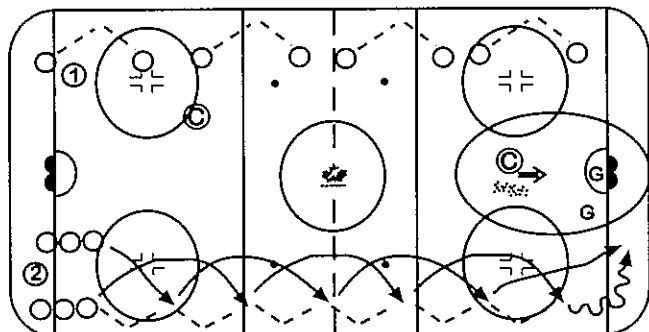
**KEY EXECUTION POINTS**

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

10
min**BOARD PASS #1**

© Demos and explains angles:

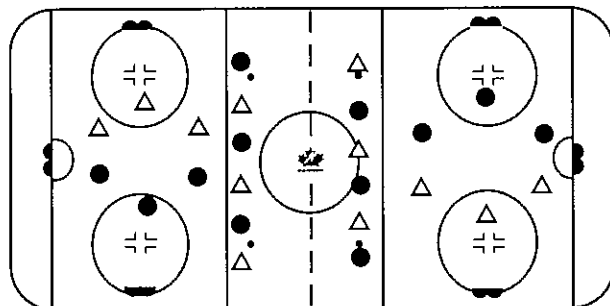
1. Stationary board passes - practice and understand different angles of the boards.
 2. Moving board passes - skating onto the puck.
- Goalie Zone with ©.

**KEY EXECUTION POINTS**

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

5
min**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.

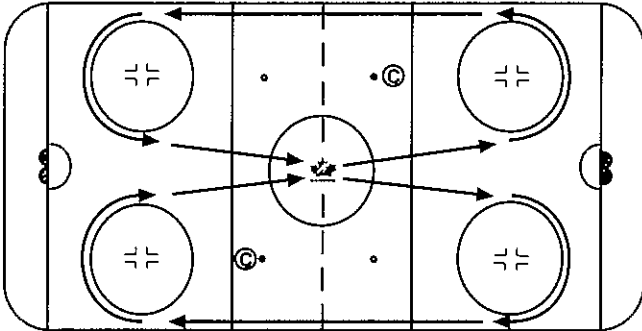
**KEY EXECUTION POINTS**

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

- Session Objective(s)
1. Puck control agility
 2. Review bank pass
 3. Defensive tactics
 4. 1,2,3, attack principle
 5. Pass and move

10 min

PUCK CONTROL CIRCUIT



Players follow pattern performing puckhandling moves:

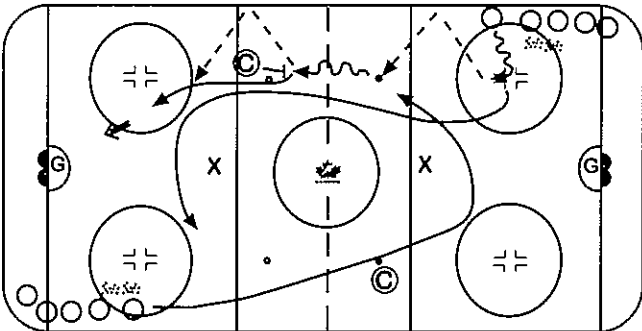
- Narrow.
- Wide.
- Front toe drags.
- Side toe drags.
- Puck in feet.
- Drop to knees on lines.
- 3 crossover one way, 3 crossovers the other.

KEY EXECUTION POINTS

- Do different skill down each lane
- Do circuit 4 times

5 min

BOARD PASS #2



Skate / Pass / Shoot Combo Drill

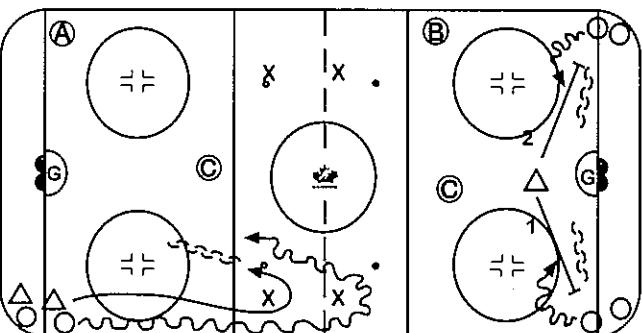
- O picks up board pass and makes board pass to himself to get by the © who is playing minimum pressure.

KEY EXECUTION POINTS

- Switch sides
- Timing
- Read speed of player to time pass and angle

10 min

DEFENSIVE TACTICS #1



- Individual Tactic - Closing the Gap
- On whistle, Δ maintains tight gap on O at all times.
- O carries puck to the far pylon and attacks back 1 on 1.

KEY EXECUTION POINTS

- Δ must gain near pylon and defend against 1 on 1
- Quick feet
- Outside shoulder lined up with inside shoulder of O

- Session Objective(s)
1. Puck control agility
 2. Review bank pass
 3. Defensive tactics
 4. 1,2,3, attack principle

5. Pass and move

5 min

DEFENSIVE TACTICS #2

Review Attack Triangle
Individual Tactic - Body Pos.

- On whistle, Δ attacks O1 with speed and two foot stops in front of O1. O1 attacks 1 on 1 to the net. Δ contains O1.
- 2nd whistle directs Δ to challenge O2 from the opposite corner.

KEY EXECUTION POINTS

- O's wait for Δ to set position
- Angle O to outside with shoulder match
- Transition skate fwd to bwd with quickness

10 min

1,2,3 AT TACK - #1

Review Attack Triangle

- O1, O2, O3 break out of the same corner, attacking 3 on 0.
- O1 - net drive with puck.
- O2 - net drive (centre or wide lane).
- O3 - support high slot.
- Finish with attack on goal and look for 2nd puck from ©.

KEY EXECUTION POINTS

- Width and depth of attack
- Sticks on the ice
- Communicate

10 min

CIRCLE RELAY - 3 ON 3

- 3 players from each side line up outside blue line.
- On Coaches whistle, players skate around circles, back out around pylon and as coach dumps puck on goalies, players play 3 on 3 until one side scores.
- Have players do something different each time going around circle, ie fwds, bwds, pivots etc...

KEY EXECUTION POINTS

- Quick feet
- Puck pressure
- Man to man D
- Offensive team move to open space



ICE SESSIONS

ATOM

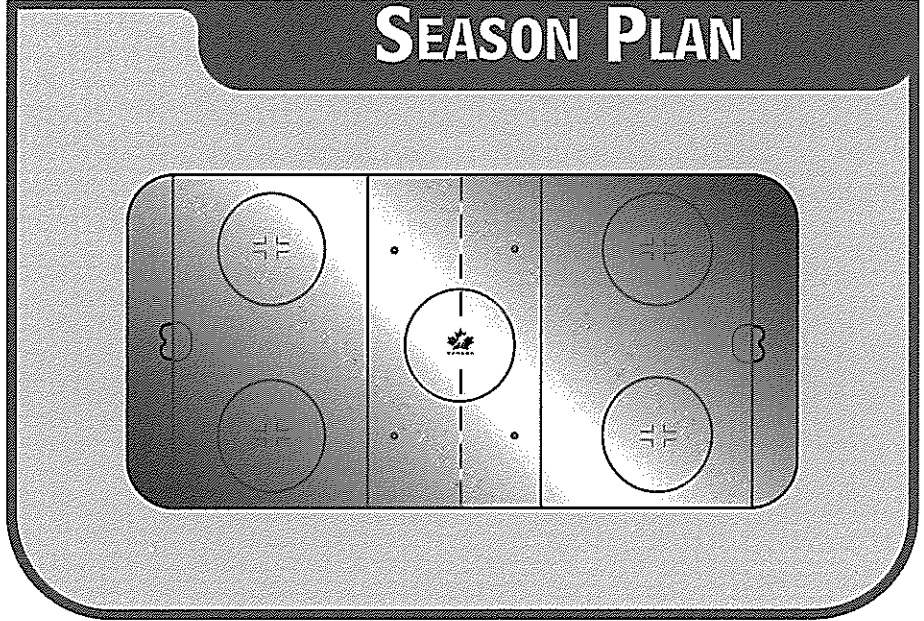
SEASON PLAN

PHASE 1

PHASE 2

PHASE 3

PHASE 4



CANADA

ATOM LEVEL PRACTICE PLAN

Training Segment Outcomes

- Refine individual skills and individual tactics
- Improve the ability to execute team play systems
- Demonstrate the ability to execute team tactics and positioning
- Have fun, attain fitness, and abide by the fair codes

	ICE OBJECTIVES:	SKILL FOCUS
LESSON 17	LESSON 17 OBJECTIVES 1. Agility Skating 2. Give and go 3. Passing / receiving 4. Backchecking	<ul style="list-style-type: none"> • Skating – tight turns / lateral crossovers • Saucer passing • Body positioning / ice awareness • Angling concepts
LESSON 18	LESSON 18 OBJECTIVES 1. Agility Skating 2. 1,2,3 attack principle 3. Forechecking 4. Skate and shoot 5. Angling	<ul style="list-style-type: none"> • Foot speed • Headmanning puck • Attack with width and depth • Angling
LESSON 19	LESSON 19 OBJECTIVES 1. Agility Skating 2. Forechecking 3. Introduce 3rd man high 4. Introduce face off alignments	<ul style="list-style-type: none"> • Foot speed / quickness • Angling • Read and React • Support off of the puck
LESSON 20	LESSON 20 OBJECTIVES 1. Refine skating skills 2. Breakouts 3. Defensive positioning 4. Team tactics – 2 on 1. 2 on 2	<ul style="list-style-type: none"> • Pass and shooting combinations • Passing and moving • Inside / outside net drives • Delays
LESSON 21	LESSON 21 OBJECTIVES 1. Refine Agility Skating 2. Skate / pass / shoot combo 3. Forechecking 4. Defensive containment 5. Breakout review	<ul style="list-style-type: none"> • Foot speed / quickness • Give and go • Review of angling concepts • Review gap control • 1 on 1 positioning - angling
LESSON 22	LESSON 22 OBJECTIVES 1. Refine Agility Skating 2. Review backchecking 3. Net Drive 4. 3 man drive 5. Review breakouts	<ul style="list-style-type: none"> • Balance / Agility • Defensive positioning • Net drive combinations • Attacking with speed
LESSON 23	LESSON 23 OBJECTIVES 1. Refine Agility Skating 2. Refine passing skills 3. Inside / outside net drives 4. Pass and move	<ul style="list-style-type: none"> • Agility skating • Review of passing skills / cushioning puck • Timing / scoring positions • Give and go's • Transition
LESSON 24	LESSON 24 OBJECTIVES 1. Puck control circuit 2. Transition 3. Pass and move 4. Net drives / delays	<ul style="list-style-type: none"> • Refining puck control creativity • Pass and follow • Read and react • Puck carrier support

- Session Objective(s)**
1. Agility Skating
 2. Give and go
 3. Passing / receiving
 4. Backchecking

10 min

WARM UP SKATE

Circuit: Continuous Movement

1. Fwd to bwd pivots facing one end.
2. Tight turns around pylons.
3. Fwd to bwd pivots facing one end.
4. 2 foot slalom - edge control work.
5. Forward crossovers.
6. Lateral crossovers.
7. Backward crossovers.

KEY EXECUTION POINTS

- Space players out
- Quick feet
- Continuous activity

10 min

PASSING

Saucer Pass (Demonstration):

- 1a. Stationary flip pass over 2x4's or extra sticks.
- 1b. Telescope movement passing over 2x4's or sticks.

2. Drop Pass (Demonstration):

- Players attack pylon and make drop pass exchange before pylon.

KEY EXECUTION POINTS

- 5 mins in each zone
- Flip: don't turn wrists over
- Drop: keep body between pylon and puck

10 min

DEFENSIVE TACTIC

Backcheck - Tactical Drill #1

- On whistle from ©, O skates hard down the wing.
- © attempts pass to O in neutral zone.
- Δ backchecks O to attacking net.
- Switch sides.

KEY EXECUTION POINTS

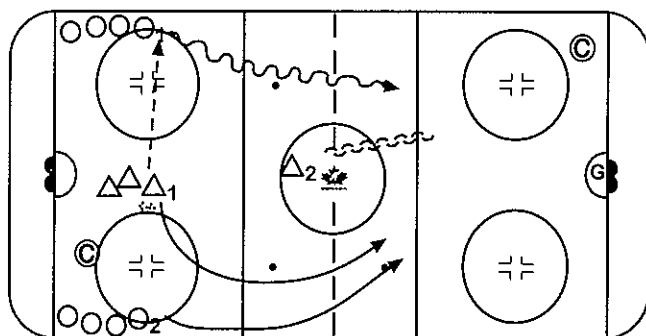
- Head on a swivel
- Keep O on the outside
- Control skate
- Body positioning
- Speed

- Session Objective(s)
1. Agility Skating
 2. Give and go
 3. Passing / receiving
 4. Backchecking

10
min**DEFENSIVE TACTIC**

"2 on 1 with backchecker"

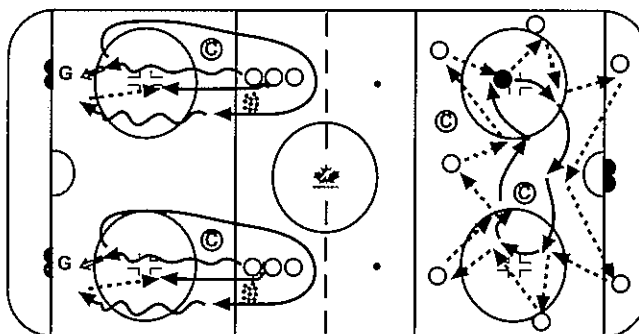
- On whistle, $\Delta 1$ passes to either side then backchecks the opposite forward.
- $\Delta 2$ defends and plays puck carrier.
- O1 headmans to O2 if open.

**KEY EXECUTION POINTS**

- Δ player: quick feet
- Body positioning
- Communicate
- Tight gap
- Head on a swivel
- Players rotate lines

5
min**1-2-3 ON 0 - RELAY RACE**

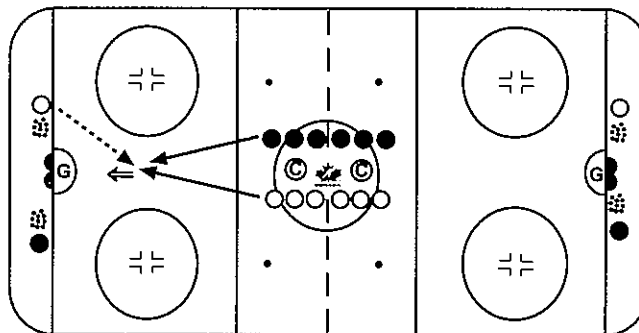
- Move nets to each end, on goal line, below face off dots.
- Players line up outside blue line in equal groups, each player with a puck.
- 1st player goes in for shot, keeps going until goal is scored.
- After goal, player skates back outside blue, next player joins in for 2 on 0.
- 3rd time through, 3 on 0 etc...
- Have all players dive across blue line when last player scores.
- At far end, have the players not in the relay doing the one touch passing circle. Trade ends after relay is over.

**KEY EXECUTION POINTS**

- Use 4 nets if required
- Each player must touch puck once before shot

5
min**1 ON 1 BODY POSITION SHOOTOUT**

- Players line up in two lines at center.
- On whistle players race towards the goal and try to get body position on the opponent to receive pass and take shot on goal.
- Alternate who is on defence and offense.

**KEY EXECUTION POINTS**

- Quick start
- Offensive player use body and block defensive player
- Stick on ice, ready for quick shot

- Session Objective(s)
1. Agility Skating
 2. 1,2,3 attack principle
 3. Forechecking
 4. Skate and shoot

5. Angling

10 min

WARM UP SKATE

Circuit: Continuous Movement

1. Fwd to bwd pivots facing one end.
2. Tight turns around pylons.
3. Fwd to bwd pivots facing one end.
4. 2 foot slalom - edge control work.
5. Forward crossovers.
6. Lateral crossovers.
7. Backward crossovers.

KEY EXECUTION POINTS

- Space players out
- Quick feet
- Continuous activity

10 min

1,2,3 ATTACK TRIANGLE

3 on 2 - Efficient Drill #1
(review attack options of the triangle)

- Forwards swing below far blueline.
- Pick up pass from © in neutral zone.
- Attack 3 on 2.
- Δ players defend 3 on 2.

KEY EXECUTION POINTS

- Attack with speed
- Support off the puck
- Headman puck
- Penetrate with width and depth to the attack

10 min

1,2,3 ATTACK TRIANGLE

3 on 2 - Efficient Drill #2
(add second component when ready)

- After shot on goal, same forwards attack in the other direction, picking up pass from © in the neutral zone.
- New defenders play the second 3 on 2.

KEY EXECUTION POINTS

- Attack with speed
- Support off the puck
- Headman puck
- Penetrate with width and depth to the attack

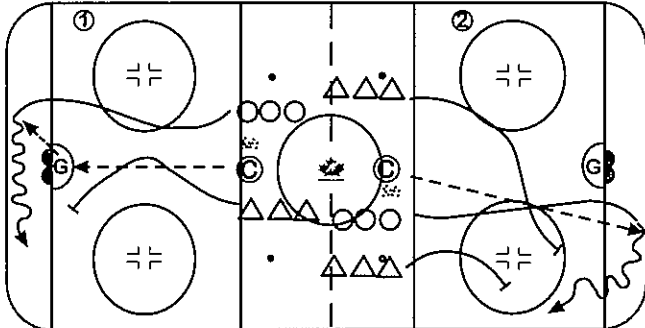
- Session Objective(s)
1. Agility Skating
 2. 1,2,3 attack principle
 3. Forechecking
 4. Skate and shoot

5. Angling

10 min **FORECHECKING**

"2 Player Pressure" (1/2 ice)

1. 1 vs 1 forecheck angling skills.
 - Δ angles O, O tries to skate to neutral zone, Δ tries to score.
2. 2 vs 1 forecheck pressure.

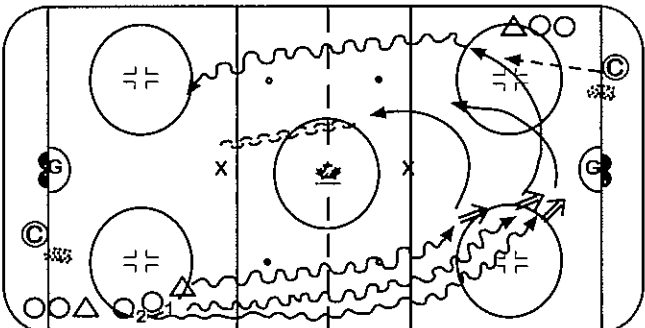


KEY EXECUTION POINTS

- Δ1 angles O, while Δ2 provides close defensive support. If Δ get the puck, attack 2 on 1 against O

5 min **RAPID SHOT / 2 ON 1 COMBO**

- On whistle, Δ, O1, O2 skate down the ice with a puck for shot on goal.
- O1 picks up 2nd puck from © and O2 follows up for 2 on 1.
- Δ pivots after shot and defends 2/1.

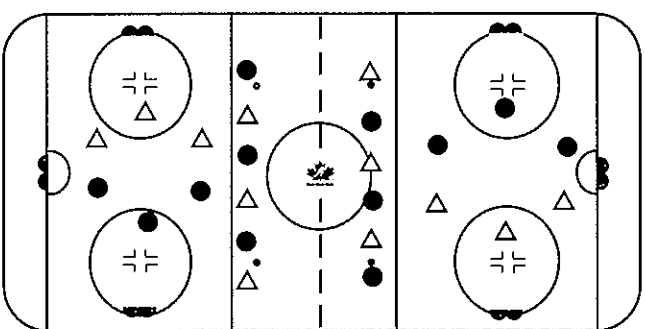


KEY EXECUTION POINTS

- One side at a time or both ends at the same time
- Quick feet
- Quick release
- Communicate
- Support puck carrier
- Read and react

5 min **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



- Session Objective(s)**
1. Agility Skating
 2. Forechecking
 3. Introduce 3rd man high
 4. Introduce face off alignments

10 min

WARM UP SKATE

Circuit: Continuous Movement

1. Fwd to bwd pivots facing one end.
2. Tight turns around pylons.
3. Fwd to bwd pivots facing one end.
4. 2 foot slalom - edge control work.
5. Forward crossovers.
6. Lateral crossovers.
7. Backward crossovers.

KEY EXECUTION POINTS

- Space players out
- Quick feet
- Continuous activity

5 min

FORECHECKING #1

Review 2 Player Pressure:

- © spots puck on goal or in corner.
- Δ backs up, pivots, and makes "up" pass to O1 or O2.
- O passes to © who quickly dumps in again. O1 and O2 regroup and forecheck 2 on 1.
- Δ tries to skate puck to n.z.
- Goalie Zone with ©.

KEY EXECUTION POINTS

- Forecheck with speed
- O2 close support
- Communicate
- Square to puck carrier
- O1 angle

10 min

INTRODUCE 3RD MAN HIGH

- Δ1, Δ2, Δ3 skate cross-overs around centre circle.
- On whistle, first two Δ's out of circle attack © with puck, stopping in position, 3rd Δ stays in high slot.
- Begin moving puck between 2 ©'s to have Δ players adjust positions.

KEY EXECUTION POINTS

- Read and react
- Quick feet with straight line skating
- Forecheck with speed
- Forecheck square to puck carrier

- Session Objective(s)
1. Agility Skating
 2. Forechecking
 3. Introduce 3rd man high
 4. Introduce face off alignments

10 min **FORECHECKING #3**

3 on 2 Forechecking

- Same as forecheck #1 with the addition of 1 - 0 and 1 - Δ.

KEY EXECUTION POINTS

- Quick feet
- Positioning
- Read and react to puck carrier
- Straight line skating
- Communicate

10 min **FACE OFFS**

Defensive Zone Win:

- O1/O5 block attackers.
- O4 moves and passes to O3.
- O2 supports O3 in the mid lane.

Defensive Zone Loss:

- Quick pressure on puck carrier.
- Assume def. zone coverage positions.

KEY EXECUTION POINTS

- Quick feet
- Hard passes
- Movement off the draw
- Communicate
- Timing
- Support off the puck

5 min **FACE OFFS**

Offensive Zone Win:

- O4 slides and shoots, O5 supports.
- O1, O2, O3 block out then 2 players to the net, screen or rebound.

Offensive Zone Loss:

- Assume 2 - 1 - 2 forecheck.

KEY EXECUTION POINTS

- Quick feet
- Hard passes
- Movement off the draw
- Communicate
- Timing
- Support off the puck

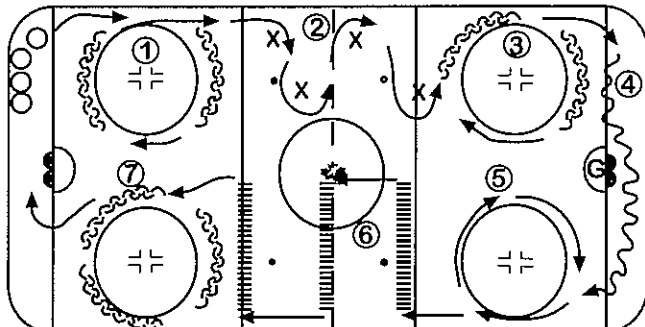
- Session Objective(s)**
1. Refine skating skills
 2. Breakouts
 3. Defensive positioning
 4. Team tactics – 2 on 1, 2 on 2

10 min

WARM UP SKATE

Circuit: Continuous Movement

1. Fwd to bwd pivots facing one end.
2. Tight turns around pylons.
3. Fwd to bwd pivots facing one end.
4. 2 foot slalom - edge control work.
5. Forward crossovers.
6. Lateral crossovers.
7. Backward crossovers.



KEY EXECUTION POINTS

- Space players out
- Quick feet
- Continuous activity

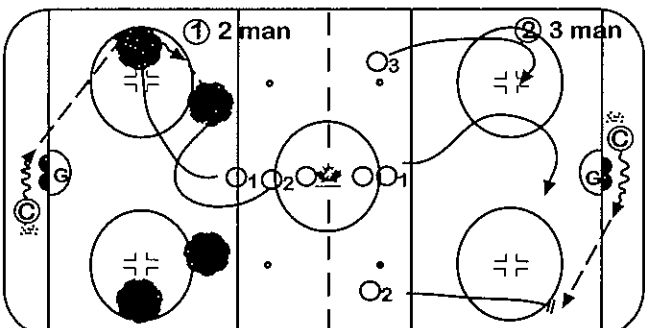
10 min

BREAKOUT – INTRODUCTION

Review B.O. Positioning

Forwards (5 mins for each)

- O1 takes boards and relays pass from © to O2 timing entry into centre support zone (alternate).
- O1, O2, O3 read & react to which side of the net the © steps out to.
- © passes to either winger.
- Spray paint positioning zones .



KEY EXECUTION POINTS

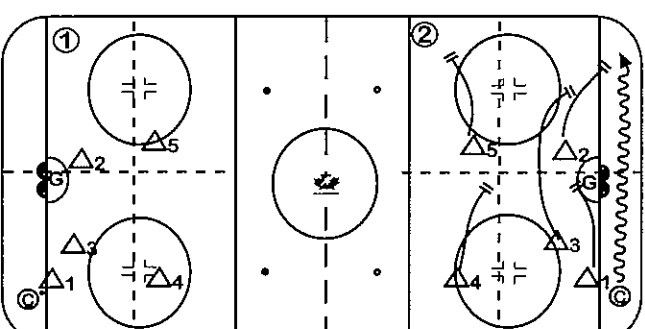
- Read B.O. side
- Timing
- Communicate
- Control skate
- Exit with speed and control

10 min

INTRODUCE 4 QUADRANTS

Positional responsibilities

- Walk players through zone responsibilities.
- 1/2 ice split- (maximize ice).
- © moves puck to opposite corner, all players react to new positions.
- Δ1 -puck zone.
- Δ2 -net zone.
- Δ3 -support Δ1 on the puck.
- Δ4 -identify late threat as either slot or point.
- Δ5 pick up last zone.



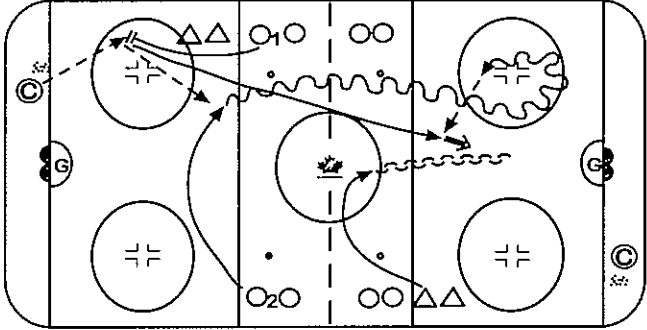
KEY EXECUTION POINTS

- Spray paint quadrants

- Session Objective(s)
1. Refine skating skills
 2. Breakouts
 3. Defensive positioning
 4. Team tactics – 2 on 1, 2 on 2

5 min **2 ON 1 / 2 ON 2 COMBO**

- O1 provides pass outlet on the boards, O2 supports O1 receiving pass from O1 and attacks.
- O1 follows up for support on "delay", "drop", or "cross" options.
- Δ from far side defends 2 on 1.

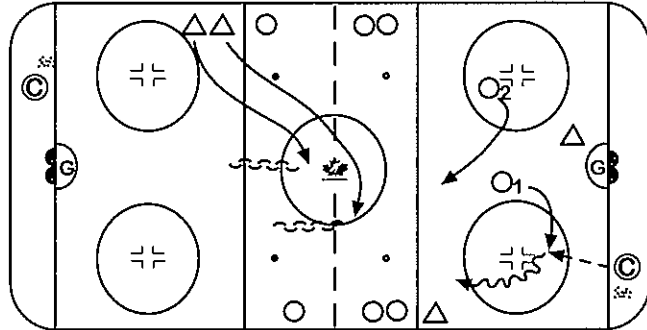


KEY EXECUTION POINTS

- Timing
- Support
- Communicate
- Quick feet
- Control skate

5 min **2 ON 1 / 2 ON 2 COMBO**

- After shot, O1 and O2 "turn up" and receive pass from © and attack 2 on 2.
- 2 on 2 options of "cross", "drop", etc.



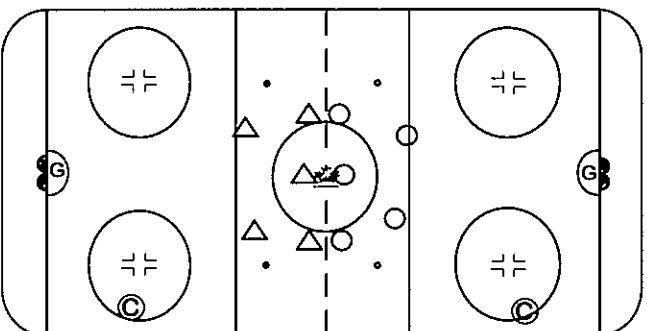
KEY EXECUTION POINTS

- Timing
- Support
- Communicate
- Control skate

10 min **CONTROLLED SCRIMMAGE**

Stop on the ©'s whistle (controlled).
Emphasis on:

1. Faceoff alignments.
2. Defensive zone coverage.



KEY EXECUTION POINTS

- Movement off the draw
- Offensive and defensive support

- Session Objective(s)**
1. Refine Agility Skating
 2. Skate / pass / shoot combo
 3. Forechecking
 4. Defensive containment

5. Breakout review

10 min

CIRCUIT: CONTINUOUS MOVEMENT

KEY EXECUTION POINTS

- Space players out
- Quick feet
- continuous activity

5 min

PASS AND SHOOT COMBO

KEY EXECUTION POINTS

- Quick feet
- Give & go with acceleration
- Eye contact
- Quick release with shot
- Give passing target

20 min

CHECKING

Checking - Forwards:

1. Forechecking 2 - 1 (half ice)
 - © dumps in, O1, O2, O3 skate centre circle and attack dump.
 - Δ1 & Δ2 retrieve puck and try to skate it to the blueline.
 - O1, O2, O3 attack with 2 - 1 pressure and play 3 on 2 low if they gain possession.

Checking - Defence:

2. 1 on 1 Contains (half ice)
 - Δ plays O1 "1 on 1" from the corner.
 - On whistles, Δ repeats with O2 and then O3.
 - After checking O3, Δ defends against O3 positioned in front and screening point shot from ©.

KEY EXECUTION POINTS

- Attack with speed
- O3 stay high
- O1 angles
- O2 close support

- Session Objective(s)
1. Refine Agility Skating
 2. Skate / pass / shoot combo
 3. Forechecking
 4. Defensive containment

5. Breakout review

15
min**BREAKOUTS**

1. Breakouts - Forwards:

Review Δ Options and O Positions

(half ice simultaneously)

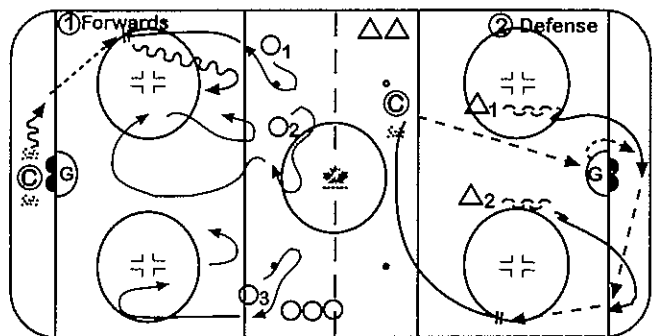
- O1, O2, O3 move around in the neutral zone.
- On whistle, read off the © for break out side.
- Breakout, regroup and attack same net 3 on 0.

2. Breakouts - Defense:

Review Δ Options and O Positions

(half ice simultaneously)

- © dumps puck on goal. $\Delta 1$ and $\Delta 2$ call for "over" pass.
- © reads b.o. side and supports.
- Add forecheck pressure. Δ 's must read and react to options available.

**KEY EXECUTION POINTS**

- Shoulder check
- Hard passes
- Quick puck movement
- Control skating
- Support puck carrier

- Session Objective(s)**
1. Refine Agility Skating
 2. Review backchecking
 3. Net Drive
 4. 3 man drive

5. Review breakouts

10 min **WARM UP SKATE**

Circuit: Continuous Movement

1. Fwd to bwd pivots facing one end.
2. Tight turns around pylons.
3. Fwd to bwd pivots facing one end.
4. 2 foot slalom - edge control work.
5. Forward crossovers.
6. Lateral crossovers.
7. Backward crossovers.

KEY EXECUTION POINTS

- Space players out
- Quick feet
- Continuous activity

10 min **CHECKING - DRILL #1**

Backchecking: Refine 2 vs 2

- On whistle, Δ1 passes to either side and backchecks the forward without the puck.
- Δ2 plays puck carrier 1 on 1 if Δ2 has good positioning on O without the puck.
- 2 on 2 play continues until whistle.

KEY EXECUTION POINTS

- Head on a swivel
- Defensive side body position
- Close gap

10 min **CHECKING - DRILL #2**

Backchecking: Refine 3 vs 3

- On whistle, © points to backchecker, Δ1 or Δ2. Only one backchecker.
- O1, O2, O3 break down the ice attacking Δ3 and Δ4.
- Play 3 on 3 in offensive zone until © blows the whistle.

KEY EXECUTION POINTS

Offensive:

- 1,2,3 Principle of Attack

Defensive:

- Deflect attack to outside
- Defensive side positioning

- Session Objective(s)
1. Refine Agility Skating
 2. Review backchecking
 3. Net Drive
 4. 3 man drive

5. Review breakouts

10 min

BREAKOUTS - FULL ICE

Breakouts - Full Ice

- © rims puck to goalie.
- Line breaks out using "up" or "over" pass option.
- Δ1 and Δ2 start on far blueline, take back ice to centre line, pivot and play 5 on 3 rush.
- Exit zone under control and with speed.

KEY EXECUTION POINTS

- Quick puck movement
- Attack with speed through the neutral zone

10 min

BREAKOUTS - FULL ICE

- © gives a second puck to Δ's while forwards attack.
- Δ4 and Δ5 wait at the offensive blueline. After initial attack, Δ's take shot or play 5 on 3 in.

Offensive zone:

- Next whistle, repeat in the opposite direction with new O's and Δ's.

KEY EXECUTION POINTS

- 1,2,3 Principle of Attack options
- Communicate
- Support off the puck

- Session Objective(s)**
1. Refine Agility Skating
 2. Refine passing skills
 3. Inside / outside net drives
 4. Pass and move

10 min

WARM UP SKATE

Circuit: Continuous Movement

1. Fwd to bwd pivots facing one end.
2. Tight turns around pylons.
3. Fwd to bwd pivots facing one end.
4. 2 foot slalom - edge control work.
5. Forward crossovers.
6. Lateral crossovers.
7. Backward crossovers.

KEY EXECUTION POINTS

- Space players out
- Quick feet
- Continuous activity

10 min

PASSING ACTIVITY

Passing Pairs:

- All players work in pairs (goalenders included).
- Begin with stationary passes, both forehand and backhand.
- Add movement with partners skating forward and backward on passing and receiving.
- Add tight turns after receiving pass.

KEY EXECUTION POINTS

- Eye contact
- Arm movement on passes
- Present good target
- Cushion on reception
- Adjust footing

10 min

INSIDE OUT, OUTSIDE IN

- O1 passes to O2, O2 passes to O3, O3 passes back to O1.
- After O1 initiates with a pass, O1 executes:
 1. inside out tight turn
 2. outside in tight turn
- O1 receives passes from O3 and drives to the net for a shot on goal.

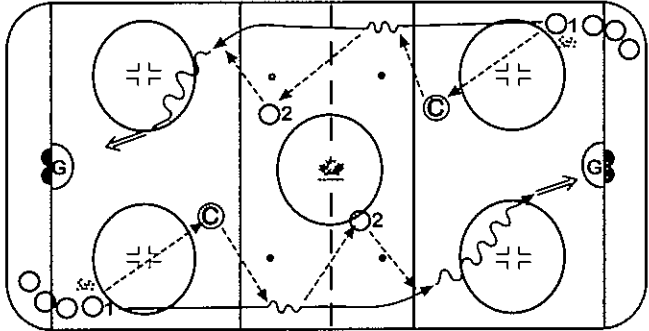
KEY EXECUTION POINTS

- Shot from desired angle
- Good timing on passing
- Emphasis on good passing and receiving technique

- Session Objective(s)
1. Refine Agility Skating
 2. Refine passing skills
 3. Inside / outside net drives
 4. Pass and move

10 min **DOUBLE GIVE & GO**

- As with previous drill, add a second give and go passer.
- After O1 executes drive skate and shot on goal, must go to second passing position.
- Second passer moves to first passing position.

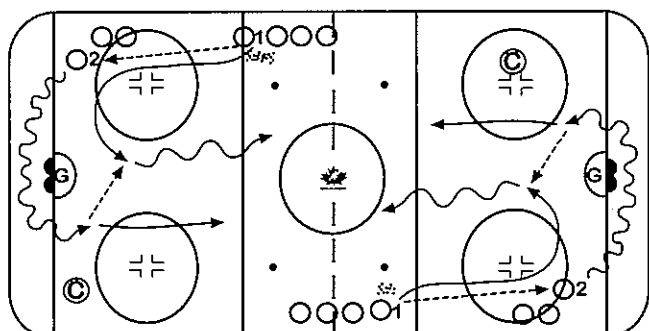


KEY EXECUTION POINTS

- First passer joins the line
- Head up and eye contact
- Accurate passing
- Good control of puck between passes

5 min **2 ON 0 / 3 ON 0 MOVEMENT DRILL**

- O1 passes to O2, O2 carries behind the net.
- O1 supports O2 low and they attack 2 on 0.
- At the end of the repetition, O1 and O2 change lines.
- Alternate out of each end.
- O3 supports from blue line group.

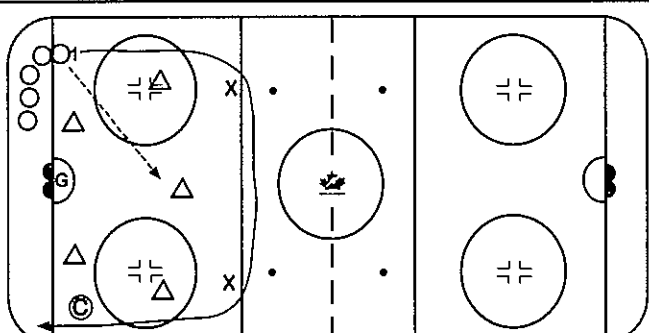


KEY EXECUTION POINTS

- Good passes
- Attack with speed
- O1 timing on low support

5 min **BASEBALL**

- O's vs Δ's.
- O1 passes to any Δ and skates around the pylons and stops in the corner in order to score.
- All Δ's must touch the puck and score on the goalie to get O1 out.



KEY EXECUTION POINTS

- Control puck before passing
- Quick puck movement
- Be ready
- Have fun

- Session Objective(s)**
1. Puck control circuit
 2. Transition
 3. Pass and move
 4. Net drives / delays

10 min

WARM UP SKATE

Circuit: Continuous Movement

1. Fwd to bwd pivots facing one end.
2. Tight turns around pylons.
3. Fwd to bwd pivots facing one end.
4. 2 foot slalom - edge control work.
5. Forward crossovers.
6. Lateral crossovers.
7. Backward crossovers.

KEY EXECUTION POINTS

- Space players out
- Quick feet
- Continuous activity

10 min

2 ON 0 "TRANSITION"

- O1 & O2 pass back and forth.
- When O1 & O2 reach the center line, pass the puck to the ©.
- O1 & O2 stop and skate backwards to the blue line.
- © returns the puck to either player & they attack 2 on 0 using outside lane.

KEY EXECUTION POINTS

- Quick feet
- Present good target
- Head up
- Full stops at all times
- Stick on the ice

10 min

2 ON 0 PASS AND FOLLOW

- O1 & O2 pass back and forth.
- O1 passes to O2, and then crosses behind changing lanes.
- O2 receives pass, and crosses into lane O1 just left.
- Go in for shot on net.

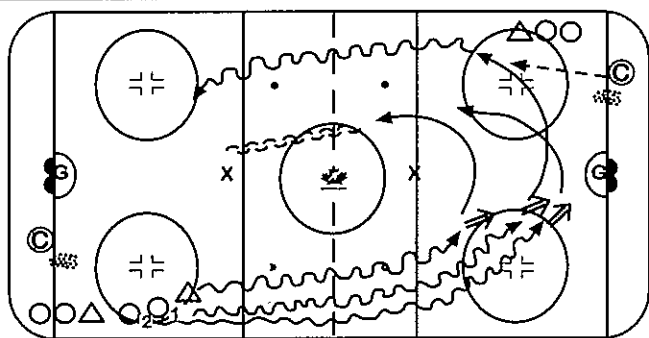
KEY EXECUTION POINTS

- Provide good target
- Head up
- Hard passes

- Session Objective(s)
1. Puck control circuit
 2. Transition
 3. Pass and move
 4. Net drives / delays

10
min**RAPID SHOT / 2 ON 1 COMBO**

- On whistle, Δ, O1, O2 skate down the ice with a puck for shot on goal
- O1 picks up 2nd puck from © and O2 follows up for 2 on 1
- Δ pivots after shot and defends 2/1

**KEY EXECUTION POINTS**

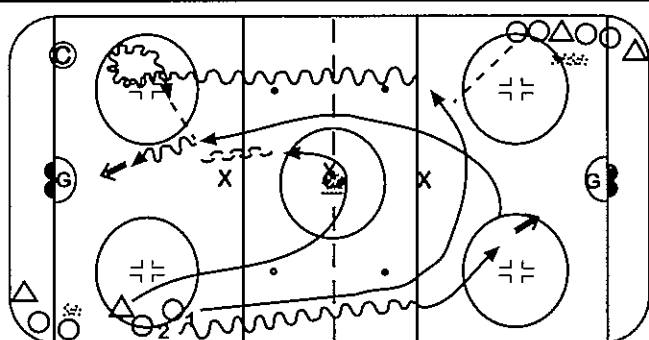
- One side at a time or both ends at the same time
- Quick feet
- Quick release
- Communicate
- Support puck carrier
- Read and react

5
min**NET DRIVE - DELAY**

Efficient Level - Delay Opt. #2

1 vs 0 with full pressure:

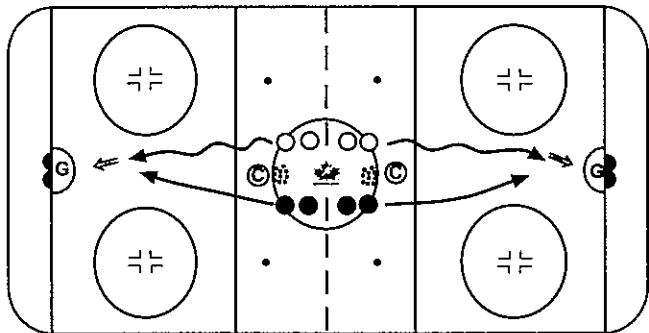
- O1 receives pass, attacks with speed and pulls delay.
- O2 with puck, takes shot on goal then joins play as 2nd wave.
- Δ goes around middle pylon and defends 1 on 1.
- O1 creates time and space with puck.
- O2 times entry into slot.

**KEY EXECUTION POINTS**

- Work both sides

5
min**SHOOTOUT**

- Have players line up in two lines at center ice. (Use both ends) One line has player standing with puck, the other line has the player starting on one knee.
- On coach's signal, the players take off towards the goal. Player with puck tries to score, while player on one knee backchecks.
- If player takes puck away, then that player is on offense.

**KEY EXECUTION POINTS**

- Must be down on one knee if starting without the puck
- Alternate lines after each attempt
- Quick feet off the start
- Protect puck

ICE SESSIONS

ATOM

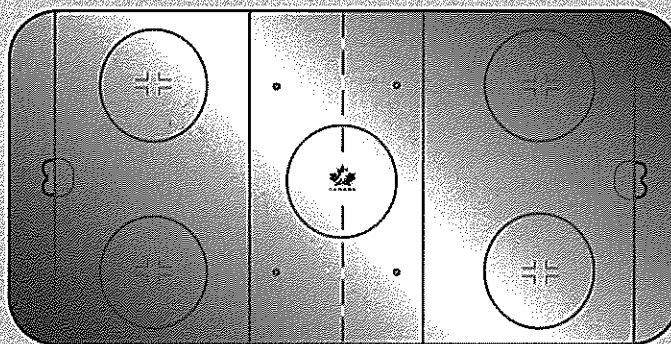
SEASON PLAN

PHASE 1

PHASE 2

PHASE 3

PHASE 4



CANADA

ATOM LEVEL PRACTICE PLAN

Training Segment Outcomes

- Refine individual skills and tactics
- Refine ability to execute a variety of team tactics

- Refine ability to execute a variety of team play systems
- Have fun, attain fitness and abide by the Fair Play Codes

	ICE OBJECTIVES:	SKILL FOCUS
LESSON 25	LESSON 25 OBJECTIVES 1. Refine skating and puck control skills 2. Shooting agility 3. Puck carrier support 4. Defensive zone coverage	<ul style="list-style-type: none"> • Puck control creativity • Quick release shots • Delay / support • Defensive responsibilities
LESSON 26	LESSON 26 OBJECTIVES 1. Puck control skills 2. Passing / receiving 3. 1 on 1's 4. 2 on 1 offensive / defensive	<ul style="list-style-type: none"> • Stickhandling • Saucer pass, 1 touch passing • Body fakes, net drives • Drive delays, offensive attack • Defensive positioning
LESSON 27	LESSON 27 OBJECTIVES 1. Stickhandling: stationary control and control with movement 2. Transition – individual tactics 3. Transition – team tactics 4. Skate / pass / shoot combo 5. Breakouts	<ul style="list-style-type: none"> • Stationary / moving puck control • Read and react • Communication • Net drives
LESSON 28	LESSON 28 OBJECTIVES 1. Review stickhandling skills 2. Review passing skills 3. Technical skills in combination 4. Controlled scrimmage	<ul style="list-style-type: none"> • Puck control creativity • Give and go, give and follow • Headman • Offensive / defensive support
LESSON 29	LESSON 29 OBJECTIVES 1. Refine puck control skills 2. Shooting agility 3. Puck protection	<ul style="list-style-type: none"> • Puck control agility • Wrist shot, backhand shot • Give and go, pass and follow • Puck carrier support
LESSON 30	LESSON 30 OBJECTIVES 1. Review angling skills 2. Checking skills - shadowing 3. Open ice angling	<ul style="list-style-type: none"> • Checking skills • Control skating • Defensive positioning • Head on a swivel
LESSON 31	LESSON 31 OBJECTIVES 1. Checking skills 2. Stick checks 3. Body Positioning for checking 4. Contact Confidence	<ul style="list-style-type: none"> • Balance / agility • Leg drive • Low centre of gravity • Positioning for receiving contact
LESSON 32	LESSON 32 OBJECTIVES 1. Checking skills 2. Creating puck separation 3. Contact confidence 4. Open ice body checking	<ul style="list-style-type: none"> • Low centre of gravity • Angling • Body position for receiving checks • Initiating contact

- Session Objective(s)**
1. Refine skating and puck control skills
 2. Shooting agility
 3. Puck carrier support
 4. Defensive zone coverage

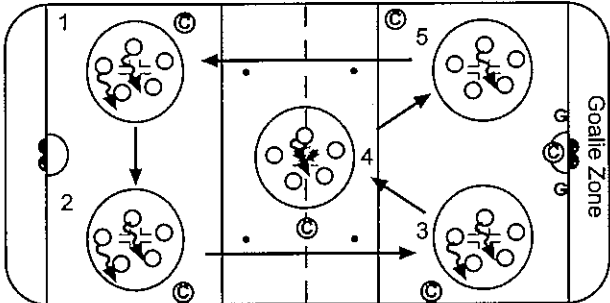
5 min

5 CIRCLE CHAOS

Divide players up into the 5 circles.

In each circle they perform a different stickhandling move:

1. Toe Drags.
2. 1 handed.
3. Puck in feet.
4. Puck though legs from back.
5. Stick and puck through legs.



KEY EXECUTION POINTS

- On whistle players move to next circle

10 min

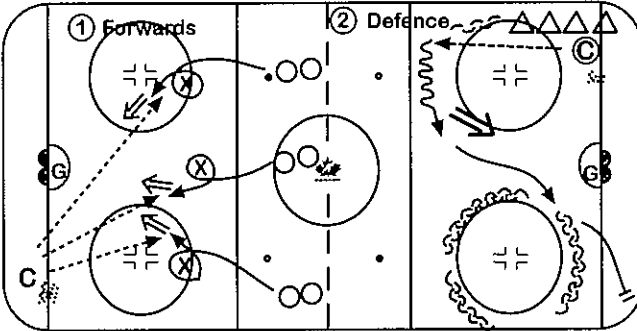
SHOOTING AGILITY

Forwards:

- O skates 360° around pylon and receives pass from ©. Quick release wrist shots.

Defence:

- Δ skates backwards to blueline, pivots, receives pass from ©, shoots, skates the circle bwd.



KEY EXECUTION POINTS

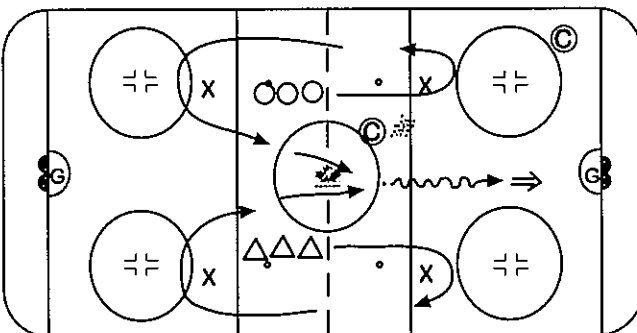
- Stick on the ice for pass reception
- Quick release
- Eyes on the target

10 min

TIGHT TURN RACE

Tight Turn Race:

- © spots the puck at centre.
- On the whistle, 2 players race around pylons and battle 1 on 1 all the way to the goal.
- Alternate directions.
- Goalies in the nets.



KEY EXECUTION POINTS

- Quick feet
- Quick release
- Acceleration

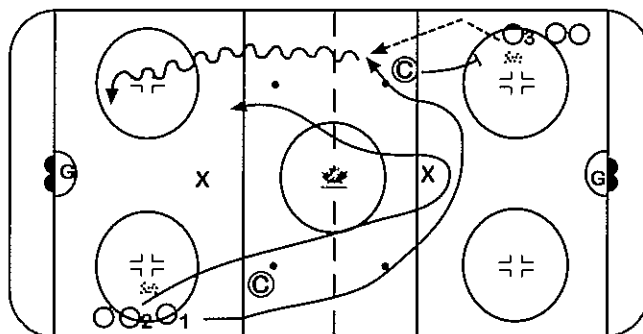
- Session Objective(s)**
1. Refine skating and puck control skills
 2. Shooting agility
 3. Puck carrier support
 4. Defensive zone coverage

10 min

PASSING HORSESHOE

"2 on 0"

- O1 receives pass from O3 who must read checking pressure from ©.
- O1 net drives or delays and passes to O2 in support position.
- Alternate or run both sides at the same time.



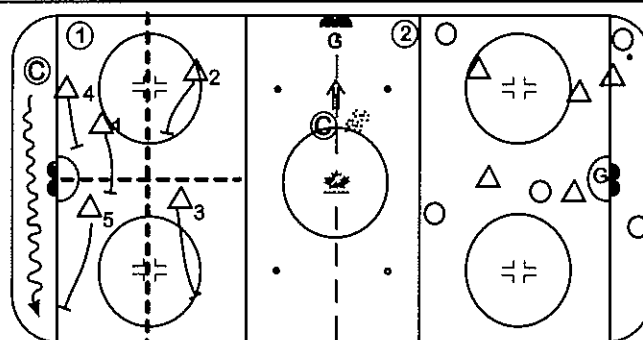
KEY EXECUTION POINTS

- Read and react to pressure - direct pass - flip pass - board pass
- Support puck carrier
- Attack with speed

10 min

DEF. ZONE COVERAGE

1. Review def. zone responsibilities with 1/2 ice walk through at both ends. © moves puck to have players adjust positioning.
 2. O's pass puck around in stationary positions. Δ's assume def. zone coverage shifting with puck movement.
- Δ's without sticks.



KEY EXECUTION POINTS

- Read and react
- Head on a swivel
- Quick feet
- Communicate
- Square to check

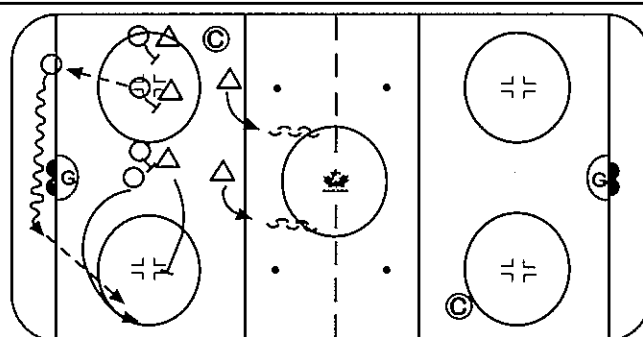
5 min

CONTROLLED SCRIMMAGE

- 5 on 5 stop on the ©'s whistle (controlled).

Emphasis on:

1. Faceoff alignments.
2. Defensive zone coverage.



KEY EXECUTION POINTS

- Movement off the draw
- Offensive and defensive support

- Session Objective(s)
1. Puck control skills
 2. Passing / receiving
 3. 1 on 1's
 4. 2 on 1 offensive / defensive

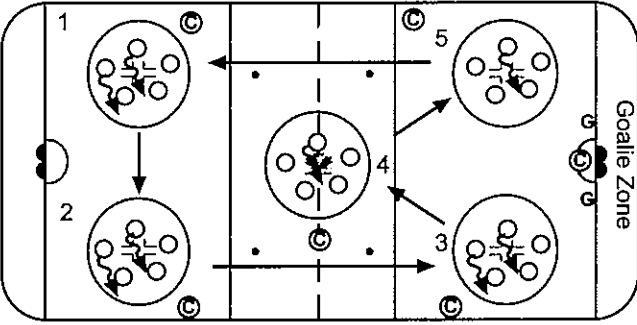
5 min

5 CIRCLE CHAOS

Divide players up into the 5 circles.

In each circle they perform a different stickhandling move:

1. Toe Drags.
2. 1 handed.
3. Puck in feet.
4. Puck though legs from back.
5. Stick and puck through legs.



KEY EXECUTION POINTS

- On whistle players move to next circle

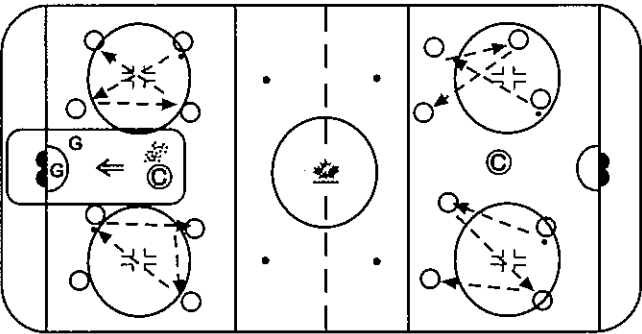
10 min

PASSING SKILLS

- Break players into even groups on the 4 or 5 faceoff circles. Sequence of activities:

 1. Forehand & backhand passes.
 2. Pass then follow the pass.
 3. Flip pass.
 4. "Pig in the Middle".

- Goalie Zone with ©.



KEY EXECUTION POINTS

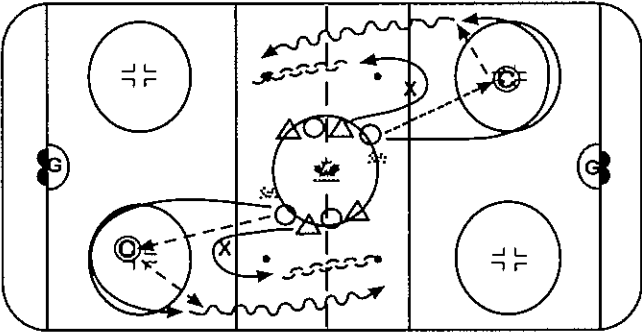
- Face passer - give target
- Follow through to target
- Deception

10 min

"1 ON 1" OFF/DEF PLAY

1 on 1 • Emphasis: Net Drive

- Give and go with ©.
- Execute 1 on 1 against Δ.
- Both sides at the same time.
- Switch sides 1/2 way through drill.



KEY EXECUTION POINTS

O's:

- Body fakes
- Gap control
- Attack with speed

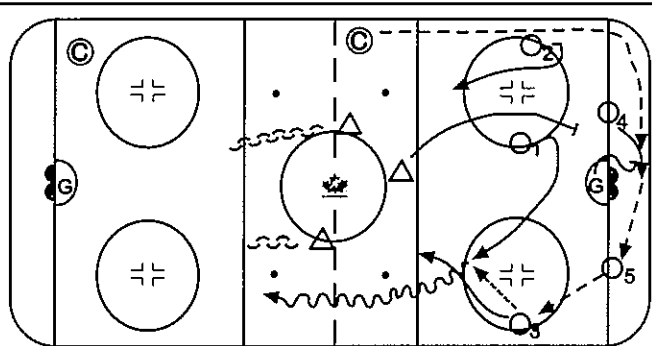
- Session Objective(s)
1. Puck control skills
 2. Passing / receiving
 3. 1 on 1's
 4. 2 on 1 offensive / defensive

10 min

"1 ON 1" OFF/DEF PLAY

1 on 1 • Emphasis: Gap Control

- O exchanges pass with Δ at centre face-off circle.
- Δ maintains tight gap playing 1 on 1.
- Both sides go at the same time.
- Switch side 1/2 way through drill.



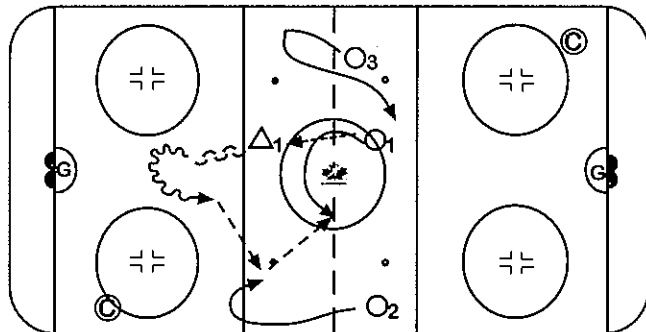
KEY EXECUTION POINTS

- | | |
|---------------|---------------------------------------|
| O's: | • Gap control |
| • Body fake s | • Body position |
| • Quick feet | • Inside shoulder to outside shoulder |
| Δ's: | |

5 min

"2 ON 1" OFF/DEF PLAY

- Δ1 breaks out with O1 and O2.
- Δ2 defends 2 on 1.
- After 2 on 1 is complete, Δ2 retrieves loose puck and breaks out O3 and O4.
- Δ's defend, then breakout, then rest.



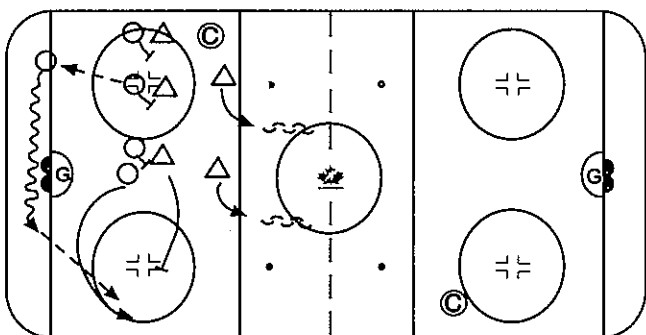
KEY EXECUTION POINTS

- | | |
|-----------------|---------------------------------|
| • Net drive | • Defend drive |
| • Delay | • Deflect attack to the outside |
| • Close support | |
| Δ's: | |

10 min

CONTROLLED SCRIMMAGE

- 5 on 5 stop on the ©'s whistle (controlled).
- Emphasis on:
1. faceoff alignments.
 2. Defensive zone coverage.



KEY EXECUTION POINTS

- Movement off the draw
- Offensive and defensive support

- Session Objective(s)
1. Stickhandling: stationary control and control with movement
 2. Transition – individual tactics
 3. Transition – team tactics
 4. Skate / pass / shoot combo
 5. Breakouts

5 min

5 CIRCLE CHAOS

Divide players up into the 5 circles.

In each circle they perform a different stickhandling move:

1. Toe Drags.
2. 1 handed.
3. Puck in feet.
4. Puck though legs from back.
5. Stick and puck through legs.

KEY EXECUTION POINTS

- On whistle players move to next circle

10 min

TRANSITION – 2 PLAYER

Transition • Def. to Off.

- O1 passes to Δ1 who makes evasive moves setting up transition.
- O1 reads and reacts to Δ1 puck control and control skates, timing pass reception.
- O1 drives and delays, O2 times entry for pass from O1.

KEY EXECUTION POINTS

- Control skate
- Eye contact, open pivots
- Quick feet
- Read and react
- Communicate
- Delay with soft shoulder tight turn

10 min

TRANSITION – 3 PLAYER

Transition - Def. to Off.

- O1 passes to Δ1 who makes evasive moves setting up transition.
- O1 reads and reacts to Δ1's puck control- O2 provides quick low support for O1.
- O1 passes to O2 who drives on Δ2.
- Δ1 follows up ice for 3rd man option.

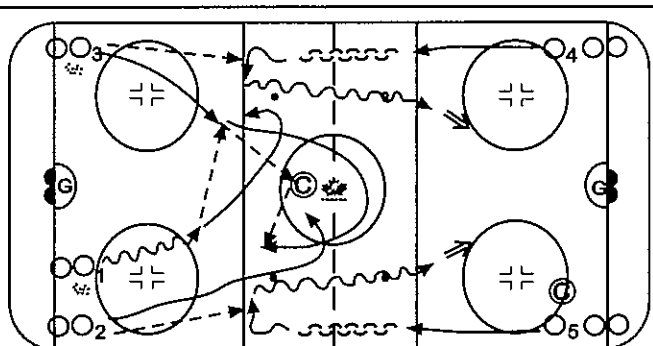
KEY EXECUTION POINTS

- Control skate
- Communicate
- Read and react
- Quick feet
- Eye contact, open pivots
- Delay with soft shoulder tight turn

- Session Objective(s)**
1. Stickhandling: stationary control and control with movement
 2. Transition – individual tactics
 3. Transition – team tactics
 4. Skate / pass / shoot combo
 5. Breakouts

5 min 3 ON 0 SHOOTING COMBO DRILL

- O4 and O5 skate fwd and bwd to far blue line, receive passes from O2 and O3 and return for shots.
- O1 then initiates weave with O2 & O3. Use give and go with © and attack 3 on 0.
- Execute attack triangle.

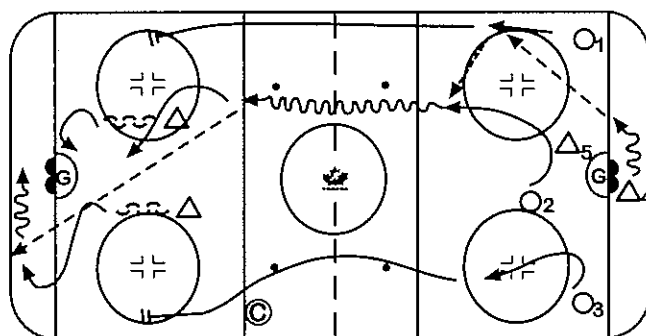


KEY EXECUTION POINTS

- Quick feet
- Attack triangle
- Quick puck movement
- Attack with speed
- Read & react
- Quick release

10 min BREAKOUT 5 ON 0 TWICE (CONTINUOUS)

- Unit breaks out 5 on 0.
- In neutral zone, unit dumps puck in and sets up for 2nd breakout.
- Dump in on second rush and go to the side boards.
- New unit ready to breakout.

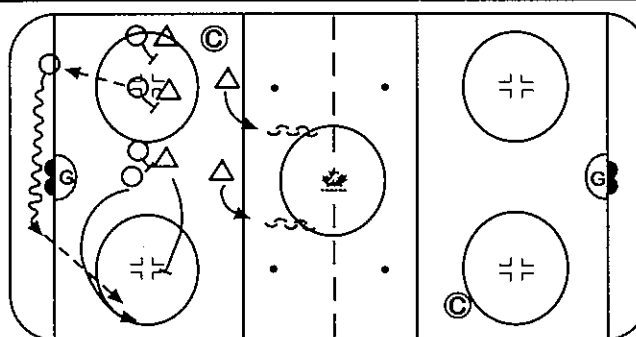


KEY EXECUTION POINTS

- Shoulder check
- Δ calls out breakout option
- Forwards to read options and position for breakout

10 min CONTROLLED SCRIMMAGE

- 5 on 5 stop on the ©'s whistle (controlled).
- Emphasis on:
 1. Faceoff alignments.
 2. Defensive zone coverage.



KEY EXECUTION POINTS

- Movement off the draw
- Offensive and defensive support

- Session Objective(s)**
1. Review stickhandling skills
 2. Review passing skills
 3. Technical skills in combination
 4. Controlled scrimmage

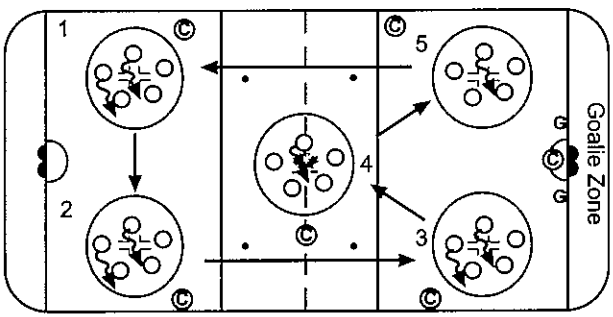
5 min

5 CIRCLE CHAOS

Divide players up into the 5 circles.

In each circle they perform a different stickhandling move:

1. Toe Drags.
2. 1 handed.
3. Puck in feet.
4. Puck though legs from back.
5. Stick and puck through legs.



KEY EXECUTION POINTS

- On whistle players move to next circle

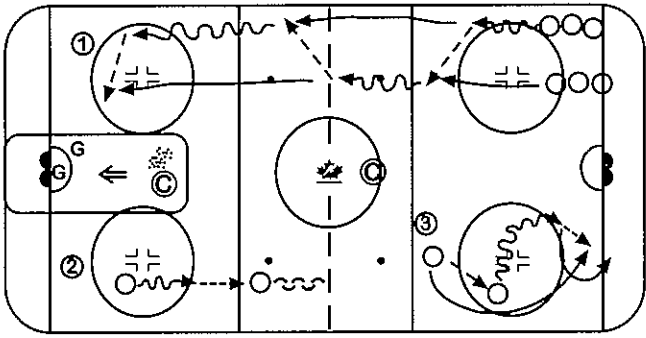
10 min

WARM-UP • PAIR PASSING

- All players participate in pair passing cycle while skating:

 1. Forehand/backhand passing.
 2. Fwd/bwd skating pass exchange.
 3. 2 player weave with drops behind.

- Goalie Zone with ©.



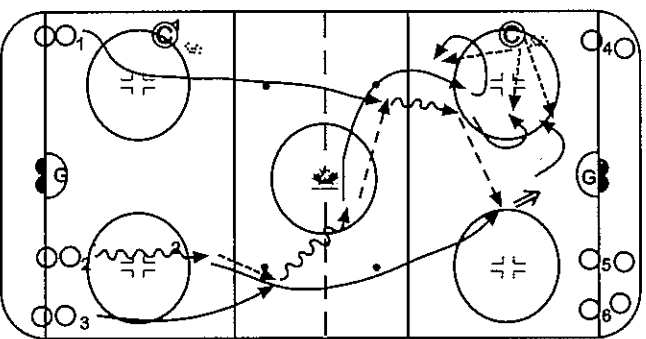
KEY EXECUTION POINTS

- Eyes on the target
- Follow through on the pass
- Give target
- Cushion pass

15 min

PASS & SHOOT COMBO

- O1, O2, O3 skate 3 man weave, passing the puck and shooting.
- After the attack, each receives a pass from the © and returns for shots on goal.
- O4, O5, O6 leave after © makes 3rd pass to O3, repeating the drill in the opposite direction.



KEY EXECUTION POINTS

- Quick feet
- Communicate
- Accurate passing skills
- Headman passes
- Quick release shots

- Session Objective(s)
1. Review stickhandling skills
 2. Review passing skills
 3. Technical skills in combination
 4. Controlled scrimmage

20
min

CONTROLLED SCRIMMAGE

- 5 on 5 stop on the ©'s whistle (controlled).

Emphasis on:

1. Faceoff alignments.
2. Defensive zone coverage.

KEY EXECUTION POINTS

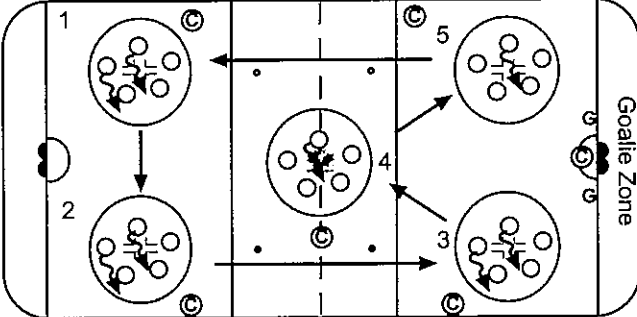
- Movement off the draw
- Offensive and defensive support



- Session Objective(s)
1. Refine puck control skills
 2. Shooting agility
 3. Puck protection

5 min

5 CIRCLE CHAOS



Divide players up into the 5 circles.

In each circle they perform a different stickhandling move:

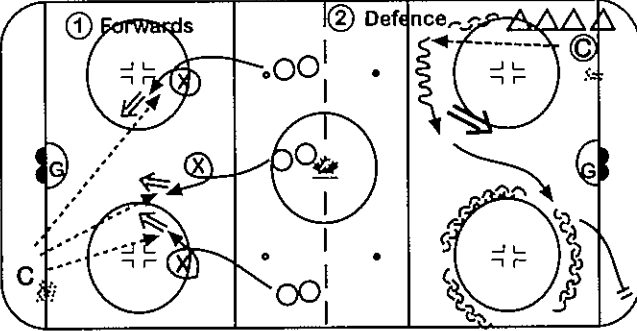
1. Toe Drags.
2. 1 handed.
3. Puck in feet.
4. Puck though legs from back.
5. Stick and puck through legs.

KEY EXECUTION POINTS

- On whistle players move to next circle

10 min

SHOOTING AGILITY



Forwards:

- O skates 360° around pylon and receives pass from ©. Quick release wrist shots.

Defence:

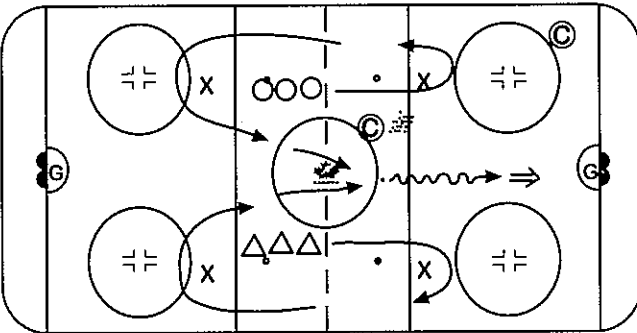
- Δ skates backwards to blueline, pivots, receives pass from ©, shoots, skates the circle bwds.

KEY EXECUTION POINTS

- Stick on the ice for pass reception
- Quick release
- Eyes on the target

10 min

TIGHT TURN RACE



- © spots the puck at centre.
- On the whistle, 2 players race around pylons and battle 1 on 1 all the way to the goal.
- Alternate directions.
- Goalies in the nets.

KEY EXECUTION POINTS

- Quick feet
- Quick release
- Acceleration
- Puck protection

- Session Objective(s)
1. Refine puck control skills
 2. Shooting agility
 3. Puck protection

5 min

PASSING HORSESHOE

"2 on 0"

- O1 receives pass from O3 who must read checking pressure from ©.
- O1 net drives or delays and passes to O2 in support position.
- Alternate or run both sides at the same time.

KEY EXECUTION POINTS

- Read and react to pressure - direct pass - flip pass - board pass
- Support puck carrier
- Attack with speed

20 min

CONTROLLED SCRIMMAGE

- 5 on 5 stop on the ©'s whistle (controlled).

Emphasis on:

1. Faceoff alignments.
2. Defensive zone coverage.

KEY EXECUTION POINTS

- Movement off the draw
- Offensive and defensive support

- Session Objective(s)
1. Review angling skills
 2. Checking skills - shadowing
 3. Open ice angling

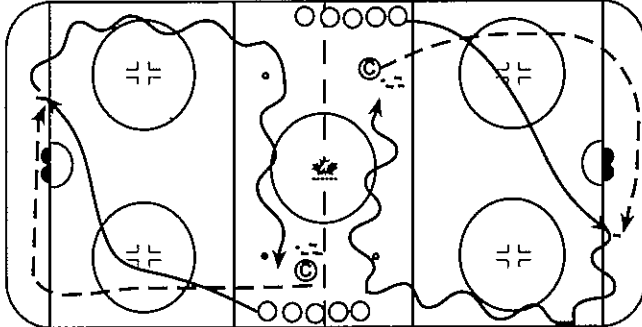
10 min **ANGLING – READ AND REACT TO THE PLAY**

Drill Objective:

- Players will be able to read and react to the speed and route of the puck using the quickest most efficient route.

Drill Explanation:

- Coach rims the puck into the end zone, player reads the direction and speed of the puck to retrieve.
- Player has head on a swivel to vacate zone and return to the back of the line.



KEY EXECUTION POINTS

- Read the speed of the puck and location of entry
- Take the easiest/quickest route to reach the puck
- "Head on a swivel" to read any outside pressure

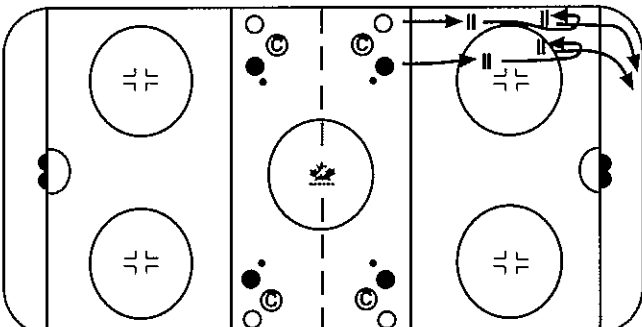
5 min **ANGLING – SHADOWING**

Drill Objective:

- Players will be able to control skate, mirroring the player that they are angling.

Drill Explanation:

- Players should pair up with a player of similar skating skill.
- Player 1 skates along the boards making quick starts and stops and changes of direction.
- Player 2 must control skate and mirror Player 1 keeping the player to the outside in the "bad ice".



KEY EXECUTION POINTS

- Mirroring the players you are checking
- Use the term "Hip pocket" to describe to players where they need to be
- Add a puck once players have an understanding of drill and focus carrier on puck protection

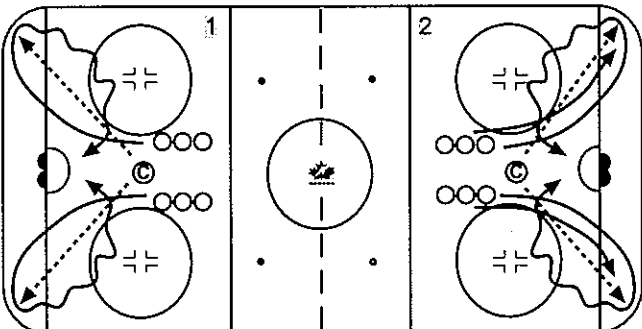
10 min **ANGLING AND HEAD ON SWIVEL**

Drill Objective:

- When in pursuit of the puck, awareness of opposing players as well as supporting teammates is critical to safety and the decision making process.

Drill Explanation:

- Start with proper offensive angle to the puck in the corner. Demonstrate inside out, head up, head on swivel.
- Coach dumps puck to corner, player retrieves the puck focussing on a proper angle. Once the player has the puck they should drive the circle for a shot on net.
- Progress to the 2nd player in line following the first player in and putting some passive pressure on the player to execute a good angle to the puck and drive around the circle to the net. 2nd player should also focus on getting good angling position and controlling their skating.



KEY EXECUTION POINTS

- Head on Swivel
- Inside, Out path

- Session Objective(s)**
1. Review angling skills
 2. Checking skills - shadowing
 3. Open ice angling

15 min

OPEN ICE ANGLING

Drill Objective:

- Players should start to be able to control the player they are checking without assistance from the boards.

Drill Explanation:

1. Facing Goal
 - Players pair up with both facing the goal. Defender inside position and forces player to move board side.
 - Defender keeps player to the board side, attacks his stick where blade meets shaft and squeezes angled player out while getting the puck.
2. Defensive Positioning - 1 on 1
 - Players partner up, work on defensive positioning, outside shoulder of defender with inside shoulder of attacker.
3. Facing Inside Shoulder
 - Players pair up with attacker facing the goal and defender facing attacking player. Defender's helmet lines up with inside shoulder of attacker and while skating backward, forces player to move board side.

KEY EXECUTION POINTS

- Defensive positioning, hip pocket

5 min

ANGLING - OPEN ICE

Drill Objective:

- Coach passes to one player.
- Other player angles the puck carrier to the middle, continues angle and pursuit across the neutral zone.

Drill Explanation:

- O1 and O2 leave from the red line on go from coach.
- Both players skate down the boards to the blueline and turn.

KEY EXECUTION POINTS

- Smart skating
- React quickly to receiving or not receiving the pass

5 min

ANGLING GATE DRILL

Drill Objective:

- Teach defensive player to save ice skating off the puck, limiting the puck carrier to one option.
- O2 closes the gap, saving ice in the neutral zone, before angling toward O1.
- O2 attempts to force O1 outside the pylon, not giving up the middle lane.

Drill Explanation:

- O1 and O2 begin on the whistle.
- O1 picks up loose puck and skates behind the net and must skate between the pylon for a shot on goal.

KEY EXECUTION POINTS

- Maintain middle lane
- Control skating



- Session Objective(s)**
1. Checking skills
 2. Stick checks
 3. Body Positioning for checking
 4. Contact Confidence

10 min

STAMPEDE ANGLING

Drill Objective:

- Close quickly and angle the puck carrier to the outside and maintain speed.

Drill Explanation:

- Coach passes the puck anywhere on one side of the ice.
- 01 retrieves the puck, 02 double touches the blue line, then closes the gap on 02.
- 02 plays 01 but if a turnover occurs, 02 can move onto offence.

KEY EXECUTION POINTS

- Close quickly, angle to outside
- No backward skating
- Use speed and controlled skating

5 min

STICK WRESTLING

Drill Objective:

- Gives the player a feel for good, strong, effective body position and to develop balance and agility.

Drill Explanation:

- Use one stick between each pair of players.
- On the whistle players wrestle to throw their opponent off balance.

- A player is considered off balance when a body part other than the skates touch the ice.
- Other variations can include no stick, 2 sticks or start on the knees.

KEY EXECUTION POINTS

- Solid and strong - wide stance
- Get low
- Use strong legs as the base

5 min

TUG OF WAR

Drill Objective:

- To emphasize the ready position and the use of the body and legs for strength.

Drill Explanation:

- On the whistle each player tries to pull their opponent over the blue line.
- Use one stick or two sticks.

KEY EXECUTION POINTS

- Wide and low
- Drive with legs
- Short power strides

- Session Objective(s)
1. Checking skills
 2. Stick checks
 3. Body Positioning for checking
 4. Contact Confidence

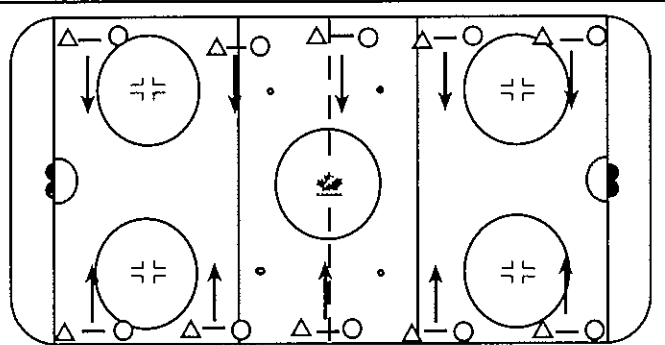
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min**PARTNER BUMPING**

Drill Objective:

- To develop a solid base, to develop contact confidence and to develop the use of leg power.

Drill Explanation:

- Players interlock elbows.
- Pairs move across ice bumping each other with shoulders.
- Also implement bumping hips, bumping hips and shoulders and elbows not locked.

**KEY EXECUTION POINTS**

- Low, wide, strong position
- Initiate the bump with drive from the legs

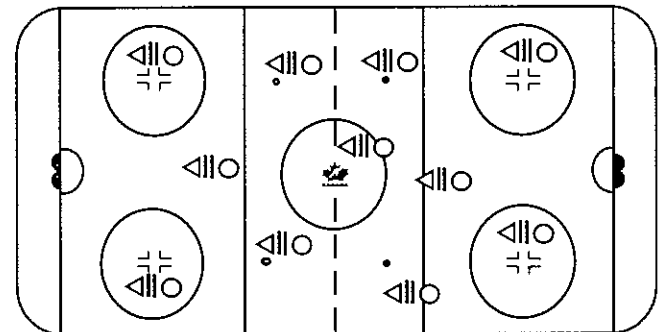
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min**OWN THE DOT**

Drill Objective:

- To develop balance, stability and strength. Focus on use of leg power and developing contact confidence.

Drill Explanation:

- Players position themselves at the dots.
- On whistle players bump each other trying to drive the other off of the dot.
- Other options include side by side, protect the puck on the dot, face to face and back to face.

**KEY EXECUTION POINTS**

- Elbows down and arms crossed
- Good low stable body position
- Drive with the legs

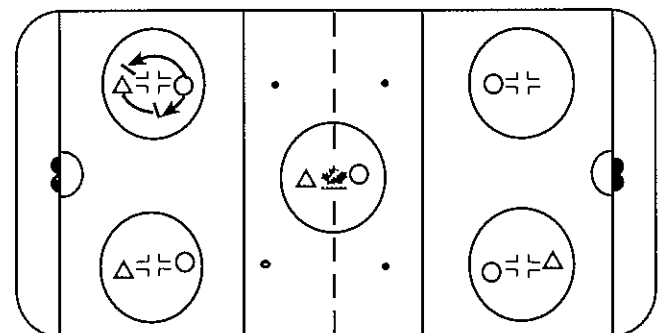
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min**BULL IN THE RING (MOVING CONTACT)**

Drill Objective:

- To introduce movement with contact, develop proper positioning and to reinforce driving through.

Drill Explanation:

- No sticks.
- On whistle O tries to drive though to get to edge of circle.
- Protects the path and attempts to drive O back.
- Switch roles.

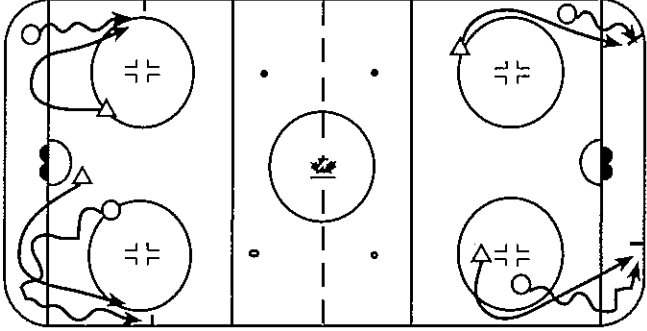
**KEY EXECUTION POINTS**

- Play chest when facing, hips when seeing back
- Leg drive and defensive side positioning

- Session Objective(s)**
1. Checking skills
 2. Creating puck separation
 3. Contact confidence
 4. Open ice body checking

5 min

ANGLE UP, ANGLE DOWN WITH PUCK SEPARATION



Drill Objective:

- To work on angling skills and work on positioning to separate puck carrier from the puck.

Drill Explanation:

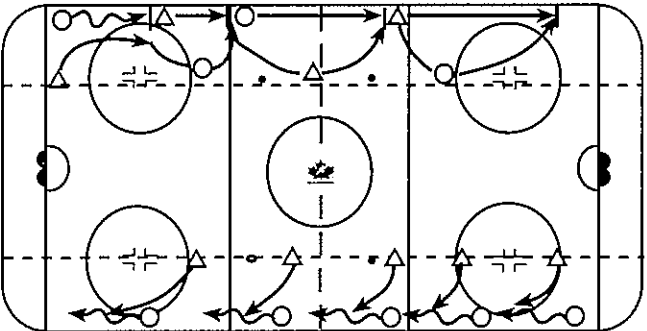
- Positions with various gaps from O who has the puck.
- On whistle, j-skates quickly and controlled and steers O in desired direction.
- Drives body between O and puck - aim for the stick shaft.
- Separate O from the puck.

KEY EXECUTION POINTS

- Inside shoulder just ahead of puck carrier's inside shoulder
- Drive body in front of the puck carrier

10 min

PARTNER BUMP AND ROLL FLOW - NO STICKS



Drill Objective:

- To develop angling and positioning and to practice the execution of the shoulder or block check.

Drill Explanation:

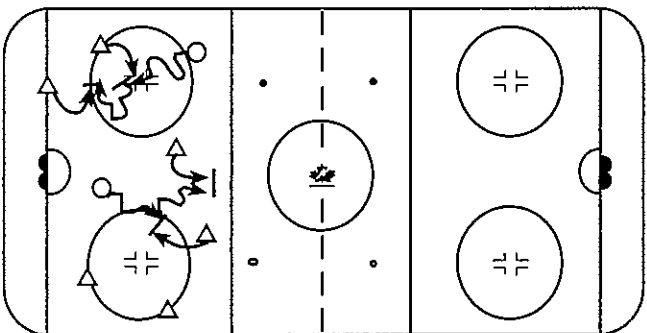
- Players divided into pairs and placed spaciouly around the ice without sticks.
- O against the boards, by the faceoff dots.
- O moves slowly along the boards while angles and closes the gap.
- Makes chosen body check then moves slowly along the boards. O rolls to the boards, rotates out and becomes the checker.

KEY EXECUTION POINTS

- Approach under control and at a good angle
- O collapses shoulder/body from check, rolls into wall
- Use the terms coil/uncoil as a description of the motion
- Add sticks and pucks, increase speed, add a pin as players become more proficient

10 min

OPEN ICE BODY CHECK - NO STICKS



Drill Objective:

- To work on angling and positioning skills and to teach checking from a balanced position.

Drill Explanation:

- At each end divide players into 4 groups - 1 group with pucks. Other groups have no sticks.
- Group with the pucks cycles around inside the blueline while checkers attempt to bump carriers - if carrier gets bumped off puck they regain the puck and continue.
- Keep score to see which group gets bumped off the puck the least.

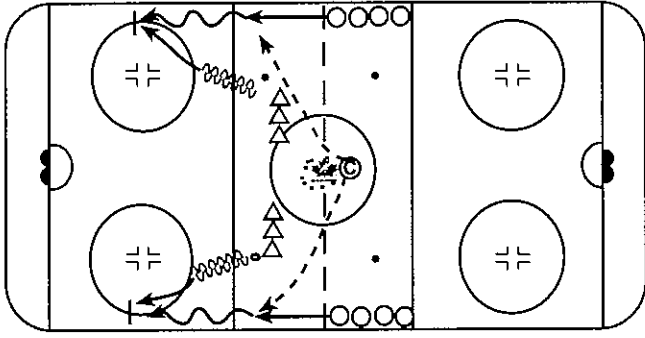
KEY EXECUTION POINTS

- Approach under control - eyes on contact area
- Arms crossed at chest
- Use leg drive

- Session Objective(s)**
1. Checking skills
 2. Creating puck separation
 3. Contact confidence
 4. Open ice body checking

10 min

1 ON 1 BODY CHECKING



Drill Objective:

- To develop angling skills while working on lateral motion with a tum and go. To practice executing body checks.

Drill Explanation:

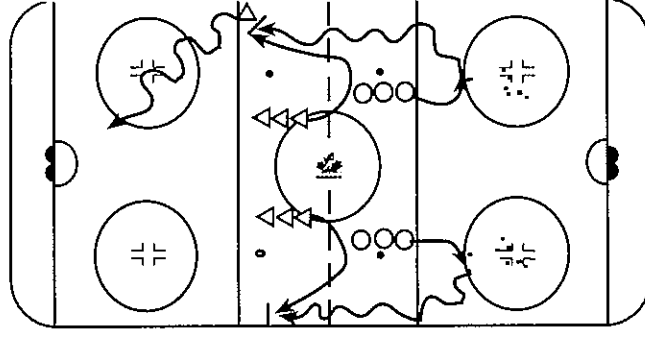
- O starts from behind the redline.
- Coach passes puck and at the same time Δ starts backward from face off dot outside the blueline.
- O must stay along the boards, angles and makes body check.
- Both players go back to respective lines on opposite side of ice from original starting point.

KEY EXECUTION POINTS

- Angle, use a controlled approach
- Hard but controlled, timing is key

10 min

NEUTRAL ZONE FORECHECK



Drill Objective:

- To work on angling, steering, positioning and body checks.

Drill Explanation:

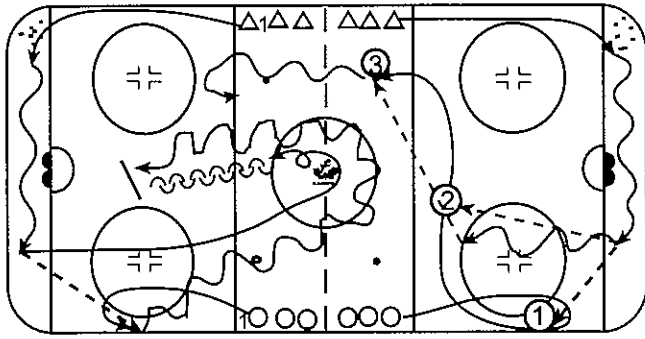
- On the whistle the O's start and swing to get the puck.
- As O picks up the puck Δ starts.
- Δ steers/angles O outside to the boards and makes the check.

KEY EXECUTION POINTS

- Angle defensive side
- Close gap under control

5 min

ONE ON ONE



Drill Objective:

- To develop angling/steering/positioning and gap control in the neutral zone. To work on body checking along the boards and in open ice.

Drill Explanation:

- O starts with a puck, takes a shot low from the outside and button hooks to the corner.

KEY EXECUTION POINTS

- Angle - make the decision for the puck carrier
- Control check with follow through