



Practice Plan

Team: ATOM HOUSE

Practice No.: 1

Date : _____

Time: _____

Duration: 60 MINUTES

Version No.: _____

Prepared by: _____

Objectives / Main tasks :

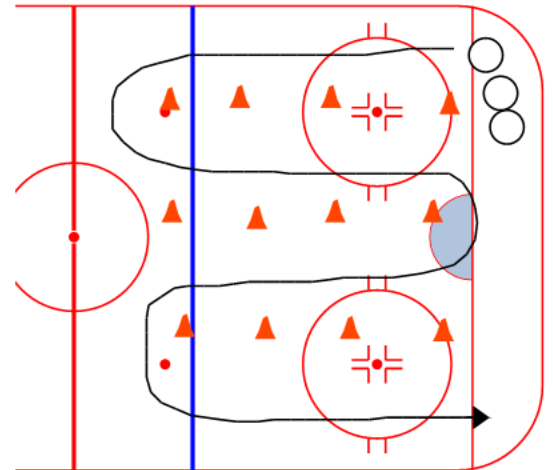
SESSION OBJECTIVES:
SKATING AND AGILITY, STICKHANDLING, PASSING, SCORING

Drill no. : _____ Duration : 12 Minutes From : _____ To : _____
Title : WARM UP 1 Category #1 : GLENLAKE Category #2 : ATOM HOUSE

Description

DIVIDE ZONE INTO 4 LANES AS SHOWN, HAVE PLAYERS PERFORM A VARIETY OF SKILLS IN EACH LANE:

1. C CUTS
2. FORWARD STRIDING
3. BACKWARD C CUTS
4. BACKWARD STRIDING
5. PIVOTS
6. 3 CROSSOVERS 1 WAY, 3 THE OTHER



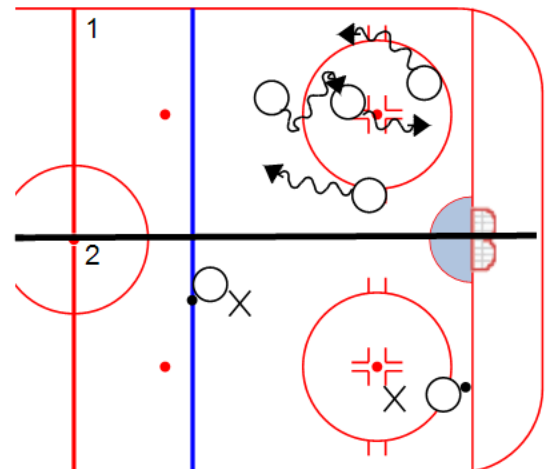
Key points:

_____	_____
_____	_____

Drill no. : _____ Duration : 12 Minutes From : _____ To : _____
Title : PRACTICE 1 SKILL STATION 1 Category #1 : GLENLAKE Category #2 : ATOM HOUSE

Description

1. CHAOS
PLAYERS SKATE AROUND THE ZONE IN ANY DIRECTION HANDLING THE PUCK. ENCOURAGE PLAYERS TO TRY DIFFERENT MOVES.
KEY TEACHING / DEVELOPMENT POINTS
- PUCK HANDLING STANCE (HEAD UP, KNEES BENT, CHEST UP)
- ROLL WRISTS
2. COYOTE / RABBIT
HAVE PLAYERS PARTNER UP. ONE PLAYER HAS THE PUCK. ON THE WHISTLE THE PLAYER WITH THE PUCK SKATES AROUND TRYING TO KEEP THE PUCK WHILE THE OTHER PLAYER TRYs TO GET THE PUCK. IF THE OTHER PLAYER STRIPS THE PUCK HAVE THEM RETURN THE PUCK, SWITCH AFTER 30 SECONDS.
KEY TEACHING / DEVELOPMENT POINTS
- STICKHANDLING STANCE (EYES UP)
- CHANGE OF DIRECTION



Key points:

_____	_____
_____	_____

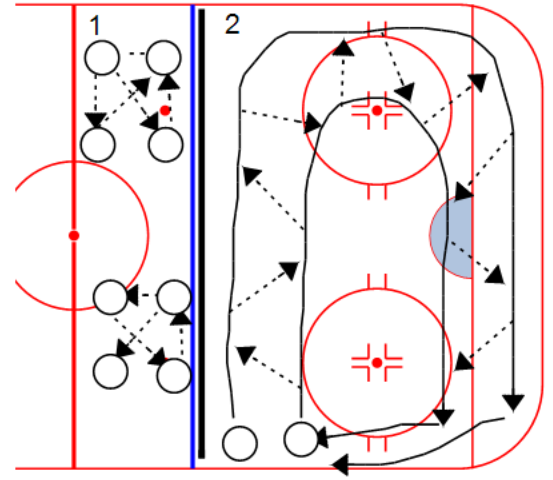
Drill no. : _____ Duration : 12 Minutes From : _____ To : _____

Title : PRACTICE 1 SKILL STATION 2 Category #1 : GLENLAKE Category #2 : ATOM HOUSE

Description

1. STATIONARY PASSING
 LINE PLAYERS UP AS SHOWN AND HAVE THEM PASS TO EACH OTHER FOREHAND AND THEN SWITCH TO BACKHAND
 KEY TEACHING / DEVELOPMENT POINTS
 - EYES UP, CALL FOR PUCKS
 - TRANSFER WEIGHT AND SLIDE FLAT PUCK
 - FOLLOW THROUGH AND POINT AT TARGET (BLADE DOWN ON FOREHAND, BLADE UP BACKHAND)

2. PAIRS PASSING
 GET PLAYERS TO PARTNER UP AND PERFORM PAIRS PASSING AROUND THE ZONE AND THEN GET BACK INTO LINE. HAVE PLAYERS SWITCH TO WORK ON FOREHAND AND BACKHAND PASSES.
 KEY TEACHING / DEVELOPMENT POINTS
 - EYES UP, CALL FOR PUCKS
 - TRANSFER WEIGHT AND SLIDE FLAT PUCK
 - FOLLOW THROUGH AND POINT AT TARGET (BLADE DOWN ON FOREHAND, BLADE UP BACKHAND)
 - LEAD THE RECEIVER (PASS TO WHERE THEY ARE GOING)



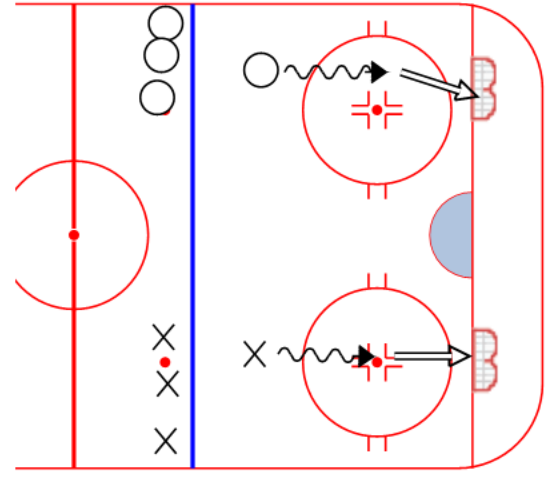
Key points:

Drill no. : _____ Duration : 12 Minutes From : _____ To : _____

Title : 1,2,3 ON 0 Category #1 : GLENLAKE Category #2 : ATOM HOUSE

Description

DIVIDE PLAYERS INTO 2 TEAMS. ON WHISTLE THE FIRST PLAYER IN LINE SKATES IN AND SHOOTS UNTIL THEY SCORE. AFTER THE GOAL THE PLAYER SKATES OUTSIDE THE BLUE LINE, PICKS UP ANOTHER PUCK AND GOES IN WITH A SECOND PLAYER FOR 2-0. CONTINUE 3-0 AND THEN RESTART AT 1-0 UNTIL ALL PLAYERS HAVE GONE. FIRST TEAM TO HAVE ALL PLAYER GO AND SCORE WINS. REPEAT AS MANY TIMES AS TIME ALLOWS.



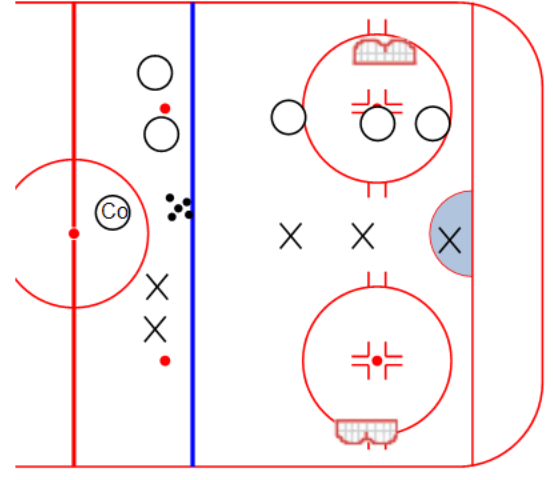
Key points:

Drill no. : _____ Duration : 12 Minutes From : _____ To : _____

Title : 3 ON 3 Category #1 : GLENLAKE Category #2 : NOVICE HOUSE

Description

DIVIDE IN TO 2 GROUPS AND PLAY 3 ON 3 WITH EXTRA PLAYERS WAITING IN NEUTRAL ZONE. PLAYERS CHANGE ON WHISTLE



Key points:
