



# Practice Plan

Team: ATOM HOUSE

Practice No.: 2

Date : \_\_\_\_\_

Time: \_\_\_\_\_

Duration: 60 MINUTES

Version No.: \_\_\_\_\_

Prepared by: \_\_\_\_\_

## Objectives / Main tasks :

Drill no. : \_\_\_\_\_ Duration : 10 Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

Title : WARM UP 1

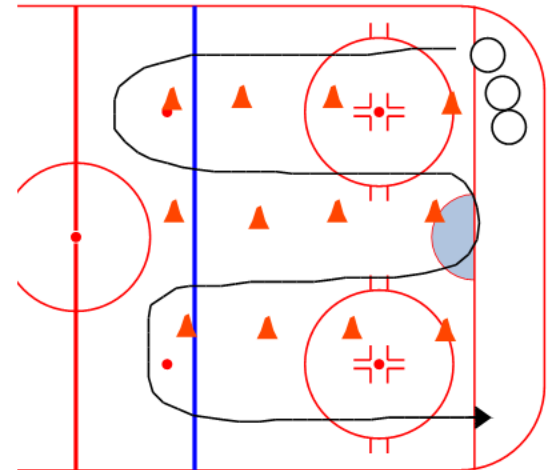
Category #1 : GLENLAKE

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 : 5 Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

Title : GIVE AND GO-LONG / SHORT PASS

Category #1 : GLENLAKE

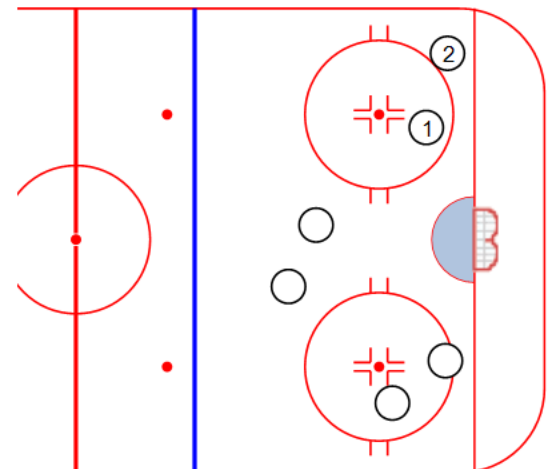
Category #2 : ATOM HOUSE

### Description

PLAYERS PARTNER UP WITH 1 PUCK. PLAYER 1 MAKES A SHORT PASS TO PLAYER 2 AND THEN PLAYERS SKATE AWAY FROM EACH OTHER TO CREATE A LONG PASS. ONCE THE LONG PASS IS CREATED THEN BOTH PLAYERS SKATE AND GET CLOSE FOR A SHORT PASS, DRILL CONTINUES

KEY TEACHING / DEVELOPMENT POINTS

- COMMUNICATION, CALL FOR PASSES
- PASS ON EYE CONTACT



Key points:

_____	_____
_____	_____

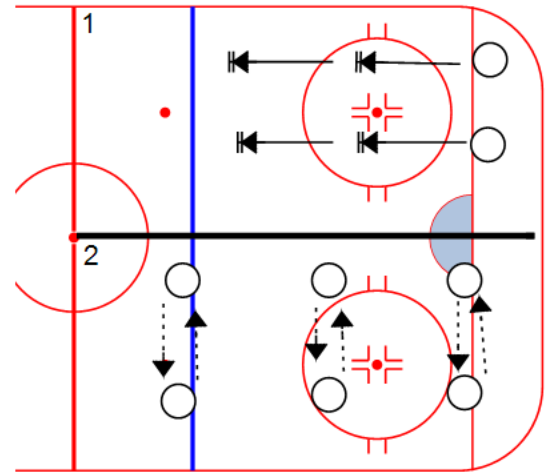
Drill no. : \_\_\_\_\_ Duration : 10 Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

Title : PRACTICE 2 SKILL STATION 1 Category #1 :  Category #2 :

### Description

1. FRONT V START / 2 FOOT STOP  
ON SIGNAL FIRST PLAYER IN EACH GROUP OPEN SKATE IN V POSITION BY TOEING OUTWARDS AND TAKES 4-5 RUNNING STRIDES, GLIDES THEN PERFORMS A 2 FOOT STOP THEN REPEAT.  
KEY TEACHING / DEVELOPMENT POINTS  
- OPEN HIPS AS FAR AS POSSIBLE, BENDING KNEES INCREASES RANGE  
- RUN ON SKATES, SHORT CHOPPY QUICK STRIDES  
- 2 FOOT STOP

2. 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)



Key points:

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Drill no. : \_\_\_\_\_ Duration : 15 Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

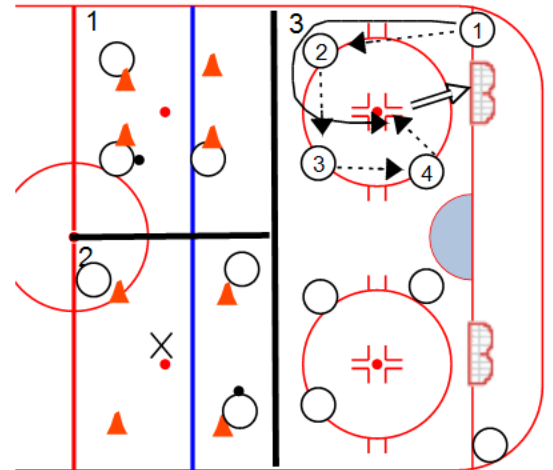
Title : PRACTICE 2 SKILL STATION 2 Category #1 :  Category #2 :

### Description

1. SUPPORT ON THE CORNERS  
1 PLAYER STARTS WITH THE PUCK AND PASSES TO EITHER PLAYER, ONCE PASSED OTHER PLAYERS MUST MOVE SO THAT THERE IS PUCK SUPPORT ON THE CORNERS. NO PASSES THROUGH THE BOX, ALL PASSES MUST BE AROUND THE OUTSIDE OF THE BOX.  
KEY TEACHING / DEVELOPMENT POINTS  
- PASS ON EYE CONTACT  
- MOVE TO SUPPORT  
- TAPE TO TAPE PASSES

2. PIG IN THE MIDDLE  
SAME DRILL AS SUPPORT ON THE CORNERS BUT ADD A DEFENSIVE PLAYER. WHOEVER TURNS THE PUCK OVER TO THE DEFENSIVE PLAYER BECOMES THE DEFENSIVE PLAYER.  
KEY TEACHING / DEVELOPMENT POINTS  
- EYES UP, PASSER MUST FIND OPEN OPTIONS  
- RECEIVERS MUST MOVE TO GET OPEN AND CALL FOR PASSES WHEN OPEN

3. AROUND THE HORN  
SET UP PLAYERS AS SHOWN. 1 PASS TO 2, WHO PASSES TO 3, WHO PASSES TO 4, 4 RETURNS THE PUCK TO 1 WHO TAKES A SHOT. PLAYERS THEN ROTATE  
KEY TEACHING / DEVELOPMENT POINTS  
- PASS ON EYE CONTACT  
- SUPPORT TIMING



Key points:

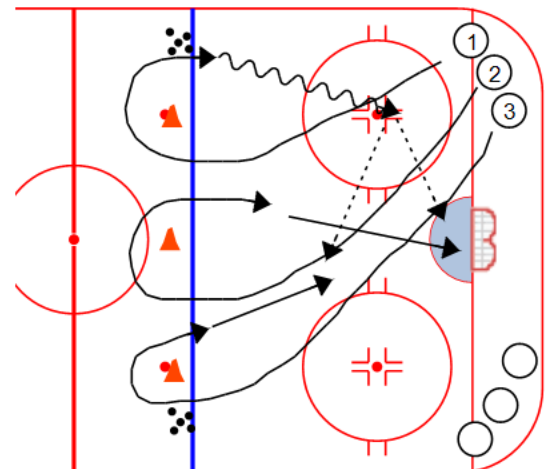
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Drill no. : \_\_\_\_\_ Duration : 10 Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

Title : CLOVERLEAF Category #1 :  Category #2 :

### Description

LINE UP PLAYERS AND SET UP CONES AS SHOWN. ON WHISTLE 3 PLAYERS GO, PLAYER 1 GOES AROUND THE FIRST CONE AND GRABS A PUCK, PLAYER 2 GOES AROUND THE SECOND CONE, PLAYER 3 THE THIRD CONE. PLAYER 1 DRIVES WIDE, PLAYER 2 DIRVES THE MID LANE, PLAYER 3 STAYS HIGH. PLAYERS ATTACK 3-0 AND GO UNTIL THE WHISTLE, THEN THE OTHER SIDE GOES. \*\*\* YOU CAN REGRESS AND START WITH 1 PLAYER THEN ADD A SECOND AND THIRD\*\*\*  
KEY TEACHING / DEVELOPMENT POINTS  
- EYS UP  
- FEET MOVING  
- WIDTH AND DEPTH IN ATTACK



Key points:

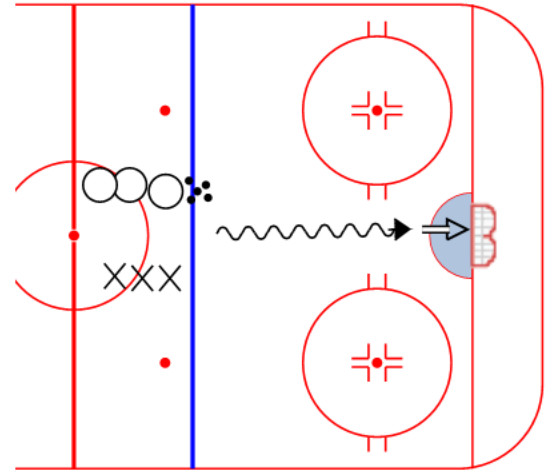
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Drill no. : \_\_\_\_\_ Duration : 10 Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

Title : SHOOT OUT Category #1 : GLENLAKE Category #2 : ATOM HOUSE

**Description**

PUT PLAYERS INTO 2 LINES. 1 LINE HAS PUCKS AND TRIES TO SCORE WHILE THE OTHER LINE BACK CHECKS AND TRIES TO GET THE PUCK, IF THEY DO THEY TAKE THE SHOT WHILE THE OTHER PLAYER BACKCHECKS. BACK CHECKING PLAYERS BEGIN ON 1 KNEE.



Key points:
