



Practice Plan

Team: ATOM HOUSE

Practice No.: 3

Date : _____

Time: _____

Duration: 60 MINUTES

Version No.: _____

Prepared by: _____

Objectives / Main tasks :

SESSION OBJECTIVES:
STICKHANDLING, PASSING AND RECEIVING, ANGLING

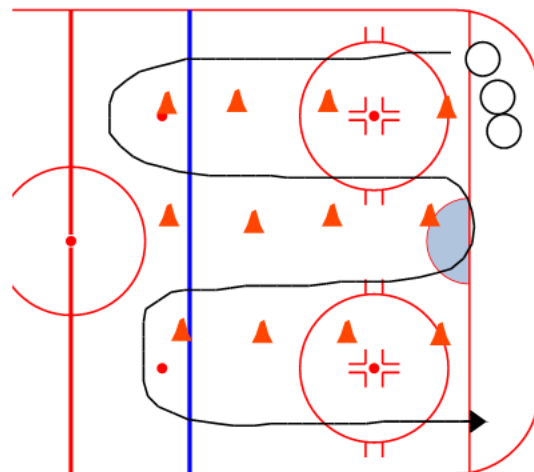
Drill no. : _____ Duration : 10 Minutes From : _____ To : _____

Title : PUCK CONTROL WARM UP 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. QUICK HANDS
2. FOREHAND BACKHAND ONLY
3. TOE DRAGS
4. PUCK / STICK THROUGH LEGS



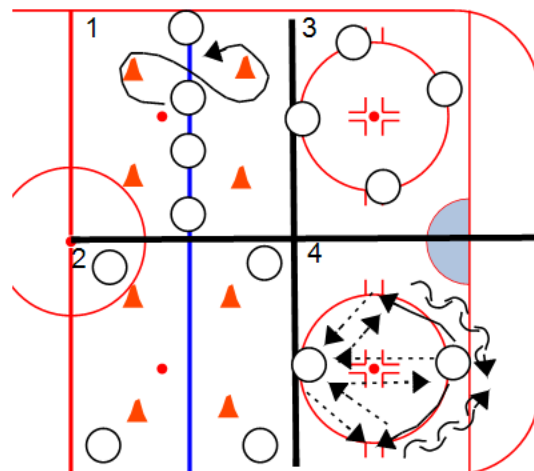
Key points:

Drill no. : _____ Duration : 20 Minutes From : _____ To : _____

Title : PRACTICE 3 SKILL STATION 1 Category #1 : GLENLAKE Category #2 : ATOM HOUSE

Description

1. FIGURE 8 PASSING
1 PLAYER IS THE PASSER, THE OTHER IS THE RECIEVER. RECEIVER SKATES A FIGURE 8 AROUND THE CONES AND RECEIVES AND QUICKLY 1 TOUCHES THE PUCK BACK IN THE MIDDLE OF THE CONES EVERYTIME. RECEIVER FACES THE PASSER AT ALL TIMES.
KEY TEACHING / DEVELOPMENT POINTS
- ALWAYS FACE THE PASSER / TRANSITION SKATE
2. 4 CONE AGILITY
OPPOSITE PLAYERS GO AT THE SAME TIME AND RANDOMLY SKATE AROUND ALL 4 CONES.
KEY TEACHING / DEVELOPMENT POINTS
- EYES UP
- QUICK HANDS AND FEET
3. FOLLOW THE PASS
PLAYERS LINE UP AROUND THE CIRCLE WITH 1 PUCK. FIRST PERSON PASSES TO ANY PLAYER AND SKATES TO FILL THAT SPOT. YOU CAN ADD A SECOND PUCK
KEY TEACHING / DEVELOPMENT POINTS
- EYE CONTACT
- COMMUNICATION
4. BELLY UP PASSER
1 PLAYER AT THE TOP OF THE CIRCLE IS STATIONARY. THE OTHER AT THE BOTTOM SKATES TO THE HASH MARK AND



Key points:

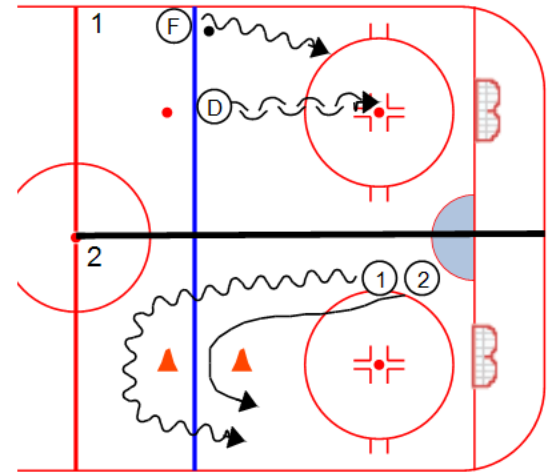
Drill no. : _____ Duration : 20 Minutes From : _____ To : _____

Title : PRACTICE 3 SKILL STATION 2 Category #1 : GLENLAKE Category #2 : ATOM HOUSE

Description

1. GAP CONTROL
FORWARDS START BEHIND THE BLUE LINE, DEFENCE IN FRONT. ON WHISTLE THEY PLAY 1 ON 1.
KEY TEACHING / DEVELOPMENT POINTS
- GAP CONTROL (1 STICK LENGTH)
- PROTECT THE MIDDLE OF THE ICE
*** HALF WAY THROUGH SWITCH SIDES OF RINK TO ALLOW BOTH DIRECTIONS***

2. ANGLING
PLAYER 1 STARTS WITH THE PUCK AND MUST GOES AROUND THE FAR CONE AND TRIES TO SCORE.
PLAYER 2 GOES AROUND THE NEAR CONE AND MUST ANGLE ALONG THE BOARDS.
KEY TEACHING / DEVELOPMENT POINTS
- ANGLING SKATING FORWARDS
- 1/2 STICK RULE
*** HALF WAY THROUGH SWITCH SIDES OF RINK TO ALLOW BOTH DIRECTIONS***



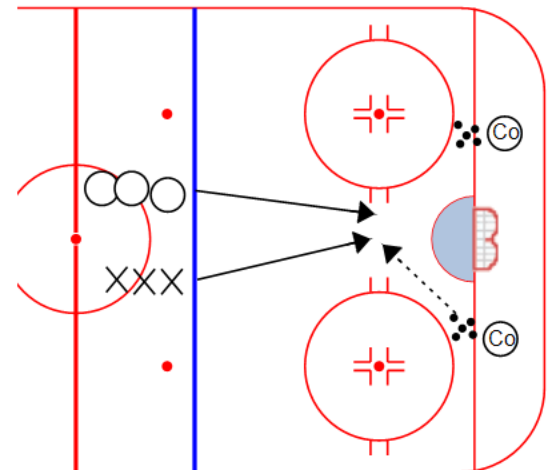
Key points:

Drill no. : _____ Duration : 10 Minutes From : _____ To : _____

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

Description

PUT PLAYERS INTO 2 LINES, ALTERNATE WHO IS ON OFFENCE AND WHO IS ON DEFENCE. ON WHISTLE THE OFFENSIVE PLAYER SPRINTS TOWARD THE GOAL AND TRIES TO GET POSITION ON THE DEFENSIVE PLAYER AND RECEIVE A PASS FROM THE COACH. IF POSSIBLE PLAY OUT 1 ON 1.



Key points: