



Practice Plan

Team: ATOM HOUSE

Practice No.: 5

Date : _____

Time: _____

Duration: 60 MINUTES

Version No.: _____

Prepared by: _____

Objectives / Main tasks :

SESSION OBJECTIVES:
PUCK SKILLS, PASSING AND RECEIVING, SHOOTING, BREAKOUTS

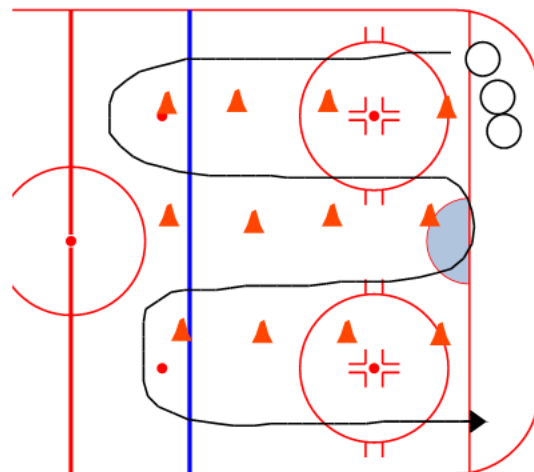
Drill no. : _____ Duration : 10 Minutes From : _____ To : _____

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



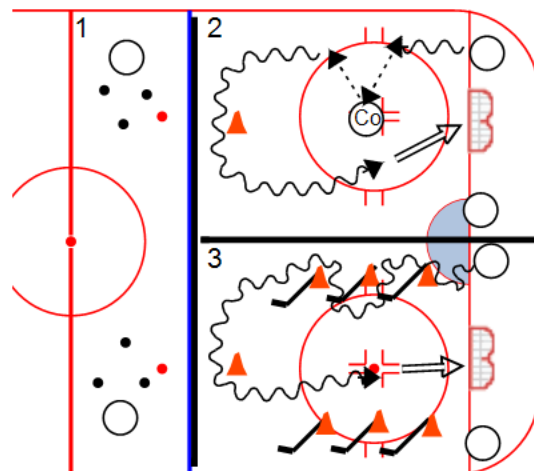
Key points:

Drill no. : _____ Duration : 15 Minutes From : _____ To : _____

Title : PRACTICE 5 SKILL STATION 1 Category #1 : GLENLAKE Category #2 : ATOM HOUSE

Description

1. 3 PUCK STICKHANDLING
PLACE 3 PUCK IN A TRIANGLE AND WORK ON QUICK HANDS AND PUCK MOVEMENT
KEY TEACHING / DEVELOPMENT POINTS
- STICKHANDLING STANCE
- ROLL WRISTS
- HANDS AND ELBOWS AWAY FROM THE BODY
2. MOVING GIVE AND GO
ALTERNATING SIDES, PLAYER SKATES WITH PUCK AND THEN PERFORMS A GIVE AND GO WITH COACH. GOES AROUND CONE AND GOES IN FOR A SHOT. CAN HAVE PLAYER INSTEAD OF COACH. MAKE SURE PLAYERS SWITCH LINE TO WORK ON FOREHAND AND BACKHAND PASS AND RECEIVE.
KEY TEACHING / DEVELOPMENT POINTS
- EYE CONTACT
- COMMUNICATION
- LEAD PASS
3. AGILITY STICKS
PLACE STICKS ON TOP OF CONES AND HAVE PLAYERS PERFORM DIFFERENT MOVES WITH THE PUCK WORKING ON QUICKNESS, LATERAL PUCK MOVEMENT AND CREATIVITY. SKATE AROUND THE CONE AND TAKE A SHOT THEN OTHER LINE GOES. MAKE SURE PLAYERS SWITCH LINES
KEY TEACHING / DEVELOPMENT POINTS
- EYES UP



Key points:

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

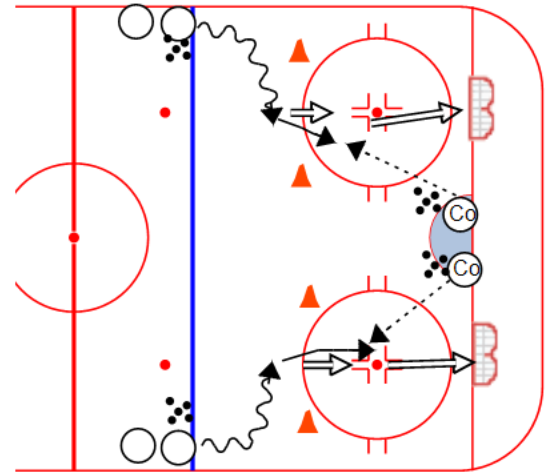
Title : SHOOTING STATION Category #1 : GLENLAKE Category #2 : ATOM HOUSE

Description

SET UP PLAYERS, CONES AND PUCKS AS SHOWN. FIRST PLAYER IN EACH LINE STARTS WITH A PUCK AND DOWN THE WALL AND CUTS ACROSS THE CONES AND PERFORMS EITHER A FOREHAND WRIST SHOT OR BACKHAND DEPENDING ON WHICH HAND THEY ARE. THEY THEN RACE IN AND RECEIVE A PASS FROM THE COACH AND TAK ANOTHER SHOT, AGAIN EITHER A FOREHAND WRIST SHOT OR BACKHAND DEPENDING ON WHICH HAND THEY ARE. YOU CAN REPLACE THE COACH WITH THE LAST PLAYER TO SHOOT. MAKE SURE PLAYERS CHANGE LINES TO WORK ON BOTH SHOTS.

KEY TEACHING / DEVELOPMENT POINTS

- TRANSFER WEIGHT
- FOLLOW THROUGH AND POINT AT TARGET
- STOP ON THE NET



Key points:

Drill no. : _____ Duration : 15 Minutes From : _____ To : _____

Title : BREAKOUTS Category #1 : GLENLAKE Category #2 : ATOM HOUSE

Description

LINE UP AS SHOWN.

WALL OPTION

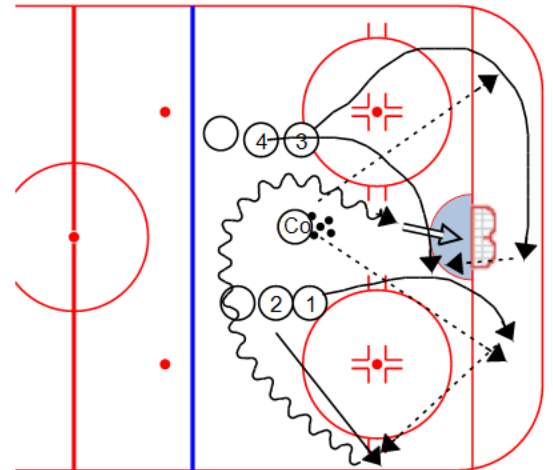
COACH DUMPS A PUCK AND PLAYER 1 PERFORMS A QUICK UP TO PLAYER 2 WHO POSTS UP ON THE WALL. PLAYER 2 THEN GOES AROUND THE COACH FOR A SHOT.

MIDDLE OPTION

COACH DUMPS A PUCK AND PLAYER 3 RETRIEVES AND GOES BEHIND THE NET WITH PLAYER 4 MIRRORING PLAYER 3 AND STAYING DIRECTLY ABOVE THE PUCK. PLAYER 3 PASSES TO PLAYER 4 WHO GOES AROUND THE COACH FOR A SHOT

KEY TEACHING / DEVELOPMENT POINTS

- RETRIEVER, FIRST TOUCH ON FOREHAND
- WALL RECEIVER, BUTT ON THE WALL, STICK ON ICE IN FRONT
- MIDDLE SUPPORT, MIRROR THE PUCK CARRIER, STAY ABOVE THE PUCK, TIMING



Key points:

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

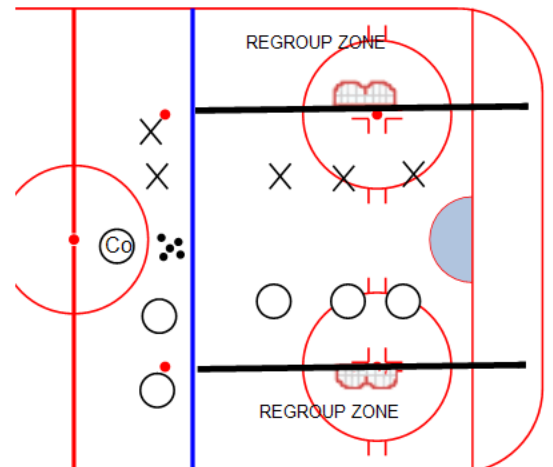
Title : BREAK OUT GAME Category #1 : GLENLAKE Category #2 : ATOM HOUSE

Description

PLAYERS PLAY 3 ON 3 UNTIL THE WHISTLE WHEN 6 NEW PLAYERS GO. EVERYTIME THEIR IS A CHANGE OF POSSESSION THE NEW POSSESSION TEAM MUST ALL REGROUP IN THE REGROUP ZONE BEFORE THEY CAN GO ON OFFENCE. DEFENDERS CANNOT ATTACK IN THE REGROUP ZONE AND ON A GOAL THE DEFENDERS DIG IT OUT OF THE NET AND REGROUP AND ATTACK.

KEY TEACHING / DEVELOPMENT POINTS

- TIMING AND SUPPORT
- READING AND BYPASSING PRESSURE



Key points: