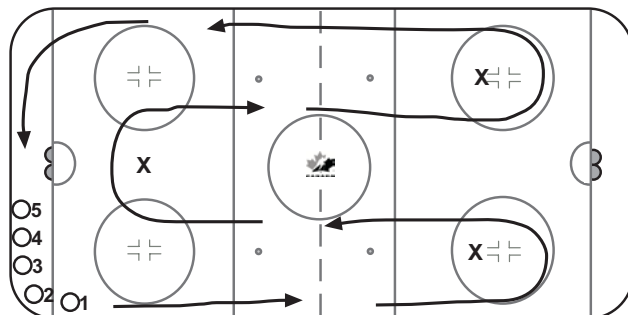




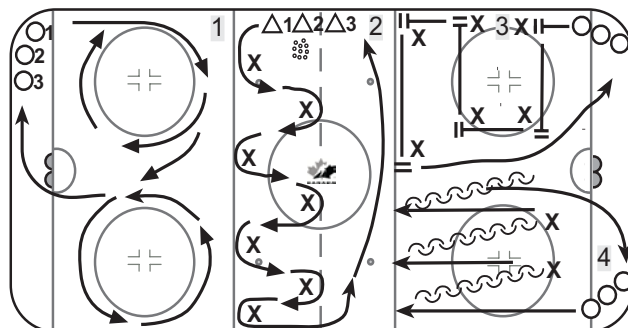
Hockey Canada Skills Development Program

Atom Practice Plan 1

Time	Description	Key Points
5	Back Alley Warm-up	
	<ol style="list-style-type: none"> 1. Players take off one after another 2. Backwards between blue lines 3. Two foot jump over each line 4. Groin stretch between blue line 5. Touch toes, trunk twists, leg kicks 	



Time	Description	Key Points
20	Skating Evaluation – 5 mins at each Stn.	
	<ol style="list-style-type: none"> 1. Player performs crossovers around circle. <ul style="list-style-type: none"> -Second player goes, once first player passes. -Do backwards on second time through -Do with puck 3rd time through 2. Player weaves through pylons, and goes back in line. Next player goes, when first gets to 2nd pylon <ul style="list-style-type: none"> -Second time through, use a puck, 3rd time do 360's around each pylon. 3. Player skates forward to pylon, performs a two foot stop, then proceeds forward to next pylon. etc <ul style="list-style-type: none"> Second time through do backwards. 4. Player skates forward to blue line, backwards to pylon, forward to blue line again etc. <ul style="list-style-type: none"> -Second player starts once first player gets to blue line. 	

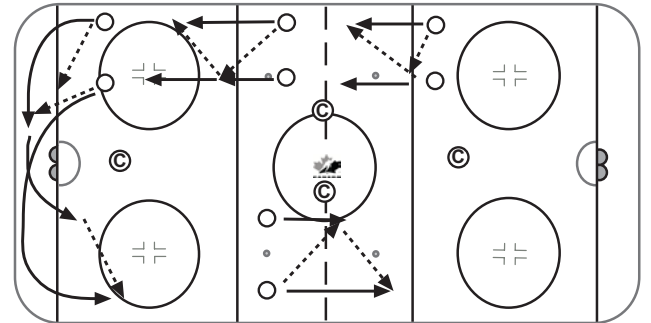




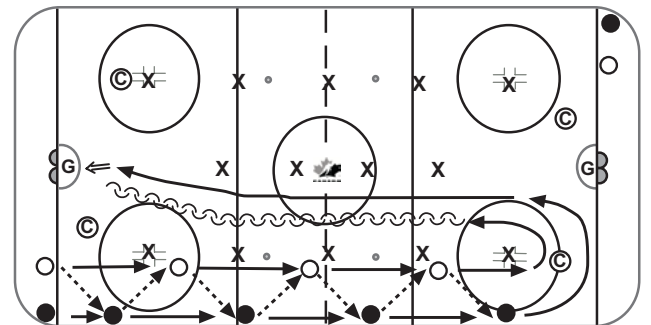
Hockey Canada Skills Development Program

Atom Practice Plan 1

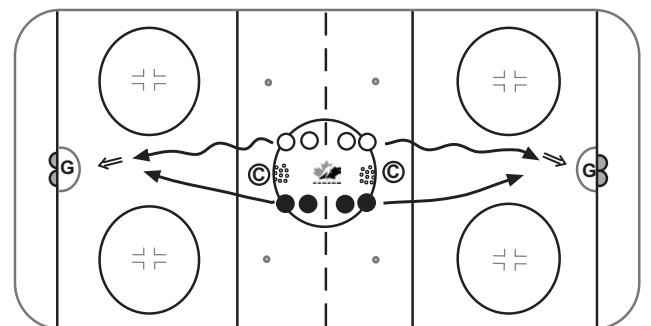
Time	Description	Key Points
5	Pairs Passing	
	<ol style="list-style-type: none">1. Players partner up, skate around the ice surface passing back and forth to each other.2. After a couple laps, change sides, so that both players get to pass on forehand, and backhand	



Time	Description	Key Points
10	Pairs Passing - 1 on 1	
	<ol style="list-style-type: none">1. Players start out of each end, forming 2 lines in the corner2. Players pair pass back and forth down the ice between boards, and pylons.3. At the last pylon, the player with the puck is on offence, the player without the puck is on defence, and come back down the middle lane 1 on 1.4. Put pylons down middle so players don't run into each other	



Time	Description	Key Points
5	Shootout	
	<ol style="list-style-type: none">1. 2 lines facing each end of the ice.2. Line on left has players down on one knee3. Line on right is player with puck4. On coach's signal, player with puck skates towards net for shot, player on one knee has to play the back checker, and try and catch puck carrier.5. Switch lines after each attempt	

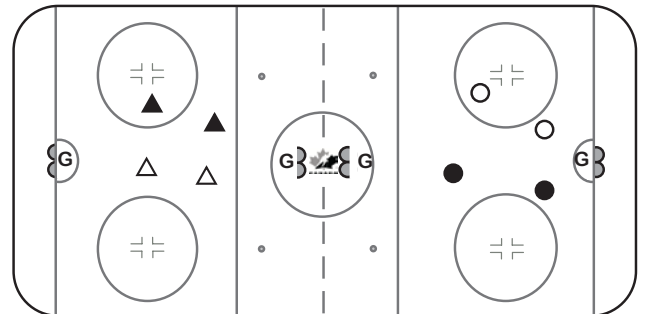




Hockey Canada Skills Development Program

Atom Practice Plan 1

Time	Description	Key Points
10	Double French Scrimmage	
	<ol style="list-style-type: none">1. Use 4 nets, place 2 nets back to back at centre ice.2. Divide players into 4 groups, and have 2 groups go to each end.3. Number of players on ice is determined by the number of times coach blows the whistle ie 2 whistles means 2 on 2	

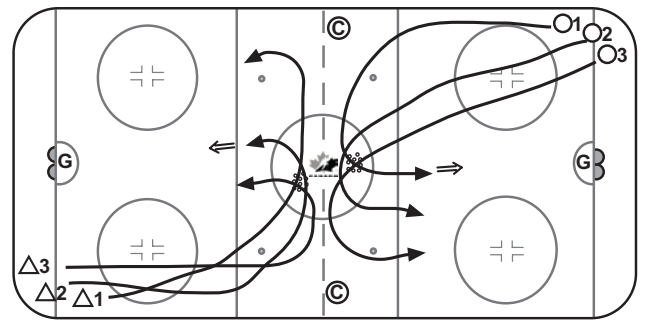




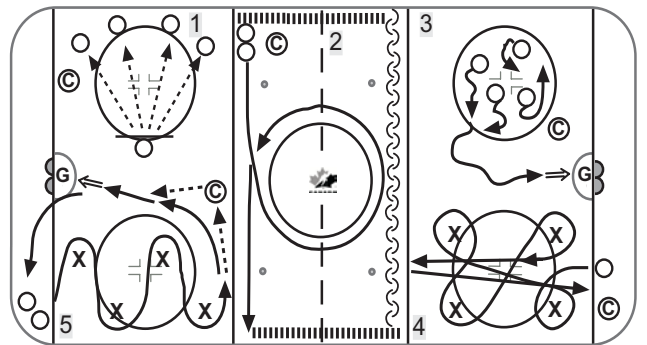
Hockey Canada Skills Development Program

Atom Practice Plan 2

Time	Description	Key Points
5	Mill Drill	
	<ol style="list-style-type: none"> 1. Players start in corners of opposite ends of the rink. 2. All the pucks are in the center circle. 3. On whistle, 3 players from each end skate out to center, pick up a puck and then go in for shot on net. 4. On next whistle, next 3 players go. 5. Keep going until all the pucks are gone. 	



Time	Description	Key Points
25	5 Station Challenge	
	<ol style="list-style-type: none"> 1. Player starts with puck, and passes to player on the right, and then receives a pass back, passes to second player on the right etc.... (each player takes turn as lead passer.) 2. Players start by skating forwards, doing crossovers around circle. <ul style="list-style-type: none"> -Skate to far boards, come to a complete stop, and then do lateral crossovers to far blue line – stop – skate backwards to far side, then lateral crossovers back to starting point. -2nd time through, start at opposite corner. 3. Players stickhandle puck in the circle, on coach's signal, they each go in for a shot on net. 4. Players start on goal line, on coach's signal, player does 360 around pylon, on lower left side, then skates to pylon on upper right side, does a 360, then skates to upper left pylon, and performs a tight turn, then skates to lower right pylon, does a tight turn. <ul style="list-style-type: none"> -Player then skates to blue line, and back to goal line. Next player in line goes, when first player gets to 3rd pylon. -Second time through do with pucks 5. Players start in corner, weave through pylons with puck. <ul style="list-style-type: none"> -Pass to coach -Receive pass from coach -Take shot on net. 	

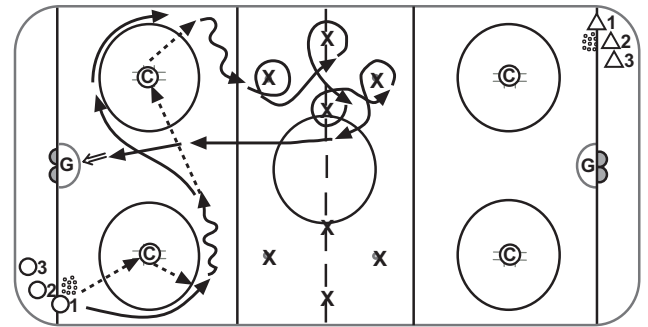




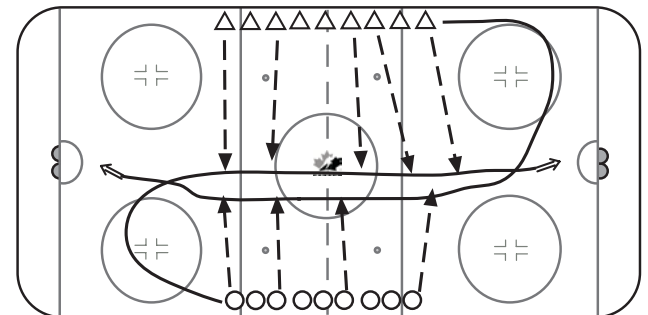
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Atom Practice Plan 2

Time	Description	Key Points
10	2 Corner Pass	
	<ol style="list-style-type: none"> 1. Players start in opposite corners, of opposite ends. 2. Coaches on each of the end zone face off dots. 3. Player passes to coach 4. Receives pass from coach 5. Carries puck 6. Passes to coach 7. Receives pass from coach 8. Weaves through pylons 9. Goes in for shot on net 	



Time	Description	Key Points
10	Asteroids	
	<ol style="list-style-type: none"> 1. Divide players up into two groups. 2. Half on each side 3. On coach's signal, 3 players from one side, skate through middle with puck. 4. Players from other side, shoot pucks to try and knock puck off of stick of players skating through middle. 5. If player gets through with puck, take shot on net. 6. Switch sides 7. Team with most goals wins. 	

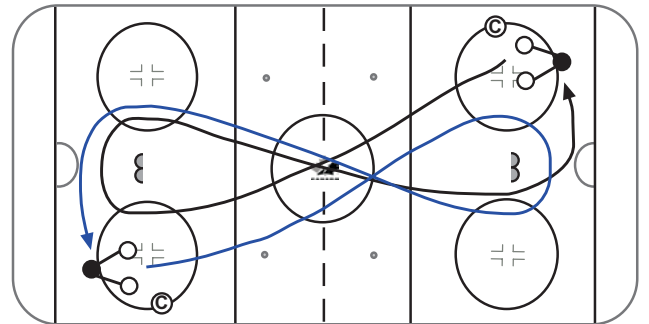




Hockey Canada Skills Development Program

Atom Practice Plan 2

Time	Description	Key Points
5	Chuckwagon Races	
	<ol style="list-style-type: none">1. Move nets out to hash marks2. Divide players into groups of 3.3. First two players (using sticks) pull third player who on his / her knees, around the ice in a figure 8 pattern.4. Players change positions, after each round.5. Send 2 or 3 teams from each end at a time.	



Time	Description	Key Points
5	Shootout	
	<ol style="list-style-type: none">1. 2 lines facing each end of the ice.2. Line on left has players down on one knee3. Line on right is player with puck4. On coach's signal, player with puck skates towards net for shot, player on one knee has to play the back checker, and try and catch puck carrier.5. Switch lines after each attempt	

