



PHASE II

Phase II of the Atom Manual is designed to assist coaches in developing practice plans for the first three months of a child's first year in the Atom Program. Each lesson plan should be repeated 2-4 times. A logical progression is as follows for the months of January, February and March:

Lesson 9	Lesson 9	Lesson 10	Lesson 11	Lesson 10	Lesson 11
Lesson 12	Lesson 10	Lesson 11	Lesson 12	Lesson 13	Lesson 12
Lesson 13	Lesson 14	Lesson 13	Lesson 14	Lesson 15	Lesson 14
Lesson 15	Lesson 16	Lesson 15	Lesson 16	Lesson 15	Lesson 16



ICE OBJECTIVES

SKILL FOCUS

LESSON 9 OBJECTIVES

1. Moving puck control
2. Shooting
3. D breakout options
4. Zone entries
5. Team tactics

- Agility skating / pivots
- Puck control skills – puck protection
- Puck retrievals
- 2 on 2's

LESSON 10 OBJECTIVES

1. Balance and agility
2. Individual offensive tactics
3. Technical skills in combination
4. Passing support / give and go

- Agility skating – pivots / backwards skating
- Shooting in motion
- Skate / pass / shoot combo
- Moving to space

LESSON 11 OBJECTIVES

1. Puck control agility
2. Shooting / scoring
3. 1,2,3 attack progression
4. Pass and follow
5. Competitive relay

- Quick hands
- Shooting / quick release
- Width and depth
- Competition

LESSON 12 OBJECTIVES

1. Skating agility
2. Support passing
3. Pass and move
4. Net Drives
5. Entries

- Pairs passing while moving
- Puck control variations.
- Head / shoulder fakes
- Puck protection

LESSON 13 OBJECTIVES

1. Puck Control agility
2. Introduce Drive Delay
3. Offensive fakes
4. Gap control

- Agility puck control
- Control skating
- Net drives
- Skating fakes
- Puck protection

LESSON 14 OBJECTIVES

1. Agility puck control
2. Review net drives / delays
3. Individual Offensive / defensive tactics
4. Walkouts
5. Competitive games

- Skate and puck control combinations
- Review of skating fakes
- Walkouts / turnups
- Ice awareness

LESSON 15 OBJECTIVES

1. Puck control agility
2. Shooting / scoring
3. Bank passes
4. Individual offensive tactics

- Puck control creativity
- Pass and follow
- Cross and drop
- Passing / skating timing
- Moving to space

LESSON 16 OBJECTIVES

1. Puck control agility
2. Review bank pass
3. Defensive tactics
4. 1,2,3, attack principle
5. Shooting

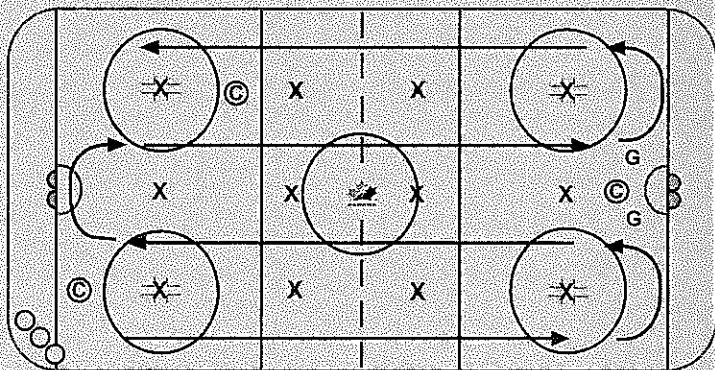
- Puck control creativity
- Passing timing
- Gap control
- Defensive positioning

10 MIN PUCK CONTROL WARMUP

Form two lines at hash marks in one end, provide demonstration of the skills to be performed down the middle of the ice and back along the boards.

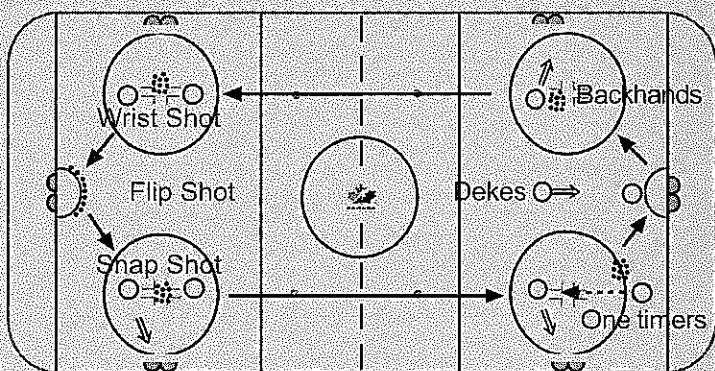
1. Quick Hands
2. Forehand / Backhand only
3. Scissors - fwd / bwd with puck
4. Toe Drags
5. Puck / Stick through legs

Utilize a variety puck control skills

**15 MIN SHOOTING STATIONS**

Form 6 stations on the ice – use extra nets if available, if not use boards. Start with 2-3 players at each station and rotate them around after they have each had a turn shooting about 10 pucks at each station.

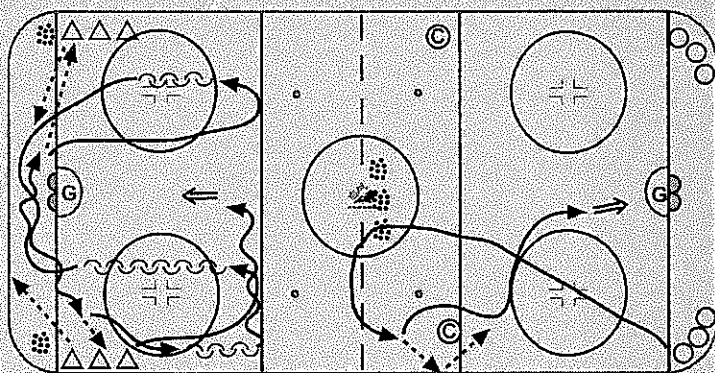
1. Wrist Shot
2. Flip shots
3. Snap shot
4. One timers
5. Dekes
6. Backhands

**10 MIN WHEEL OPTION X 2/ CHIP AND CHASE****DEFENSE**

- D begins same as previous practice
- Retrieves puck and wheels net to outlet to D on hash who spots puck to the corner.
- D touches up at blueline and completes same sequence on the other side finishing with shot on net.
- Back to puck quickly / Check shoulder for pressure and outlet / Move puck quickly.

FORWARDS

- Place pucks in centre ice, with forwards in each corner.
- Sprint out of corner to centre pick up puck and chip off of boards to gain zone entry. Coach can act as static D for passive pressure



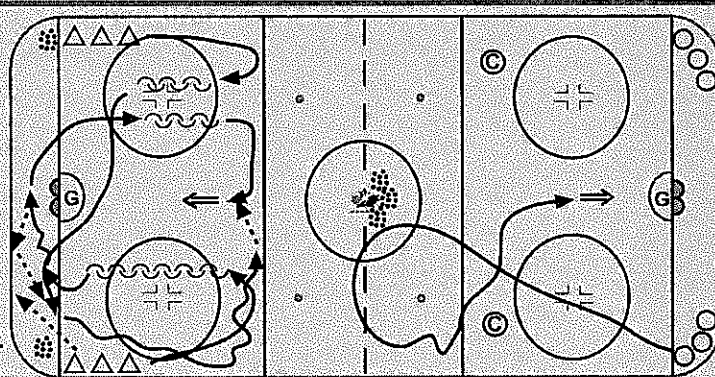
10 MIN REVERSE OPTION X 2 / 2 MAN CROSS

DEFENSE

- Same sequence as above.
- Back quickly / Protect the front of the net, communicate outlet, puck is reversed off the boards and behind pressure.
- Skate into puck. Finish with shot on net

FORWARDS

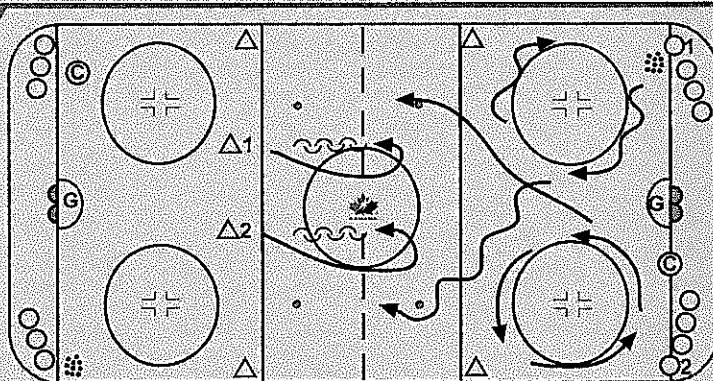
- Place pucks in centre ice, with forwards in each corner.
- Sprint out of corner to centre pick up puck and fake outside move then cross into middle ice to gain zone entry.
- Coach can act as static D for passive pressure



10 MIN TEAM TACTICS 2 ON 2

Technical Level Drill: Cross

- ○1 & ○2 skate wide route and cross in front of stationary defender - coach
- ○1 & ○2 exchange puck 2 times on crosses, then attack net with shot on goal

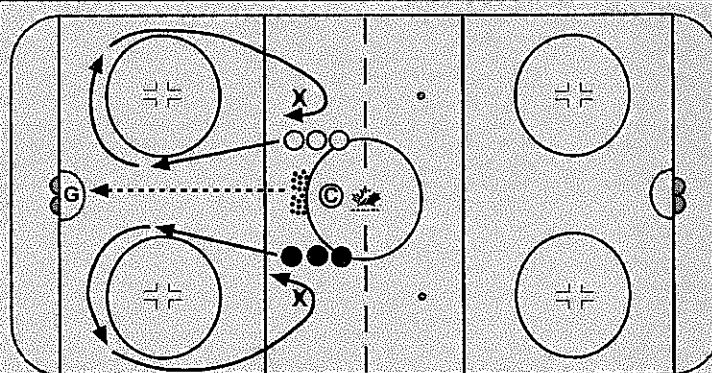


KEY EXECUTION POINTS

- Communicate
- Alternate forwards
- Control skate and go both ways
- Time cross and pass

5 MIN CIRCLE RELAY - 3 ON 3

- 3 players from each side line up outside blueline
- On Coaches whistle, players skate around circles, back out around pylon and as coach dumps puck on goalies, players play 3 on 3 until one side scores
- Have players do something different each time going around circle, ie fwds, bwds, pivots etc...



KEY EXECUTION POINTS

- Quick feet
- Puck pressure
- Man to man D
- Offensive team move to open space

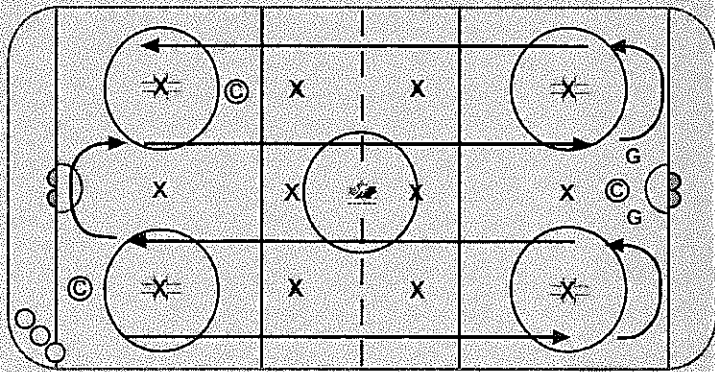
10 MIN

PUCK CONTROL WARMUP

Form two lines at hash marks in one end, provide demonstration of the skills to be performed down the middle of the ice and back along the boards.

1. Quick Hands
2. Forehand / Backhand only
3. Scissors - fwd / bwd with puck
4. Toe Drags
5. Puck / Stick through legs

Utilize a variety puck control skills

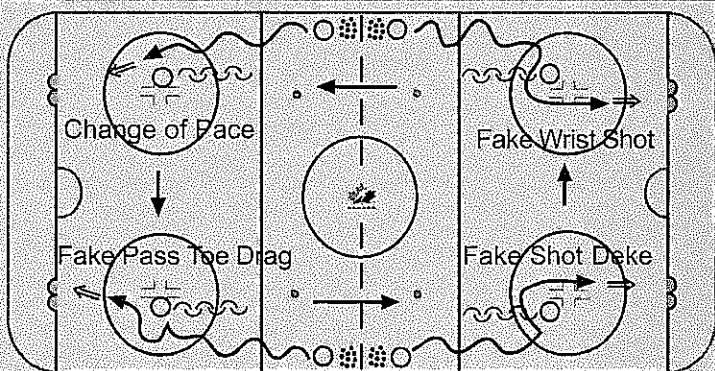


15 MIN

INDIVIDUAL OFFENSIVE TACTICS

Divide players into 4 groups. Each station begins with a line at the red line. Player skates toward end goal line performing the various skills below. Can add defense for passive pressure. Use 4 nets if available.

1. Change of pace
2. Fake Wrist shot
3. Fake Shot - Deke
4. Fake Pass - toe drag



KEY EXECUTION POINTS

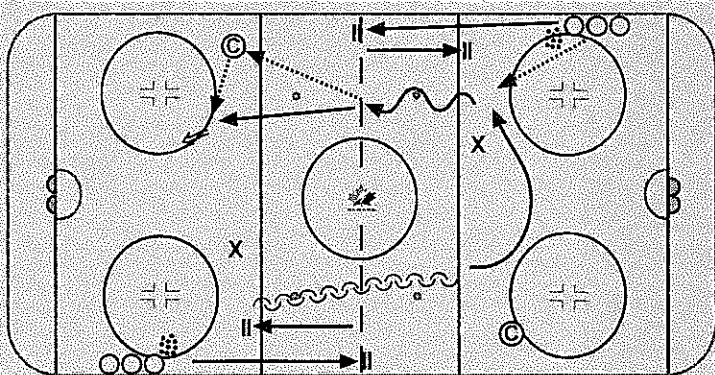
- 5 minutes at each station

5 MIN

COMBO - TECHNICAL SKILL

DRILL #1

- Both ends start at the same time
- O skates, stops and starts at redline and blueline, pivots, skates backward, pivots open to pass, skates through neutral zone, executes give & go with coach
- Call for passes
- Stop at net after shot



KEY EXECUTION POINTS

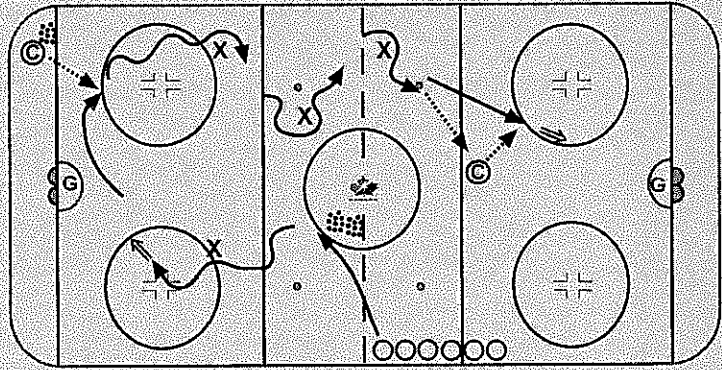
- Finish with shot on goal
- Quick feet
- Switch sides
- Eye contact
- Quick release
- Give target for pass

10 MIN

COMBO - TECHNICAL SKILL

DRILL #2

- ○ picks up puck from center, drives outside and takes shot on goal
- After shot, receives pass from ◎, controls puck through pylons, "give & go" with 2nd ◎
- Finish with shot on goal



KEY EXECUTION POINTS

- Quick feet
- Follow up on goal for rebound
- Quick release
- Give target for pass

15 MIN

PASS/RECEIVE CIRCUIT

1. MONTREAL DRILL

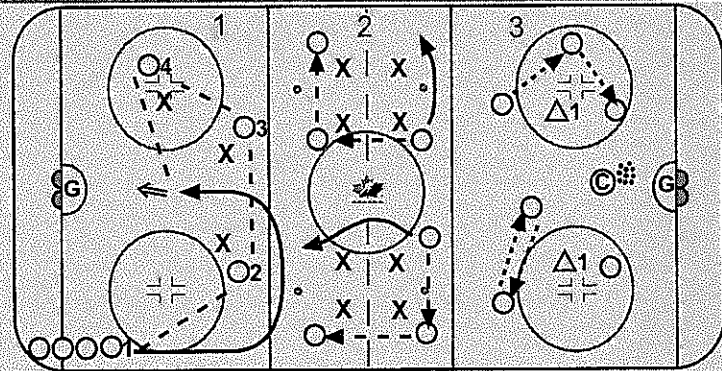
- ○4 passes to ○1, ○1 - ○2, ○2 - ○3, ○3 back to ○4 in the slot (rotate)

2. PASS WITH ACCURACY

- Move laterally, giving and receiving puck on the outside of cones

3. "PIG IN THE MIDDLE"

- one checker between 3 players, with players continuously passing the puck until the checker intercepts. Checker then trades places and becomes a passer



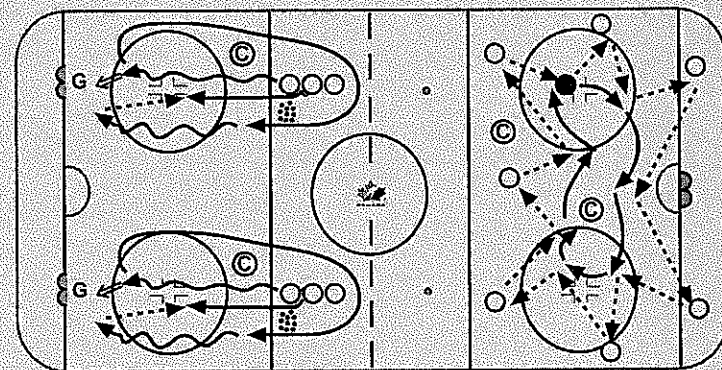
KEY EXECUTION POINTS

- 3 to 4 minutes per station
- Eyes on target
- Give target at all times
- Use deception

5 MIN

1,2,3 ON 0/1 TOUGH PASSING

- Move nets to each end, on goal line, below face off dots
- Players line up outside blue line in equal groups, each player with a puck
- 1st player goes in for shot, keeps going until goal is scored
- After goal, player skates back outside blue, next player joins in for 2 on 0
- 3rd time through, 3 on 0 etc...
- Have all players dive across blue line when last player scores
- At far end, have the players not in the relay doing the one touch passing circle. Trade ends after relay is over



KEY EXECUTION POINTS

- Use 4 nets if required.
- Each player must touch puck once before shot

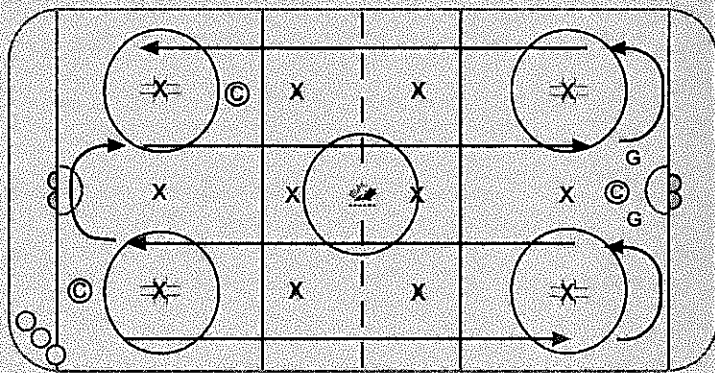
10 MIN

PUCK CONTROL WARMUP

Form two lines at hash marks in one end, provide demonstration of the skills to be performed down the middle of the ice and back along the boards.

1. Quick Hands
2. Forehand / Backhand only
3. Scissors - fwd / bwd with puck
4. Toe Drags
5. Puck / Stick through legs

Utilize a variety puck control skills



15 MIN

SKILLS STATIONS

1. SHOOTING / SCORING - DOWN LOW PLAY

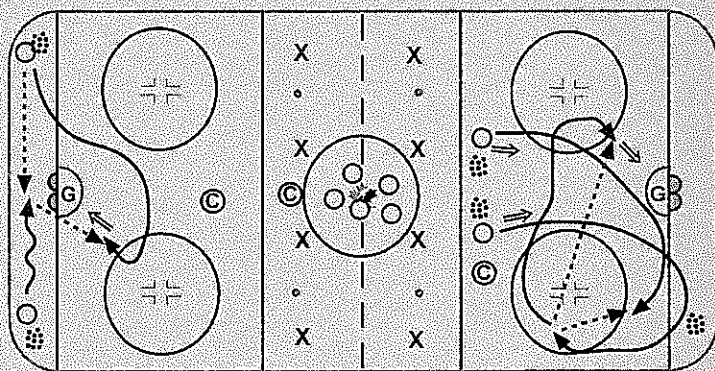
- Players in opposite corners with pucks. On whistle, both players skates towards the back of net, player with puck, makes pass, then moves to net front. Other player then has to make pass from behind net.

2. PUCK CONTROL

- Place pylons in a straight line as shown. Players get pucks and randomly make moves around each pylon. Encourage, quickness, agility and deception

3. SHOOTING / SCORING - 2 SHOT DROP TO BACK DOOR

- 2 lines in middle of ice, just inside blueline. Each player goes in for shot on net, player closest to boards, skates to corner, picks up a puck, and drops it to the 2nd player who follows for support. 2nd player then passes to first player for a backdoor play

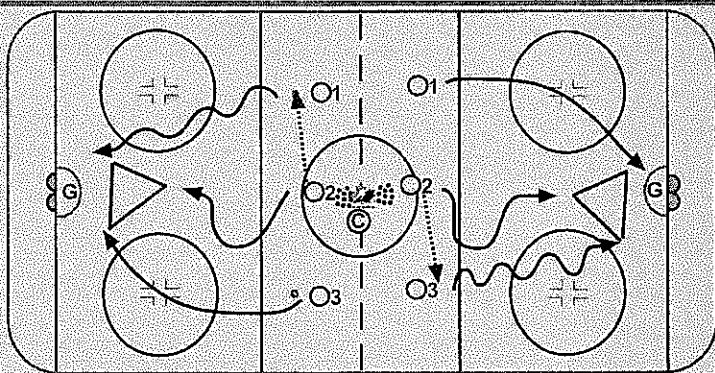


10 MIN

1,2,3 ATTACK PROGRESSION

TACTICAL LEVEL: OPTION #1

- 2 groups working 1/2 ice
- Coach walks each player through their responsibilities
- ○1 - Net drive (penetrate)
- ○2 - Support high slot (depth)
- ○3 - Support low slot (width)
- Repeat options 3 vs 0



KEY EXECUTION POINTS

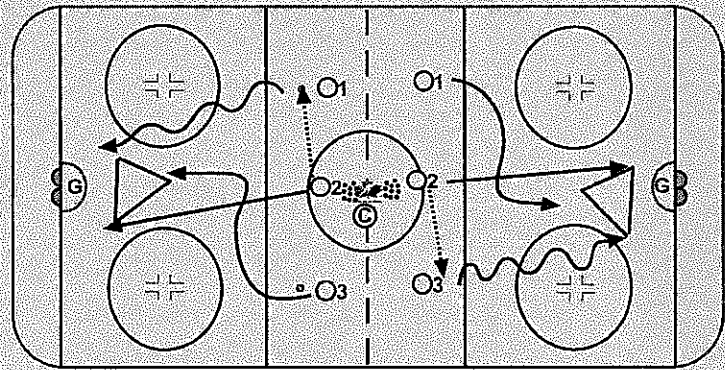
- Players exchange positions and roles
- Read and react

10 MIN

1,2,3 ATTACK PROGRESSION

TACTICAL LEVEL: OPTION #2

- ○1 - Net drive (width & penetrate)
- ○2 - Middle drive low slot (width)
- ○3 - Support high slot (depth)
- Repeat options 3 vs 0



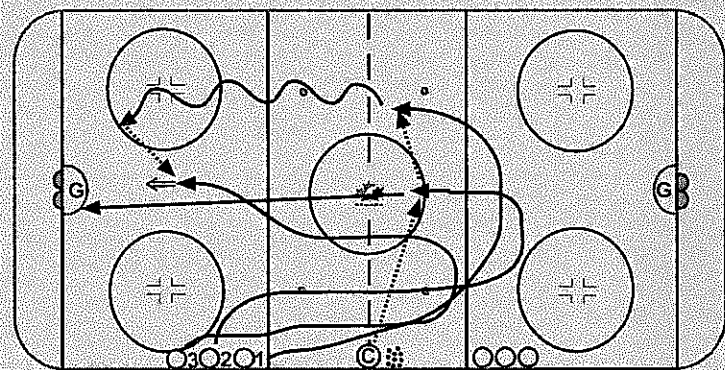
KEY EXECUTION POINTS

- Players exchange positions and roles
- Read and react

10 MIN

1,2,3 ATTACK PROGRESSION

- Efficient Level: No Defensive Pressure
- Emphasis on reading and reacting to the two attack triangle options
- 3 vs 0
- Alternate sides



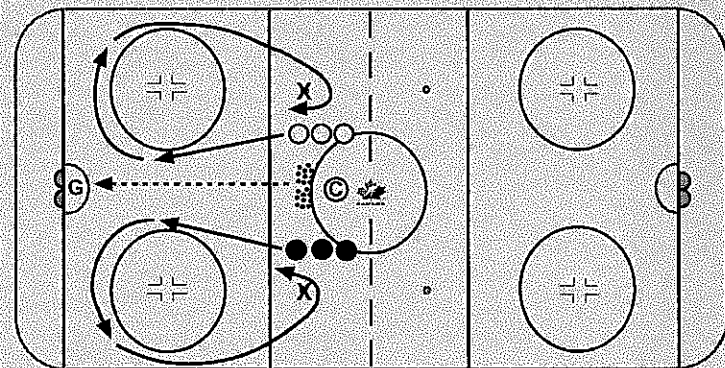
KEY EXECUTION POINTS

- Penetration with speed from ○1
- Width and depth from ○2 and ○3
- Timing

5 MIN

CIRCLE RELAY - 3 ON 3

- 3 players from each side line up outside blueline
- On Coaches whistle, players skate around circles, back out around pylon and as coach dumps puck on goalies, players play 3 on 3 until one side scores
- Have players do something different each time going around circle, ie fwds, bwds, pivots etc...



KEY EXECUTION POINTS

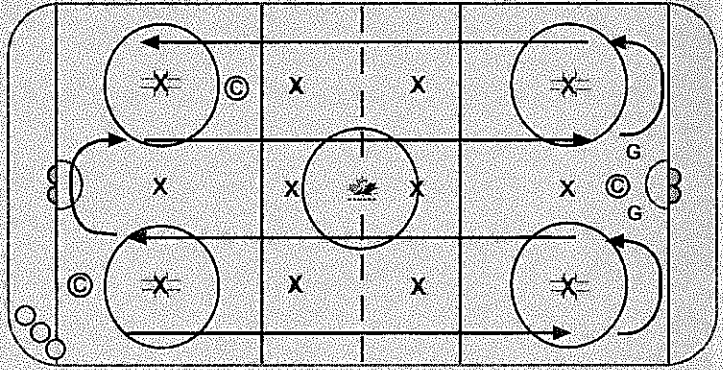
- Quick feet
- Puck pressure
- Man to man D
- Offensive team move to open space

10 MIN PUCK CONTROL WARMUP

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4. Toe Drags
5. Puck / Stick through legs

Utilize a variety puck control skills

**15 MIN PASS/RECEIVE CIRCUIT****1. MONTREAL DRILL**

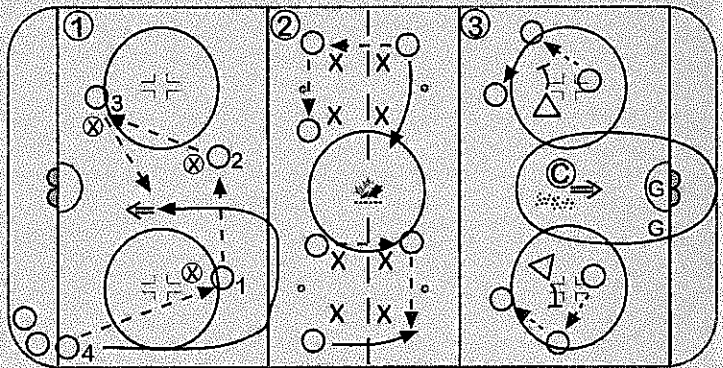
- ○4 passes to ○1, ○1 - ○2, ○2 - ○3, ○3 back to ○4 in the slot (rotate)

2. PASS WITH ACCURACY

- Move laterally, giving and receiving puck on the outside of cones

3. "PIG IN THE MIDDLE"

- one checker between 3 players, with players continuously passing the puck until the checker intercepts. Checker then trades places and becomes a passer

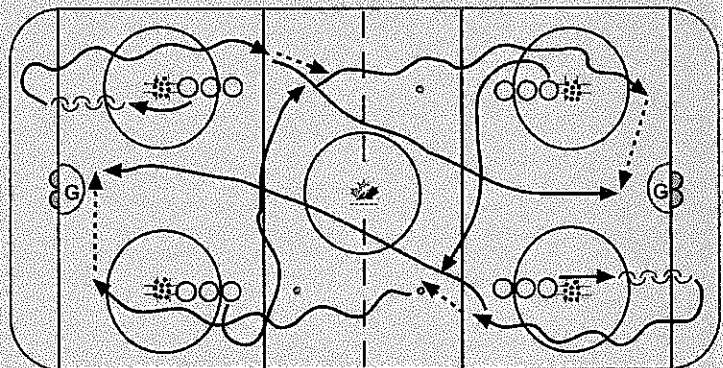
**KEY EXECUTION POINTS**

- 5 minutes per station
- Eyes on target
- Give target at all times
- Use deception

5 MIN ENTRIES-NET DRIVE

Players in 4 lines on end zone dots.

- on whistle ○1 starts backwards towards goal line with puck, then pivots and heads up ice. ○2 skates across ice to support and receive pass. ○2 then drives into zone, ○1 fills middle lane and becomes the trailer for pass in high slot.
- Both ends go at the same time.

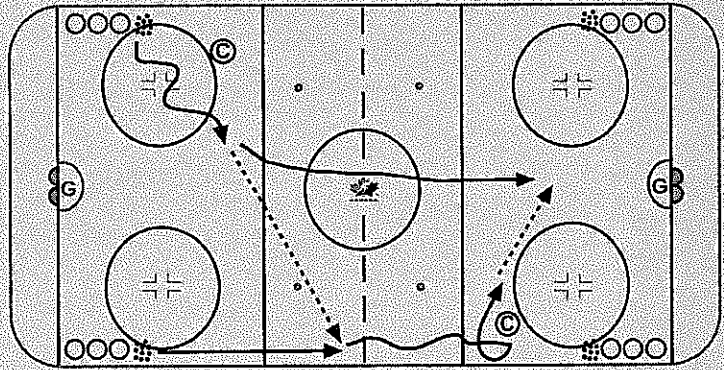
**KEY EXECUTION POINTS**

- F2 drives deep and off the boards to create space.
- Protect puck on the delay.
- F1 save ice for timing purposes.
- F2 fill in as high man.

5 MIN

NET DRIVE

- F1 and F2 leave on whistle.
- F1 takes puck around the cone and up the boards while F2 cuts hash marks and sprints over to support.
- F2 receives pass and drives wide while F1 goes to the middle driving mid lane directly to far post.
- Keep feet driving through hash marks / Drive to par post / F2 go to the net after the pass.

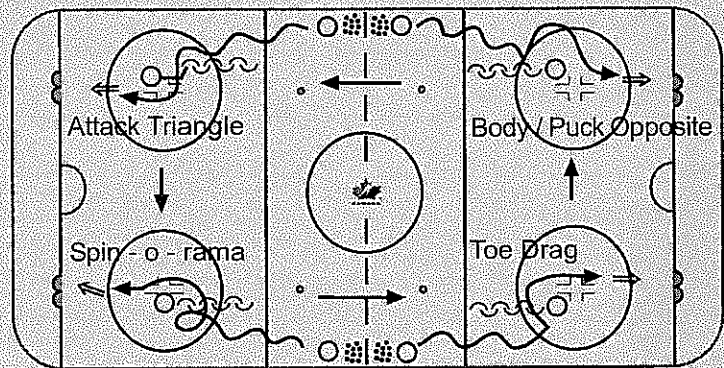


20 MIN

INDIVIDUAL OFFENSIVE TACTICS

Divide players into 4 groups. Each station begins with a line at the red line. Player skates toward end goal line performing the various skills below. Can add defense for passive pressure. Use 4 nets if available.

1. Attack Triangle
2. Body / Puck Opposite
3. Toe Drag
4. Spin-o-rama



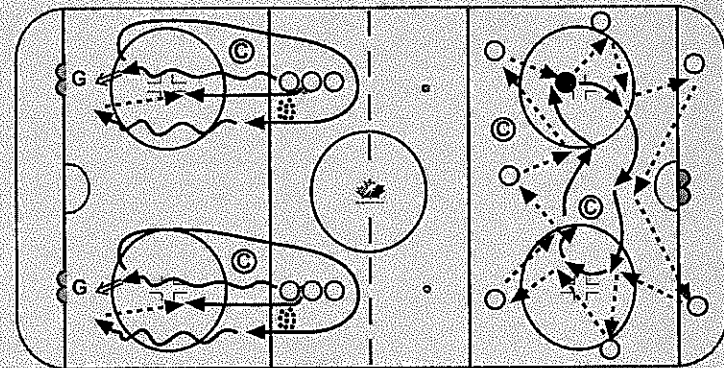
KEY EXECUTION POINTS

- 5 minutes at each station

5 MIN

1,2,3 ON 0 - RELAY RACE/PASSING

- Move nets to each end, on goal line, below face off dots
- Players line up outside blue line in equal groups, each player with a puck
- 1st player goes in for shot, keeps going until goal is scored
- After goal, player skates back outside blue, next player joins in for 2 on 0
- 3rd time through, 3 on 0 etc...
- Have all players dive across blue line when last player scores
- At far end, have the players not in the relay doing the one touch passing circle. Trade ends after relay is over



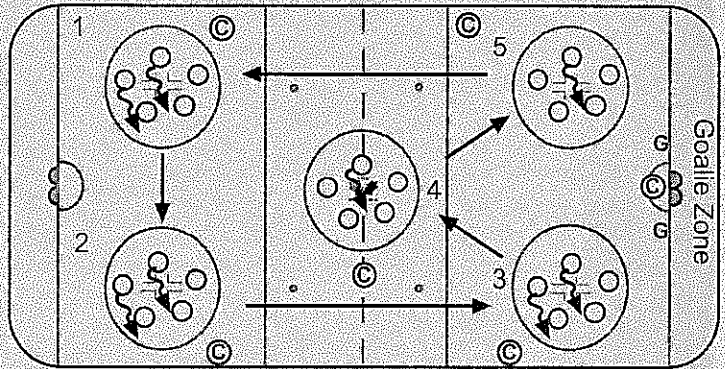
KEY EXECUTION POINTS

- Use 4 nets if required.
- Each player must touch puck once before shot

10 MIN PUCK CONTROL WARMUP

Divide players up into the 5 circles. In each circle they perform a different stickhandling move:

1. Toe Drags.
2. 1 handed.
3. Puck in feet.
4. Puck through legs from back.
5. Stick and puck through legs.

**15 MIN SKILLS STATIONS****1. CORNER CYCLE**

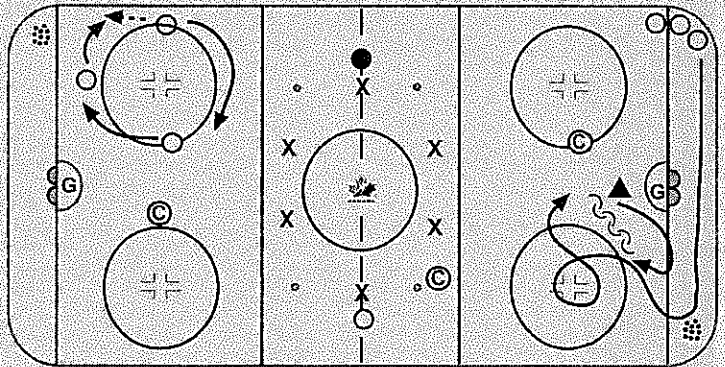
- 3 Players in corner work on cycling the puck back down the boards. On signal make pass to net front for shot.

2. PYLON AGILITY MIRROR

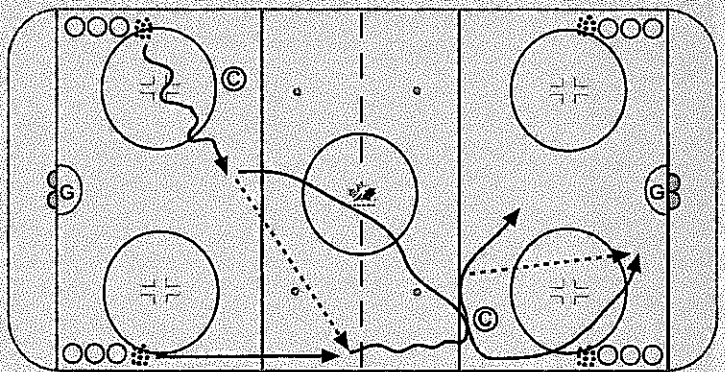
- Place 6 pylons as shown in the centre circle. One player is the leader the other has to follow the pattern skated by the leader who is trying to lose the other. Always face each other. Add puck, add a pass.

3. SHOOTING / SCORING - CORNER CONTAIN

- D starts net front, Fwd in corner. Skate behind net to opposite corner pick up puck and try to attack net front. D tries to contain. Encourage battle

**10 MIN 2 MAN CROSS**

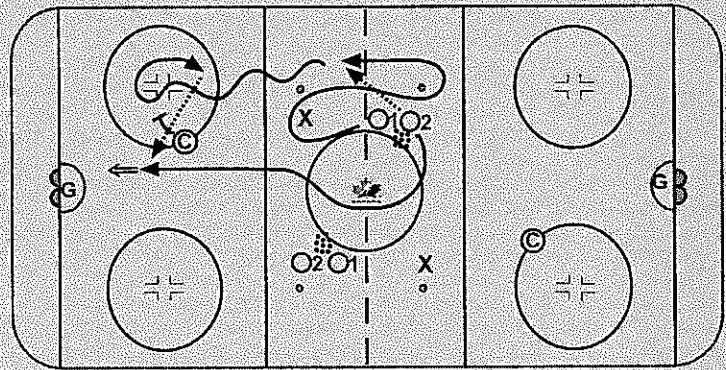
- Players in 4 lines in each corner.
- On whistle, O1 skates across ice, passes to O2 who drives the blueline, and crosses to the middle of the ice in front of the coach.
- O2 who drives middle of ice crosses wide behind O1 and in front of coach to drive net from outside.
- O2 receives pass from O1 and can shoot or take puck to the net.
- Both ends go at the same time.

**KEY EXECUTION POINTS**

- Play without puck support from behind on cross.
- There must be a net drive after the cross.

10 MIN DRIVE/DELAY

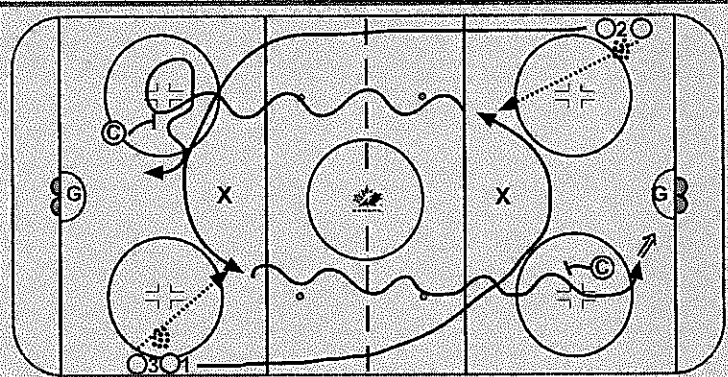
- ○1 tight turns around face off dots and gets pass from ○2, ○1 attacks. © - passive pressure - ○1 delays to the boards drawing ©
- ○2 times entry into high slot for pass from ○1 - ensure that defensive player commits to ○1.



10 MIN NET DRIVE - DELAY

TACTICAL LEVEL - DELAY OPT. #1

- 1 vs 0 with minimum pressure:
- ○1 receives pass from ○2 and reads loose gap, therefore delays and drives to the slot for a shot
- ○2 reads tight gap and drives to the net
- Coach varies pressure, allowing ○ to read gap and react

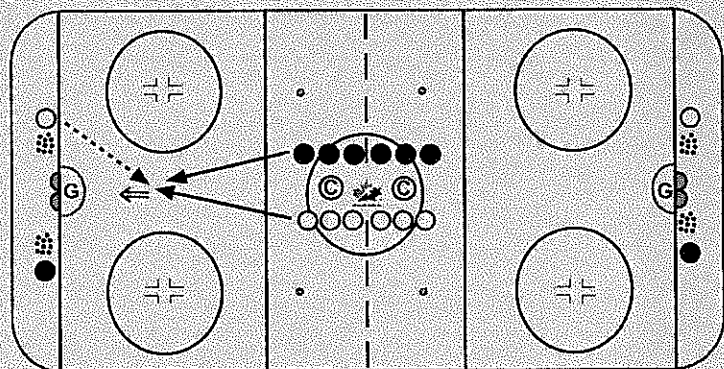


KEY EXECUTION POINTS

- Attack with speed
- Switch sides

5 MIN 1 ON 1 BODY POSITION SHOOTOUT

- Players line up in two lines at center
- on whistle players race towards the goal and try to get body position on the opponent to receive pass and take shot on goal
- alternate who is on defence and offense



KEY EXECUTION POINTS

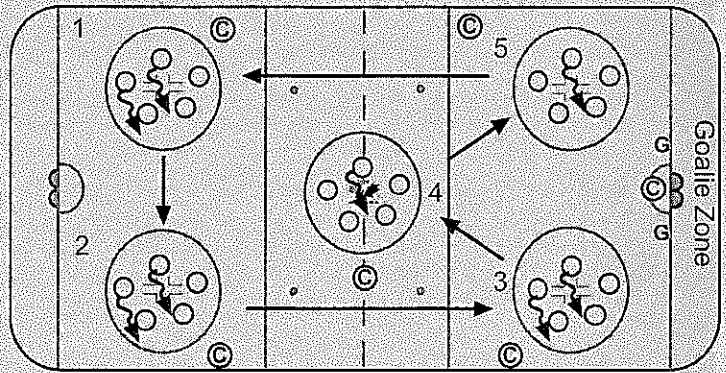
- Quick start
- Offensive player use body and block defensive player
- Stick on ice, ready for quick shot



10 MIN 5 CIRCLE CHAOS

Divide players up into the 5 circles. In each circle they perform a different stickhandling move:

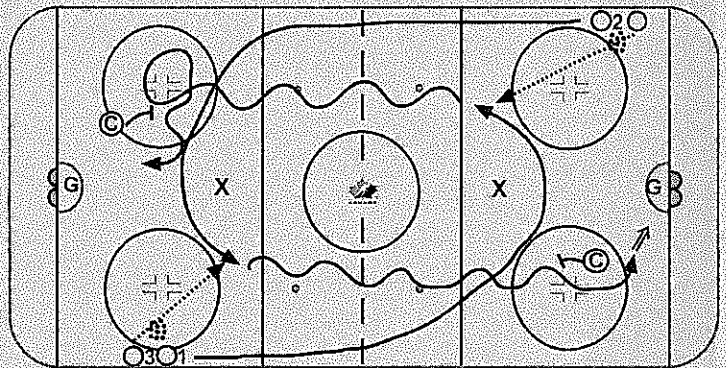
1. Toe Drags.
2. 1 handed.
3. Puck in feet.
4. Puck through legs from back.
5. Stick and puck through legs.

**KEY EXECUTION POINTS**

- On whistle players move to next circle

5 MIN NET DRIVE - DELAY**TACTICAL LEVEL - DELAY OPT. #1**

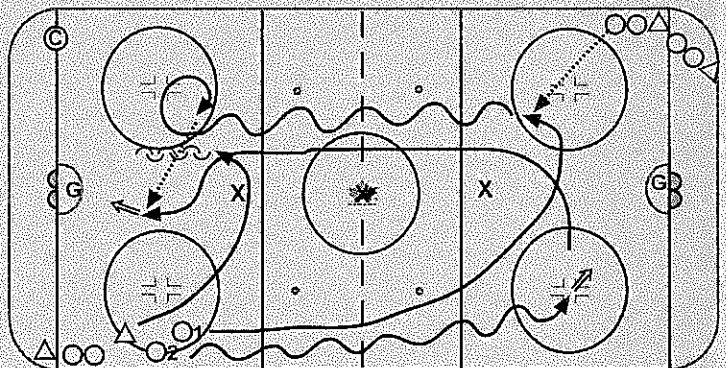
- 1 vs 0 with minimum pressure:
- ○1 receives pass from ○2 and reads loose gap, therefore delays and drives to the slot for a shot
- ○2 reads tight gap and drives to the net

**KEY EXECUTION POINTS**

- Coach varies pressure, allowing ○ to read gap and react
- Attack with speed
- Switch sides

5 MIN NET DRIVE - DELAY**EFFICIENT LEVEL - DELAY OPT. #2**

- 1 vs 0 with full pressure:
- ○1 receives pass, attacks with speed and pulls delay
- ○2 with puck, takes shot on goal then joins play as 2nd wave
- D goes around middle pylon and defends 1 on 1
- ○1 creates time and space with puck
- ○2 times entry into slot

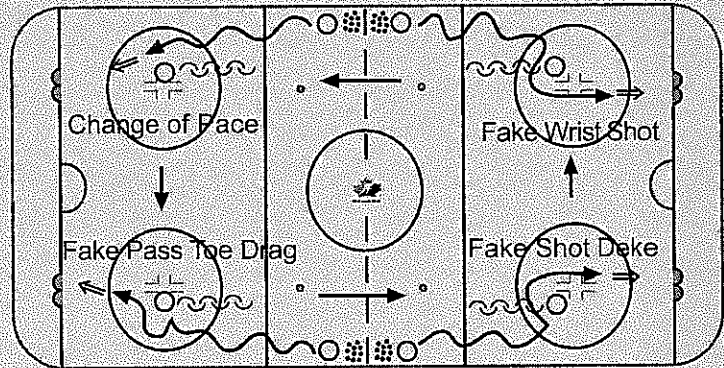
**KEY EXECUTION POINTS**

- Work both sides

20 MIN INDIVIDUAL OFFENSIVE TACTICS

Divide players into 4 groups. Each station begins with a line at the red line. Player skates toward end goal line performing the various skills below. Can add defense for passive pressure. Use 4 nets if available.

1. Change of pace
2. Fake Wrist shot
3. Fake Shot - Deke
4. Fake Pass - toe drag



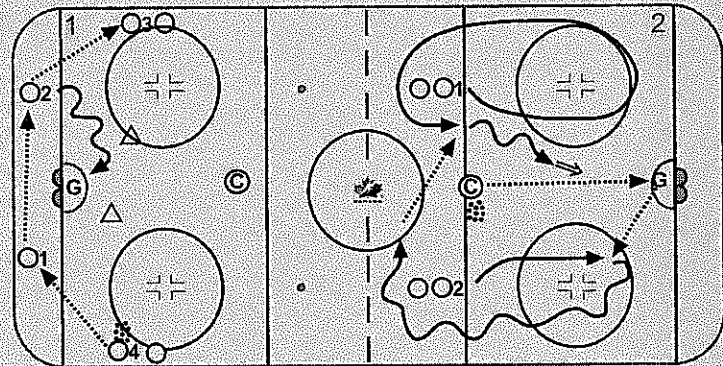
KEY EXECUTION POINTS

- 5 minutes at each station

10 MIN WALKOUTS/TURN UPS #2

TACTICAL LEVEL (1/2 ICE - 5 MINS EACH)

- ○1 and ○2 exchange pass and fake out D by faking pass to ○3 or ○4. When seam to net opens, ○ player attacks from behind net
- ○1 and ○2 pick up pass from G, turn up ice & attack back 2 on 0

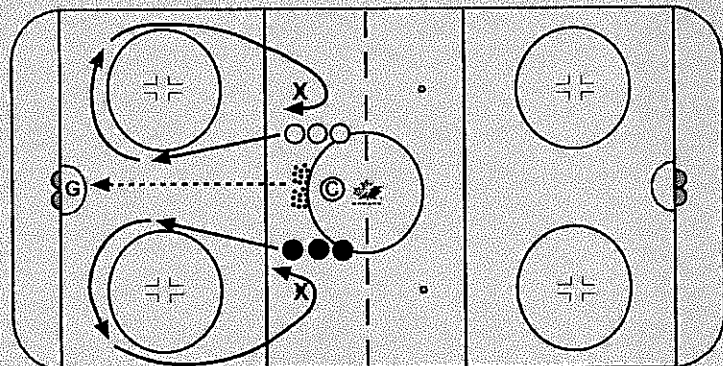


KEY EXECUTION POINTS

- Eye contact
- Deception
- Quick feet and hands

10 MIN CIRCLE RELAY - 3 ON 3

- 3 players from each side line up outside blueline
- On Coaches whistle, players skate around circles, back out around pylon and as coach dumps puck on goalies, players play 3 on 3 until one side scores
- Have players do something different each time going around circle, ie fwds, bwds, pivots etc...



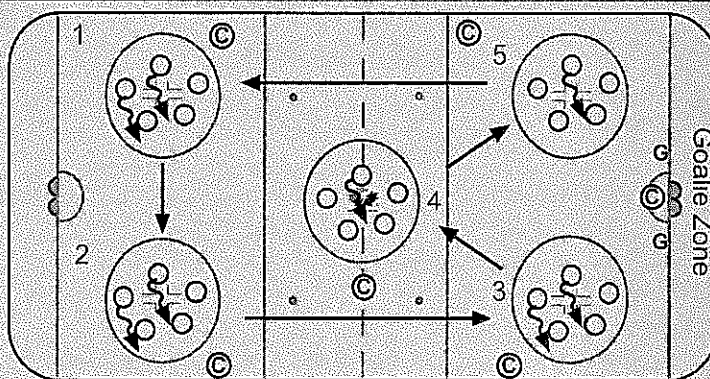
KEY EXECUTION POINTS

- Quick feet
- Puck pressure
- Man to man D
- Offensive team move to open space

10 MIN 5 CIRCLE CHAOS

Divide players up into the 5 circles. In each circle they perform a different stickhandling move:

1. Toe Drags.
2. 1 handed.
3. Puck in feet.
4. Puck through legs from back.
5. Stick and puck through legs.

**KEY EXECUTION POINTS**

- On whistle players move to next circle

15 MIN SKILLS STATIONS**1. SHOOTING / SCORING - DOWN LOW 1 ON 1**

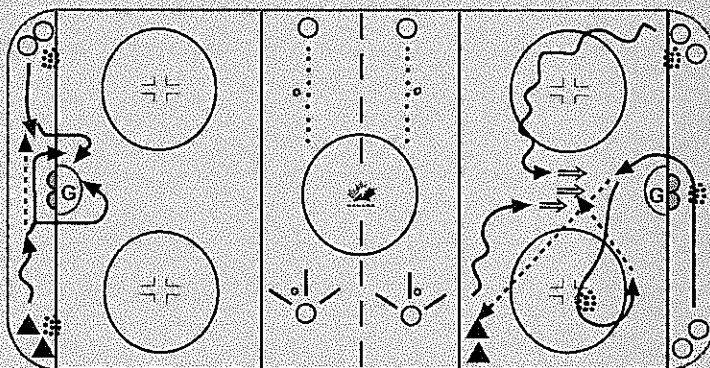
- Players in each corner, pass is made behind to opposite side. Person who made the pass is then on Defense and has to try and stop the offensive player. Alternate sides

2. STATIONARY PUCK HANDLING - PUCK DOTS / STATIONARY TOE DRAGS

- Place pucks in a straight line, 12 - 16 inches apart and have players work on quick hands moving the puck in and out of the row of pucks. When done with puck dots, work on stationary toe drags forehand and backhand

3. SHOOTING / SCORING - 3 SHOT QUICK RELEASE

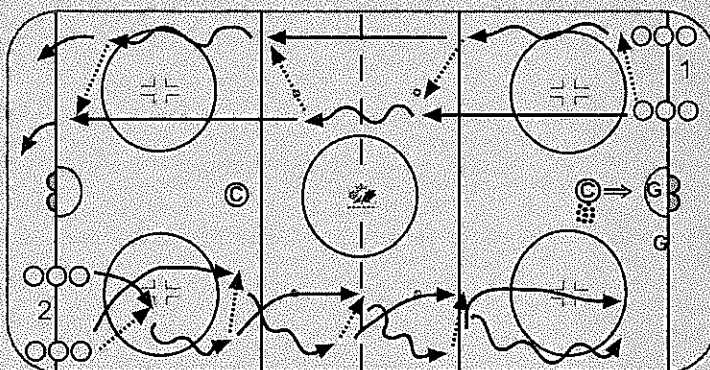
- Fwds in Corners, D at blue line. F1 skates behind net



picks up puck, walks around net and passes to D1 for shot. F2 then leaves out of corner, walks around top of circle for shot on net. F1 then picks up second puck and passes to either F2 or D1 for third shot.

5 MIN PASSING - TECHNIQUE

- Review passing and receiving skills
- Run players through:
 - partner pass forehand & back- hand (switching sides)
 - 2 man weave

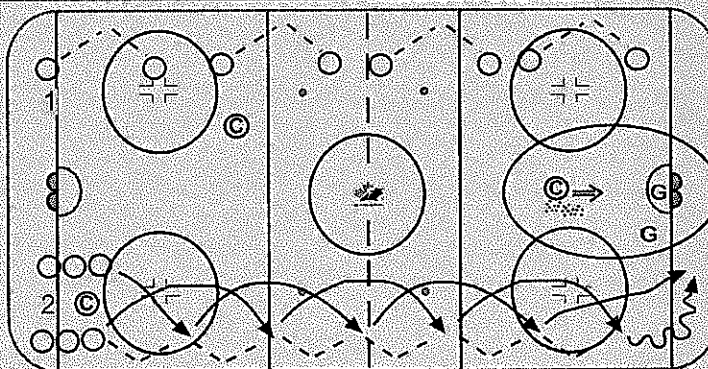
**KEY EXECUTION POINTS**

- Follow through to target when passing
- Give target - blade square to passer
- Cushion pass

20 MIN INDIVIDUAL OFFENSIVE TACTICS

Divide players into 4 groups. Each station begins with a line at the red line. Player skates toward end goal line performing the various skills below. Can add defense for passive pressure. Use 4 nets if available.

1. Change of pace
2. Fake Wrist shot
3. Fake Shot - Deke
4. Fake Pass - toe drag



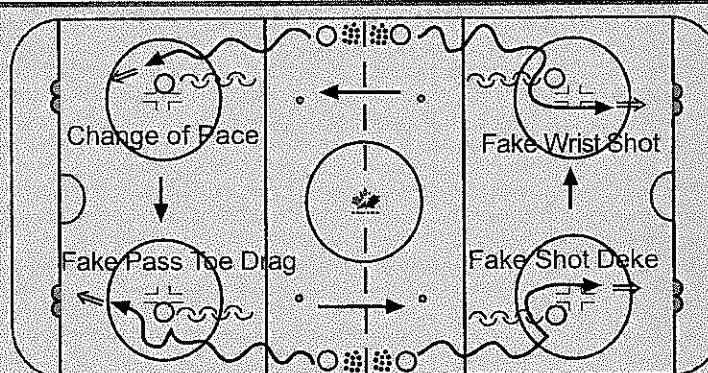
KEY EXECUTION POINTS

- 5 minutes at each station

5 MIN BOARD PASS #1

Divide players into 4 groups. Each station begins with a line at the red line. Player skates toward end goal line performing the various skills below. Can add defense for passive pressure. Use 4 nets if available.

1. Change of pace
2. Fake Wrist shot
3. Fake Shot - Deke
4. Fake Pass - toe drag



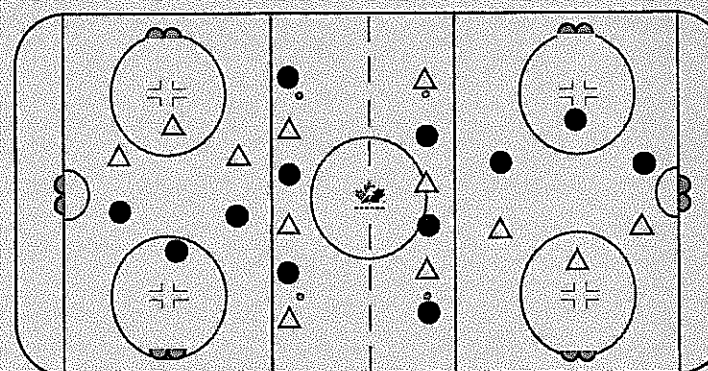
KEY EXECUTION POINTS

- 5 minutes at each station

5 MIN SCRIMMAGE - 3 ON 3 CROSS ICE

Divide players into 2 teams

- Play 2 games of 3 on 3 cross ice - one in each end zone
- Spare players line up along blue lines and switch on coach's signal



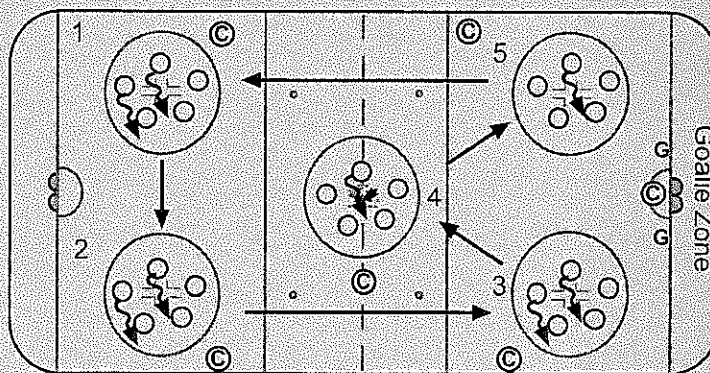
KEY EXECUTION POINTS

- Use pucks, tennis balls, hockey balls etc...
- Alternate 1 puck, 2 pucks, 3 pucks

10 MIN 5 CIRCLE CHAOS

Divide players up into the 5 circles. In each circle they perform a different stickhandling move:

1. Toe Drags.
2. 1 handed.
3. Puck in feet.
4. Puck through legs from back.
5. Stick and puck through legs.

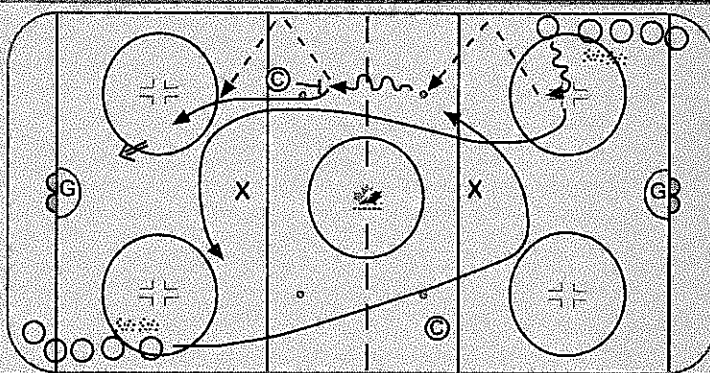
**KEY EXECUTION POINTS**

- On whistle players move to next circle

5 MIN BOARD PASS

Skate / Pass / Shoot Combo Drill

- ○ picks up board pass and makes board pass to himself to get by the ◎ who is playing minimum pressure

**KEY EXECUTION POINTS**

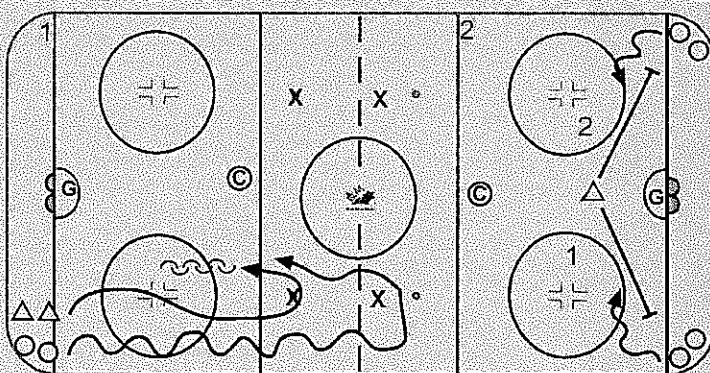
- Switch sides
- Timing
- Read speed of player to time pass and angle

10 MIN DEFENSIVE TACTICS #1**INDIVIDUAL TACTIC - CLOSING THE GAP**

- On whistle, D maintains tight gap on ○ at all times
- ○ carries puck to the far pylon and attacks back 1 on 1

INDIVIDUAL TACTIC - BODY POS.

- On whistle, D attacks ○1 with speed and two foot
- stops in front of ○1. ○1 attacks 1 on 1 to the net. D contains ○1
- 2nd whistle directs D to challenge ○2 from the opposite corner

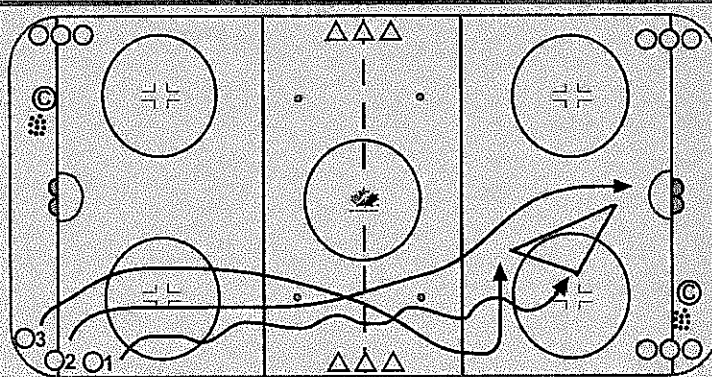
**KEY EXECUTION POINTS**

- D must gain near pylon and defend against 1 on 1
- Quick feet
- Outside shoulder lined up with inside shoulder of ○

MIN

Review Attack Triangle

- ○1, ○2, ○3 break out of the same corner, attacking 3 on 0.
- ○1 - net drive with puck.
- ○2 - net drive (centre or wide lane).
- ○3 - support high slot.
- Finish with attack on goal and look for 2nd puck from coach.



KEY EXECUTION POINTS

- Width and depth of attack Sticks on the ice Communicate

MIN

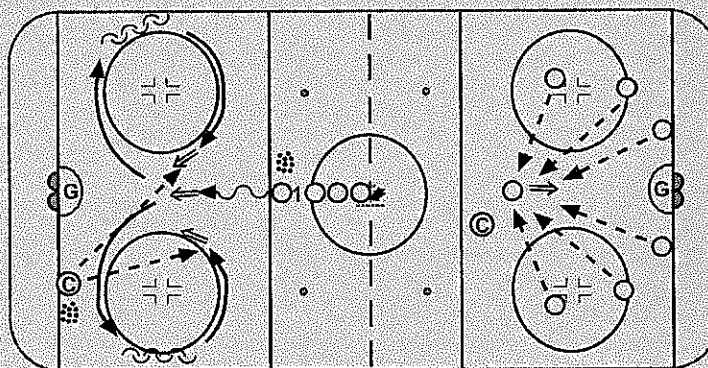
Split into two groups

1. TRIPLE SHOT

- players line up at centre, go in for shot on net, after shot, ○1 skates around circle, opens up to face coach who passes puck for second shot on net
- after second shot, ○1 skates around other circle, opens up to get pass from coach for third shot on net.

2. 6 SHOT QUICK RELEASE

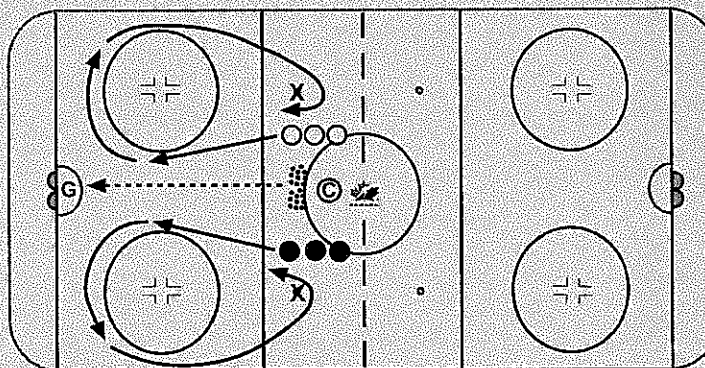
- shoot is in high slot in middle of the ice.
- passers stand at various points in the zone and on whistle, each one passes to shooter, who must receive pass and shoot it as quickly as possible.



MIN

3 players from each side line up outside blueline

- On Coaches whistle, players skate around circles, back out around pylon and as coach dumps puck on goalies, players play 3 on 3 until one side scores
- Have players do something different each time going around circle, ie fwds, bwds, pivots etc...



KEY EXECUTION POINTS

- Quick feet
- Puck pressure
- Man to man D
- Offensive team move to open space