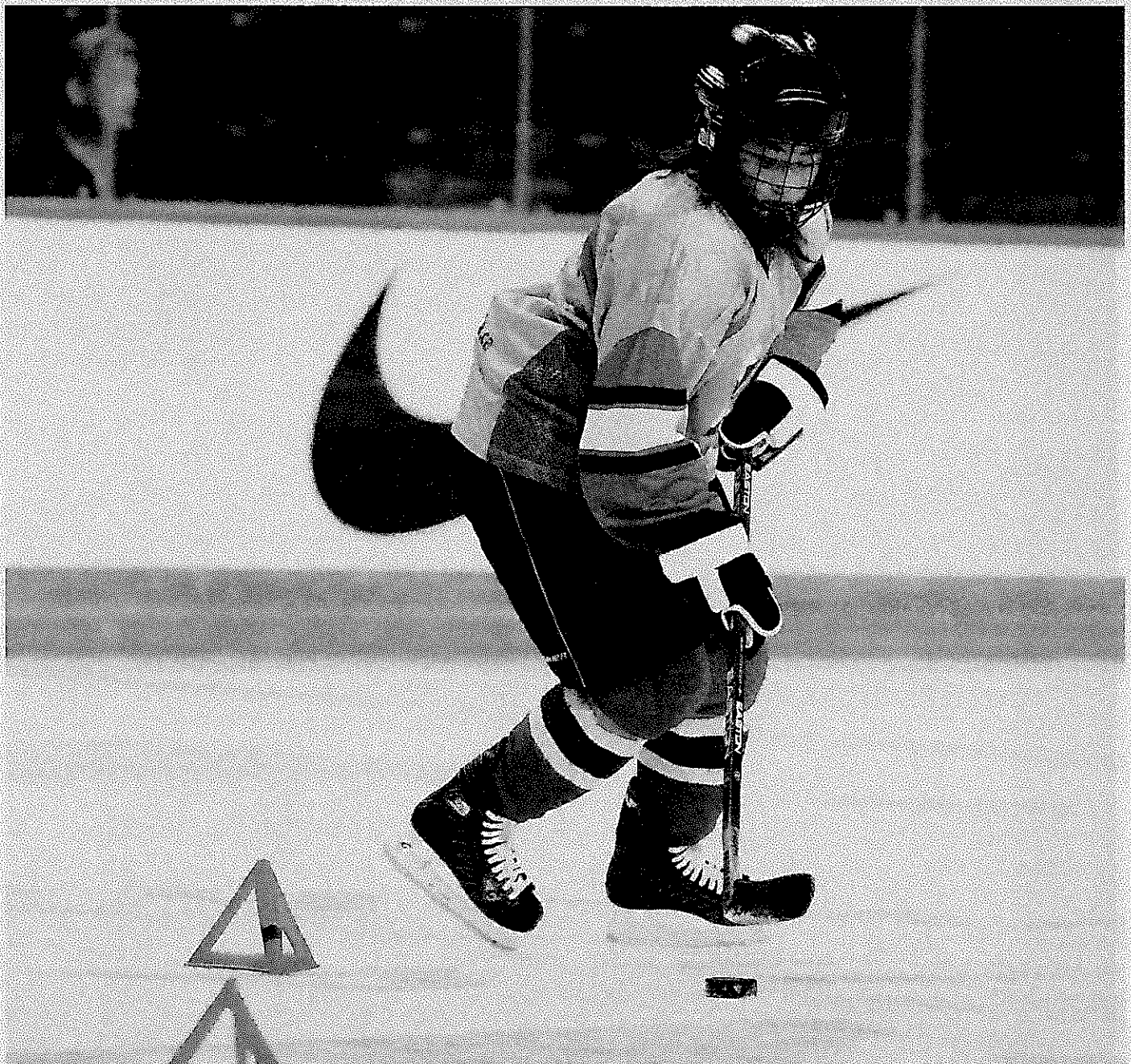




PHASE III

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

Lesson 17	Lesson 17	Lesson 18	Lesson 19	Lesson 18	Lesson 19
Lesson 20	Lesson 18	Lesson 19	Lesson 20	Lesson 21	Lesson 20
Lesson 21	Lesson 22	Lesson 21	Lesson 22	Lesson 23	Lesson 22
Lesson 23	Lesson 24	Lesson 23	Lesson 24	Lesson 23	Lesson 24



ICE OBJECTIVES

SKILL FOCUS

LESSON 17 OBJECTIVES

1. Agility Skating
2. Give and go
3. Passing / receiving
4. Individual defensive tactics
5. Angling

- Skating – tight turns / lateral crossovers
- Quick feet / acceleration
- Body positioning / ice awareness
- Angling concepts

LESSON 18 OBJECTIVES

1. Agility Skating
2. 1,2,3 attack principle
3. Forechecking
4. Individual defensive tactics
5. Angling

- Foot speed
- Headmanning puck
- Attack with width and depth
- Angling / defensive positioning

LESSON 19 OBJECTIVES

1. Agility Skating
2. Forechecking
3. Angling
4. Backchecking

- Foot speed / quickness
- Angling
- Read and React
- Support off of the puck

LESSON 20 OBJECTIVES

1. Puck Support
2. Regroups
3. Defensive zone positioning
4. Team tactics – 2 on 1. 2 on 2

- Pass and shooting combinations
- Passing and moving
- Inside / outside net drives
- Quick feet agility

LESSON 21 OBJECTIVES

1. Refine Agility Skating
2. Skate / pass / shoot combo
3. Forechecking
4. Defensive containment
5. Backchecking

- Foot speed / quickness
- Give and go
- Review of angling concepts
- Review gap control
- 1 on 1 positioning - angling

LESSON 22 OBJECTIVES

1. Refine creativity
2. Review net drives
3. Puck support
4. Scoring
5. Agility / conditioning

- Balance / Agility
- Defensive positioning
- Net drive combinations
- Attacking with speed

LESSON 23 OBJECTIVES

1. Refine agility skating / puck control
2. Refine passing skills
3. Inside / outside net drives
4. Pass and move
5. Checking

- Agility skating
- Review of passing skills / cushioning puck
- Timing / scoring positions
- Give and go's / transition
- Angling

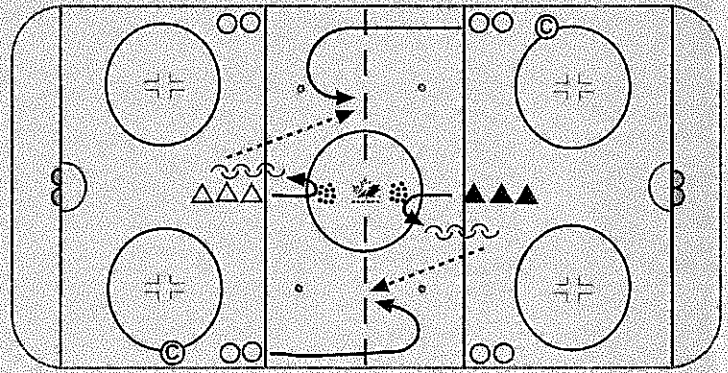
LESSON 24 OBJECTIVES

1. Puck control
2. Introduce Team tactics
3. Pass and move
4. Net drives / delays

- Refining puck control creativity
- Pass and follow
- Read and react
- Puck carrier support

10 MIN D MAN MOBILITY WARMUP

- Go both ends at same time, Sequence is Pass Left, Pass Right, D Skate
- Players start on 4 corners of Blue lines
- All the pucks are in the center circle.
- D start inside blueline in centre of ice
- D picks up puck, backpeddles, F from left side skates down, curls to middle, get pass from D, D then touches up to blue line, skates forward, get another puck, backpeddles to blue line and hits F from the right side with pass, touches up to blueline, picks up third puck and goes in for shot on net.
- Progression from D Man Mobility 1 – Split the D side to side, so they alternate retrieving puck and make a D to D pass

**15 MIN SKILLS STATIONS****1. GOALIE OUTLET PASS**

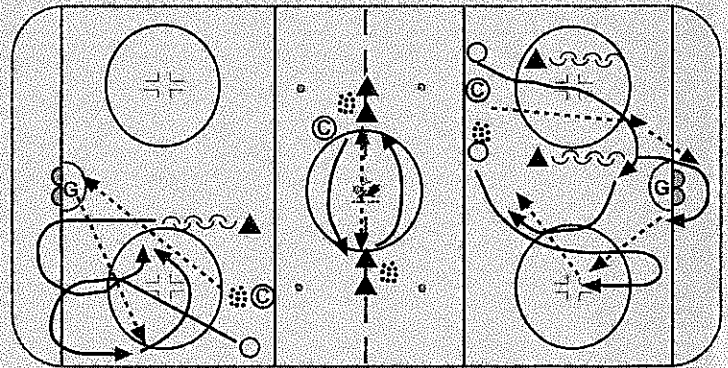
- Coach shoots puck on goal. Fwd along wall, swings down low to receive outlet pass from goalie. D retreats to play 1 on 1 from fwd who regroups after outlet pass.

2. QUICK SPRINT PASS

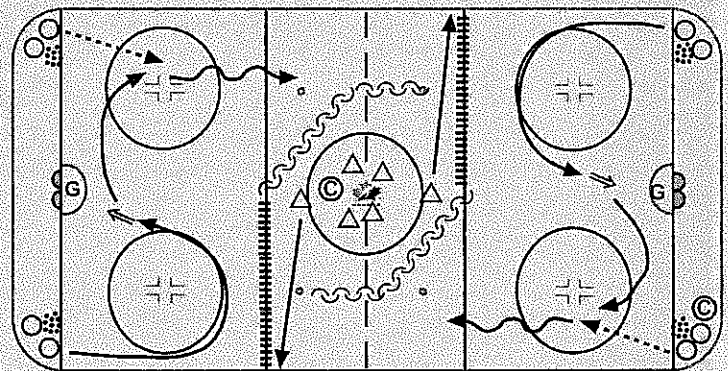
- Have players line up in 2 lines opposite each other on the circle. Players 1 touch pass and receive and skate to back of opposite line. Keep going until pass is missed then start over.

3. 2 ON 2 BREAKOUT / REGROUP

- Coach sots puck behind net for D to retrieve puck and make outlet pass to one of the 2 fwds. Fwds regroup and attack 2 on 2

**10 MIN OLYMPIC 1 ON 1**

- Forwards in all 4 corners, D at centre ice. On whistle D skates to side boards, touches with stick, lateral crossovers (or bwds) back to centre to play oncoming forward back 1 on 1.
- Defense must move feet quick.
- Forwards must attack with speed.
- Turn into 2 on 1 or 2 on 2 from each direction by adding second forward and/or second D.



15 MIN INDIVIDUAL DEFENSIVE TACTICS

5 Stations - 4 mins at each station

1. GAP CONTROL

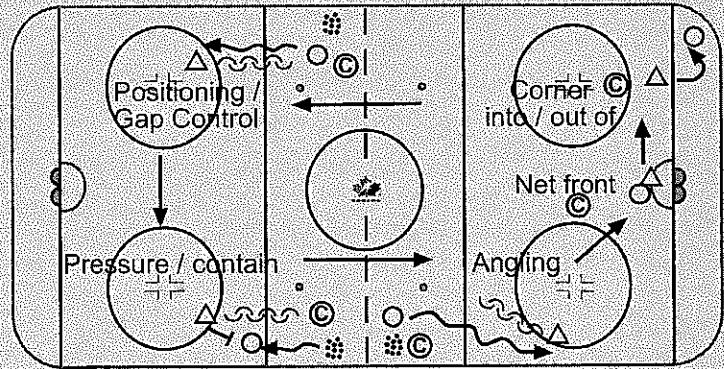
- 2 lines at centre red line - fwd skates with puck towards end goal line, defense has to play tight gap

2. PRESSURE / CONTAIN.

- 2 lines at centre red line - fwd skates into zone, and performs a delay. If defense has tight gap, then step up and pressure. If defense has loose gap, then contain.

3. ANGLING

- 2 lines at centre red line. Fwd skates towards end goal line, defense has to angle fwd towards the boards.



4. NET FRONT

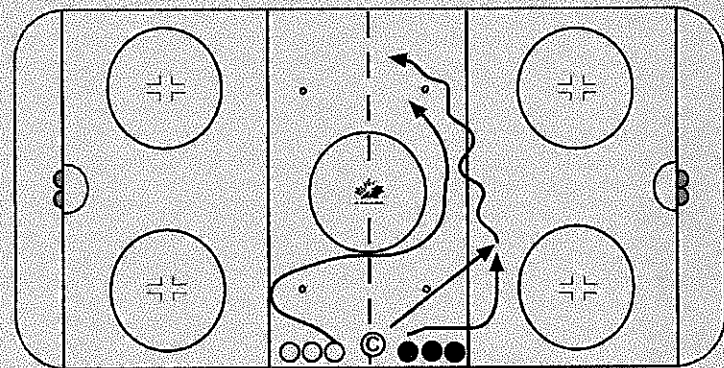
- place fwd and defense in front of net, coach shoots puck into goalie, players then battle for position to find rebound.

5. CORNER CONTAIN

- players start on the dot and coach dumps puck in corner, defender has to angle fwd up the wall

5 MIN STAMPEDED ANGLING

- Coach at center ice with pucks, spots a puck to either line.
- Players react to spot.
- Player on puck side retrieves puck and attempts to come up ice.
- Other player touches up at his blue line and closes the gap to angle outside.

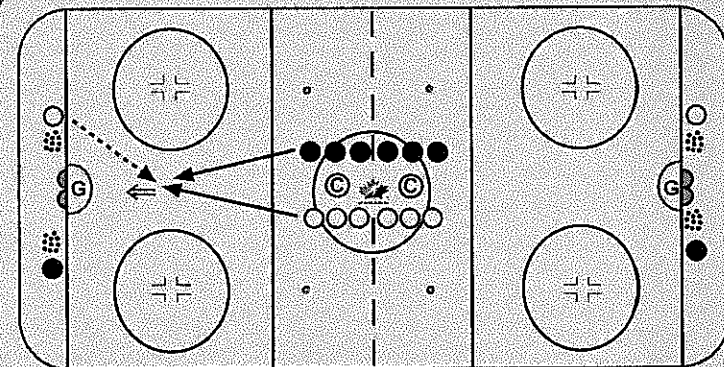


KEY EXECUTION POINTS

- Move up quickly to close gap and establish appropriate angle.
- Good stick placement.

15 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

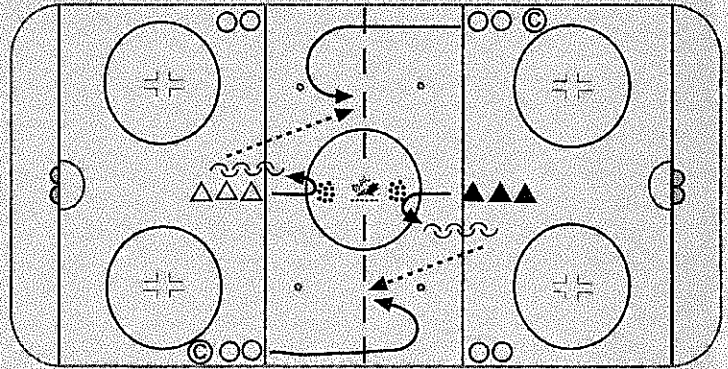


KEY EXECUTION POINTS

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

10 MIN D MAN MOBILITY WARMUP

- Go both ends at same time, Sequence is Pass Left, Pass Right, D Skate
- Players start on 4 corners of Blue lines
- All the pucks are in the center circle.
- D start inside blueline in centre of ice
- D picks up puck, backpeddles, F from left side skates down, curls to middle, get pass from D, D then touches up to blue line, skates forward, get another puck, backpeddles to blue line and hits F from the right side with pass, touches up to blueline, picks up third puck and goes in for shot on net.
- Progression from D Man Mobility 1 – Split the D side to side, so they alternate retrieving puck and make a D to D pass

**15 MIN SKILLS STATIONS****1. SHOOTING / SCORING – DOUBLE SHOT DROP**

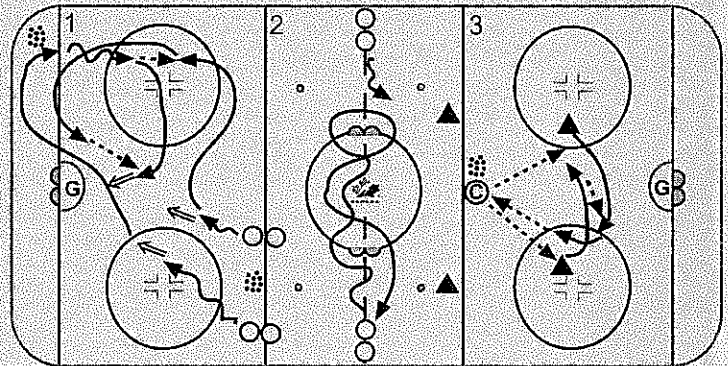
- Players start in 2 lines near blue line, both take shot on net. 1st player picks up puck from corner and skates up wall, 2nd player skates higher after shot and then comes down wall to get drop pass from Player 1, who then heads to net for pass from Player 2.

2. AGILITY NETS

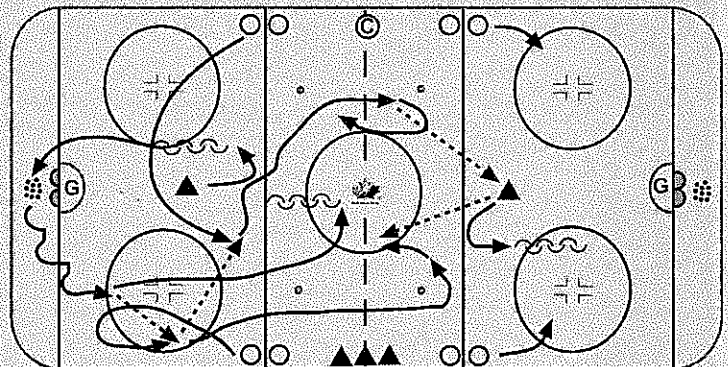
- Place 2 nets in neutral zone, players from opposite sides perform various skating/ puck control moves working on quick feet and hands

3. D MAN MOBILITY – OPEN ICE REVERSE

- 2 D start in zone, D1 receives pass from coach and skates to middle of ice, D2 skates below D1 to get a drop pass (Reverse) then passes back to coach and then start the sequence again. 3 – 4 reps then switch D

**10 MIN CONTINUOUS 2 ON 1**

- D picks up puck behind net, passes to forward on the wall, other forward takes off far wall at the same time.
- Fwds, support puck and skate up ice 2 on 0
- Fwd with puck passes to far D, fwds then re-group – 1 stretch, 1 low, D can pass to either to go back on original D 2 on 1.



15 MIN INDIVIDUAL DEFENSIVE TACTICS

5 Stations – 4 mins at each station

1. GAP CONTROL

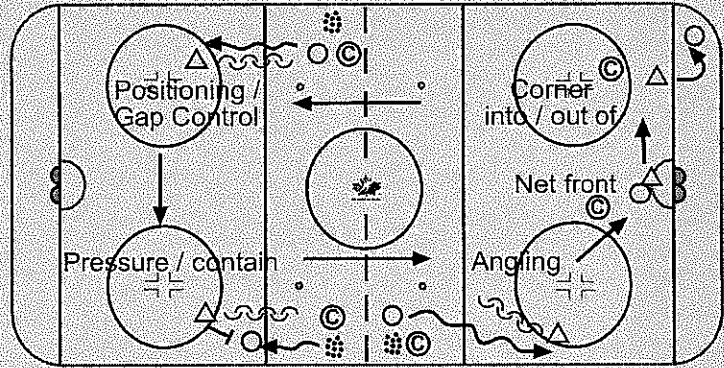
- 2 lines at centre red line – fwd skates with puck towards end goal line, defense has to play tight gap

2. PRESSURE / CONTAIN.

- 2 lines at centre red line – fwd skates into zone, and performs a delay. If defense has tight gap, then step up and pressure. If defense has loose gap, then contain.

3. ANGLING

- 2 lines at centre red line. Fwd skates towards end goal line, defense has to angle fwd towards the boards.



4. NET FRONT

- place fwd and defense in front of net, coach shoots puck into goalie, players then battle for position to find rebound.

5. CORNER CONTAIN

- players start on the dot and coach dumps puck in corner, defender has to angle fwd up the wall

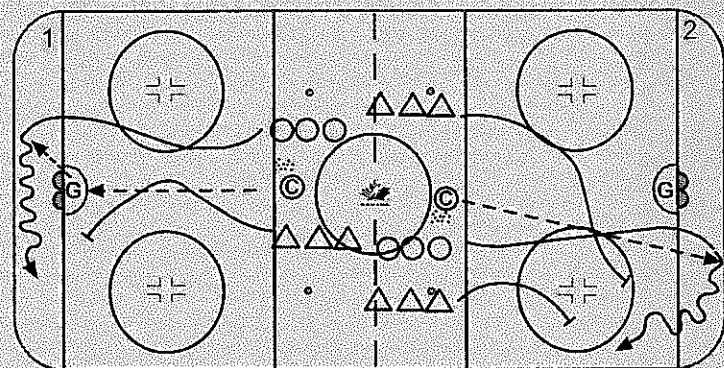
5 MIN 2 PLAYER PRESSURE

“2 Player Pressure” (1/2 ice)

1 vs 1 forecheck angling skills

- D angles ○, ○ tries to skate to neutral zone, D tries to score

2 vs 1 forecheck pressure

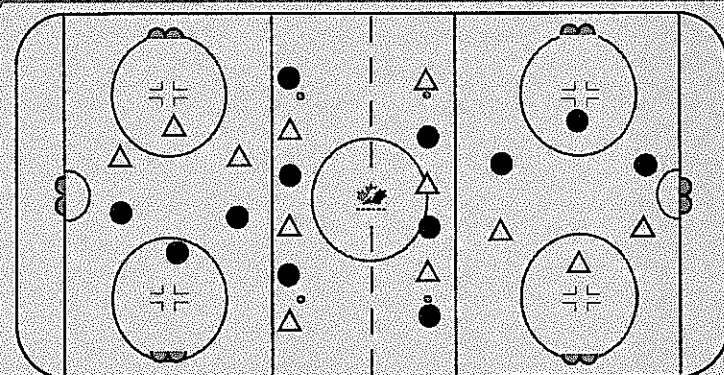


KEY EXECUTION POINTS

- D1 angles ○, while D2 provides close defensive support. If Ds get the puck, attack 2 on 1 against ○

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

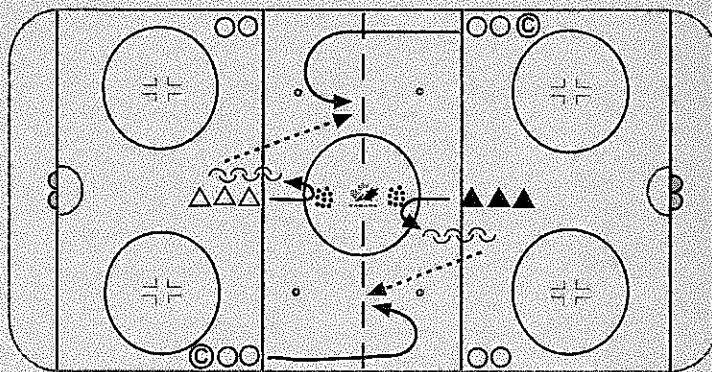


KEY EXECUTION POINTS

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

10 MIN D MAN MOBILITY WARMUP

- Go both ends at same time, Sequence is Pass Left, Pass Right, D Skate
- Players start on 4 corners of Blue lines
- All the pucks are in the center circle.
- D start inside blueline in centre of ice
- D picks up puck, backpeddles, F from left side skates down, curls to middle, get pass from D, D then touches up to blue line, skates forward, get another puck, backpeddles to blue line and hits F from the right side with pass, touches up to blueline, picks up third puck and goes in for shot on net.
- Progression from D Man Mobility 1 – Split the D side to side, so they alternate retrieving puck and make a D to D pass

**15 MIN SKILLS STATIONS****1. SHOOTING / SCORING – DOWN LOW EXCHANGE**

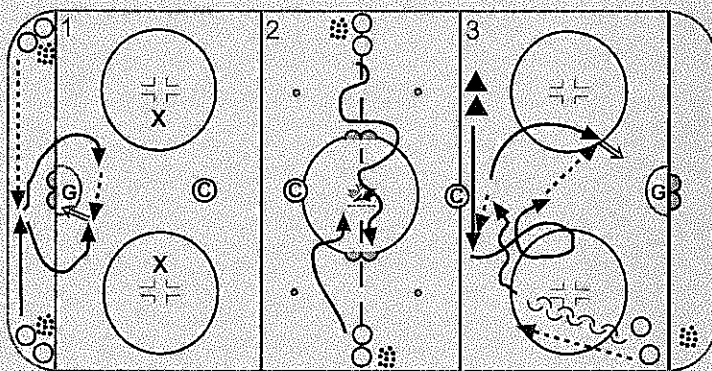
- Players start in both corners, on whistle skate towards each other exchange puck behind net and walk out front for shot or pass to score.

2. AGILITY NETS

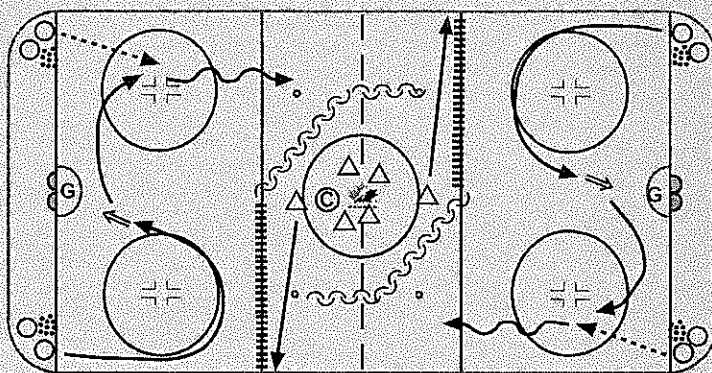
- Place 2 nets in centre have players start at same time from the opposite side of the ice working on quick feet, quick hands, faking out each net and each other.

3. D MAN MOBILITY

- D starts in corner skates bwds gets pass from corner, skates towards middle of ice, drops puck to other D skating along the line, who then moves towards the net, delays then passes to the original D going to the net for a shot.

**10 MIN OLYMPIC 1 ON 1**

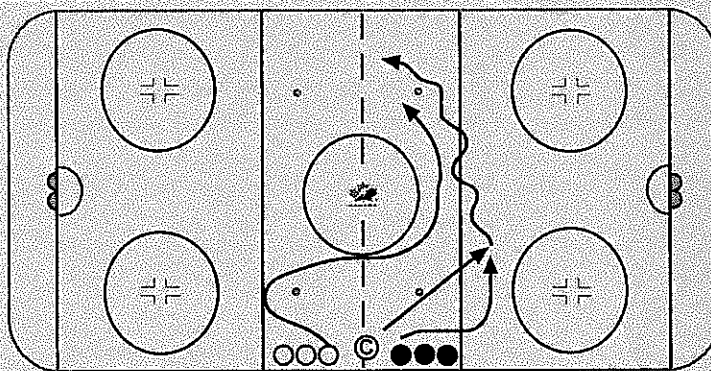
- Forwards in all 4 corners, D at centre ice. On whistle D skates to side boards, touches with stick, lateral crossovers (or bwds) back to centre to play oncoming forward back 1 on 1.
- Defense must move feet quick.
- Forwards must attack with speed.
- Turn into 2 on 1 or 2 on 2 from each direction by adding second forward and / or second D.



5 MIN

STAMPEDE ANGLING

- Coach at center ice with pucks, spots a puck to either line.
- Players react to spot.
- Player on puck side retrieves puck and attempts to come up ice.
- Other player touches up at his blue line and closes the gap to angle outside.



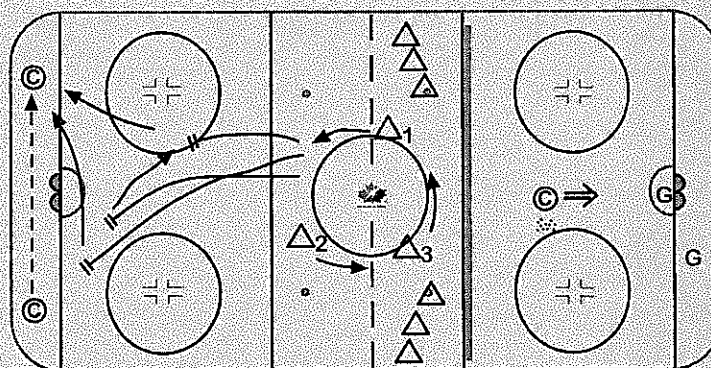
KEY EXECUTION POINTS

- Move up quickly to close gap and establish appropriate angle.
- Good stick placement.

10 MIN

INTRODUCE 3RD MAN HIGH

- D1, D2, D3 skate cross-overs around centre circle
- On whistle, first two D's out of circle attack © with puck, stopping in position, 3rd D stays in high slot
- Begin moving puck between 2 ©'s to have D players adjust positions



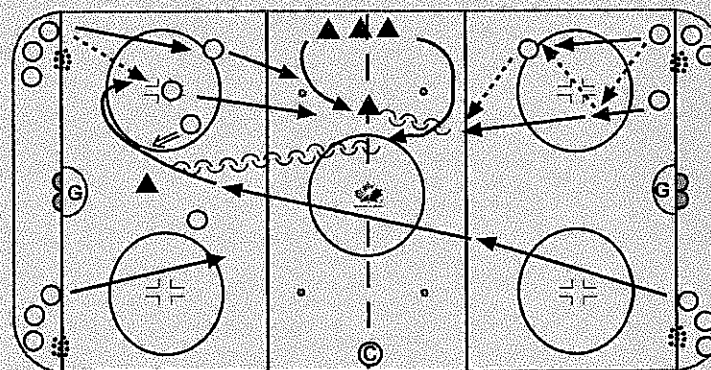
KEY EXECUTION POINTS

- Read and react
- Quick feet with straight line skating
- Forecheck with speed
- Forecheck square to puck carrier

10 MIN

FULL ICE BACKCHECK

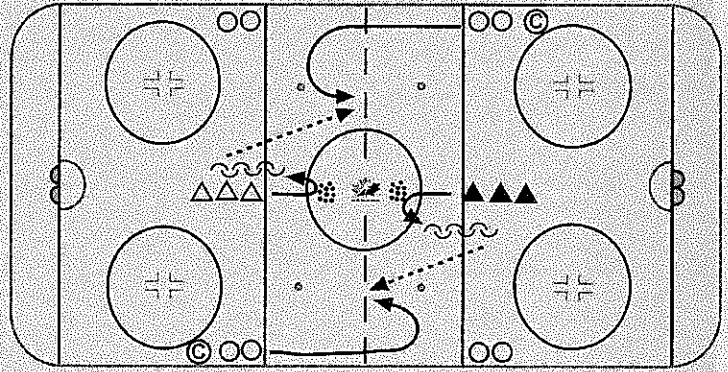
- Forwards in all 4 Corners, D at red line
- 2 or 3 forwards start passing to each other, D jumps out from centre line to play 3 on 1.
- Backchecker waits until the 2 or 3 fwds get to ringette, then back checks. Once backchecker gets to far end they then go to whichever corner is calling the loudest and goes back down 2 or 3 on 1.



10 MIN

D MAN MOBILITY WARMUP

- Go both ends at same time, Sequence is Pass Left, Pass Right, D Skate
- Players start on 4 corners of Blue lines
- All the pucks are in the center circle.
- D start inside blueline in centre of ice
- D picks up puck, backpeddles, F from left side skates down, curls to middle, get pass from D, D then touches up to blue line, skates forward, get another puck, backpeddles to blue line and hits F from the right side with pass, touches up to blueline, picks up third puck and goes in for shot on net.
- Progression from D Man Mobility 1 - Split the D side to side, so they alternate retrieving puck and make a D to D pass



15 MIN

SKILLS STATIONS

1A) MIRROR AGILITY

- Players start facing each other. One player is the leader the other has to follow to keep up and copy each of the movements of the other.

1B) IRON CROSS

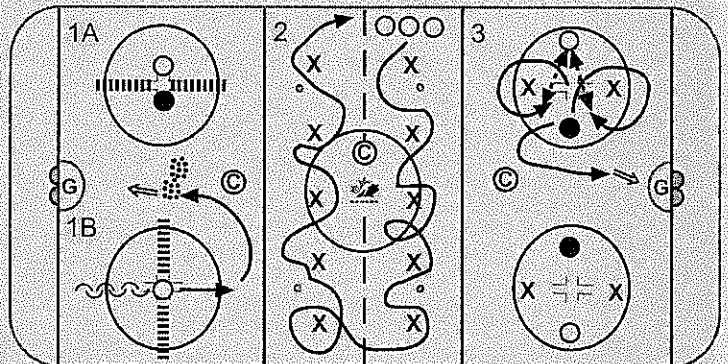
- Player started on the dot, and skates the "Cross" pattern, fwds / bwds / step overs / karioka

2. PYLON PUCK CONTROL AGILITY

- Place pylons in the neutral zone and have the players work on various moves, toe drags, backhand toe drags, deception and creativity.

3. FIGURE 8 PASSING

- Place two pylons within the circle, have a passer stand stationary with back to the boards. Skater has to skate in a figure 8 pattern passing and receiving.



a) all forwards

b) transition

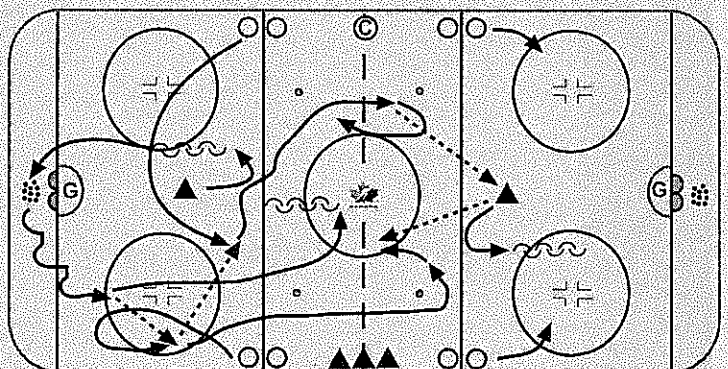
c) 1 touch

d) double pass

10 MIN

CONTINUOUS 2 ON 1

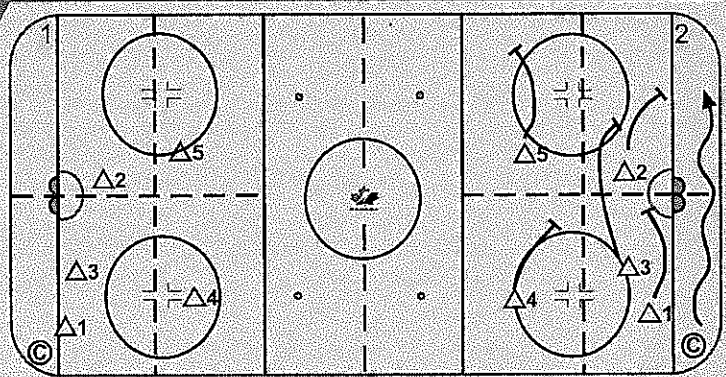
- D picks up puck behind net, passes to forward on the wall, other forward takes off far wall at the same time.
- Fwds, support puck and skate up ice 2 on 0
- Fwd with puck passes to far D, fwds then re-group - 1 stretch, 1 low, D can pass to either to go back on original D 2 on 1.
- D who started regroup then retreats to own end to start sequence from the other end



15 MIN D ZONE COVERAGE

Positional responsibilities

- Walk players through zone responsibilities.
- 1/2 ice split- (maximize ice).
- Coach moves puck to opposite corner, all players react to new positions.
- ○1 -puck zone.
- ○2 -net zone.
- ○3 -support ○1 on the puck.
- ○4 -identify late threat as either slot or point.
- ○5 pick-up last zone.

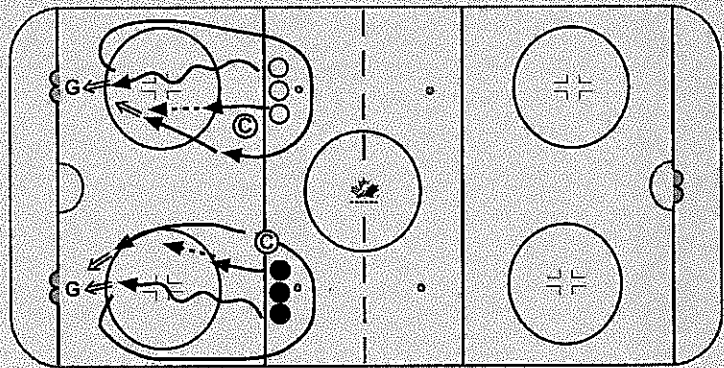


KEY EXECUTION POINTS

- Spray paint quadrants on ice

5 MIN 1, 2, 3 ON 0

- Divide players into two teams
- On whistle first player in each line goes in for shot on net, keep shooting until goal is scored.
- After goal, player skates outside blue line, picks up another puck and goes in with 2nd player in line for a 2 on 0.
- Continue 3 on 0, 4 on 0 until all players in line have gone.
- Relay is won by first team who slides over blue line after last goal is scored.

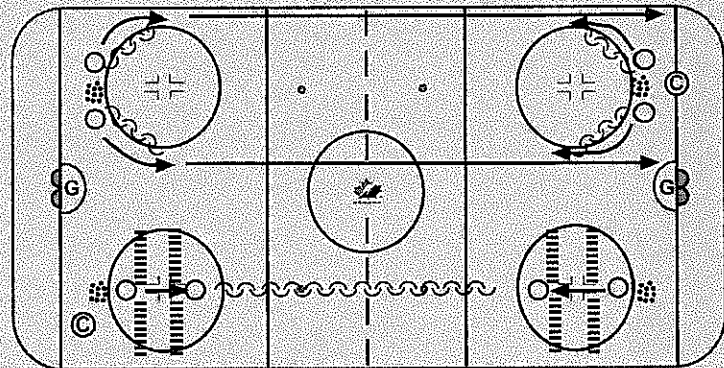


5 MIN CONTROLLED SCRIMMAGE

- Stop on the coach's whistle (controlled)

Emphasis on:

- Faceoff alignments
- Defensive zone coverage



KEY EXECUTION POINTS

- Movement off the draw
- Offensive and defensive support

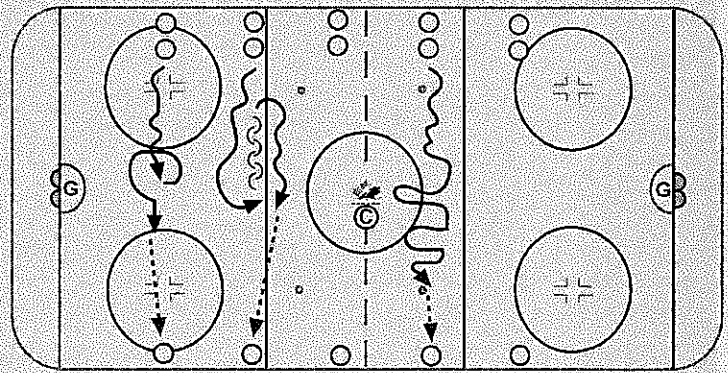
5 MIN

CROSS ICE SKILLS WARMUP

Form lines along the boards down the ice. On whistle, players from one side perform skill across ice and end up in line on opposite side of ice. Repeat

1. Transition skating
2. Tight turns
3. Pivots
4. Puck Moves
5. Creativity

Be creative / fast hands / fast feet



15 MIN

SKILLS STATIONS

1. SHOOTING / SCORING - SHORT SIDE PASS / DROP OPTION

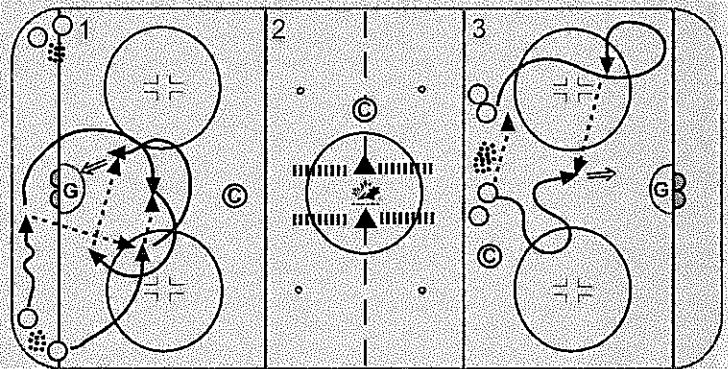
- Players in each corner. Puck carrier has option
- carry behind or pass short side.
- carry behind net pass cross crease
- pass short side, go behind net receive back door pass carry into slot, make 3rd pass for shot.

2. AGILITY MIRROR

- Players face other in centre circle, one is the leader and the other has to imitate / mirror the leader. Add pucks as well.

3. SHOOTING / SCORING - DELAY - 1 TIMER

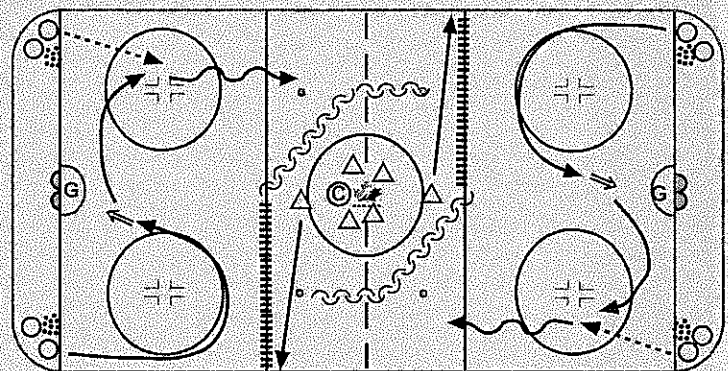
- Two lines near blueline. Pass is made to player who skates towards net, delays and then hits the original passer for a 1 timer from slot. Go from both sides, add D to make more difficult



10 MIN

OLYMPIC 1 ON 1

- Forwards in all 4 corners, D at centre ice. On whistle D skates to side boards, touches with stick, lateral crossovers (or bwds) back to centre to play oncoming forward back 1 on 1.
- Defense must move feet quick.
- Forwards must attack with speed.
- Turn into 2 on 1 or 2 on 2 from each direction by adding second forward and / or second D.



15 MIN

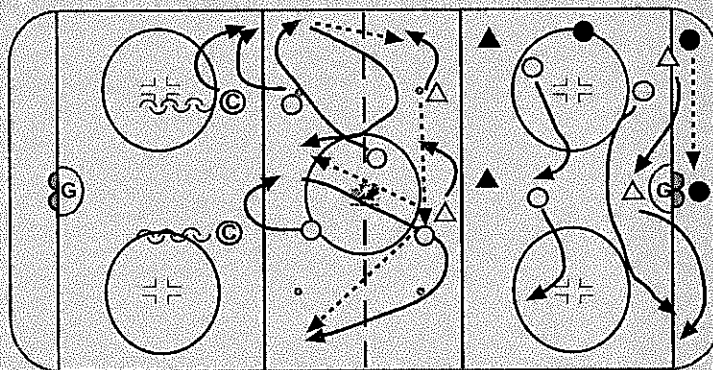
FORECHECK/D ZONE

1. D ZONE COVERAGE

- Attacking team moves puck from corner, to behind net, to other corner, to point, Defenders rotate – wingers stay above ringette line.

2. NZ FORECHECK / OFFENSIVE ZONE FORECHECK.

- Start with pass to coach, turns to outside, near side forward, takes body on wall, Centre comes in for support gets puck, and passes back to D. D to D pass, weak side winger curls for far boards receives pass, dumps in far corner, repeat forecheck in Offensive zone, pass back to D.



10 MIN

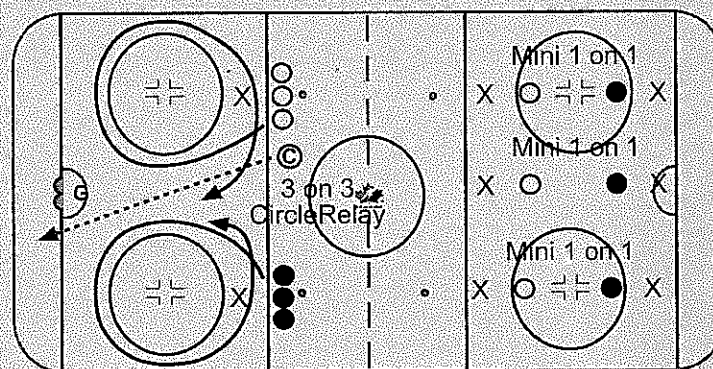
SMALL AREA GAMES

1. CIRCLE RELAY

- Place 2 pylons on the ice as shown.

2. MINI 1 ON 1

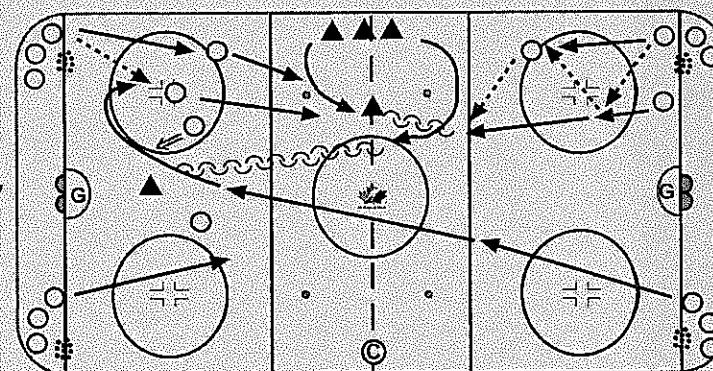
- 2 players face off with one puck and try to score by touching the puck to the pylon opposite them. Have to skate the puck to the pylon, can't shoot it at the pylon.
- Have 3 or 4 games going at once



5 MIN

FULL ICE BACKCHECK

- Forwards in all 4 Corners, D at red line
- 2 or 3 forwards start passing to each other, D jumps out from centre line to play 3 on 1.
- Backchecker waits until the 2 or 3 fws get to ringette, then back checks. Once backchecker gets to far end they then go to whichever corner is calling the loudest and goes back down 2 or 3 on 1.

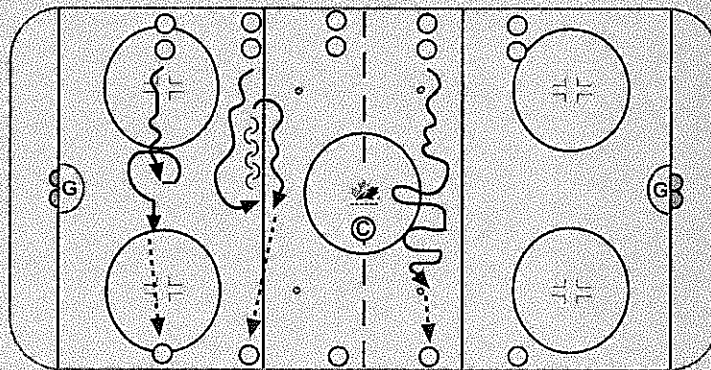


10 MIN CROSS ICE SKILLS WARMUP

Form lines along the boards down the ice. On whistle, players from one side perform skill across ice and end up in line on opposite side of ice. Repeat

1. Transition skating
2. Tight turns
3. Pivots
4. Puck Moves
5. Creativity

Be creative / fast hands / fast feet

**15 MIN** SKILLS STATIONS**1. SHOOTING / SCORING - BEHIND NET PASS OUT**

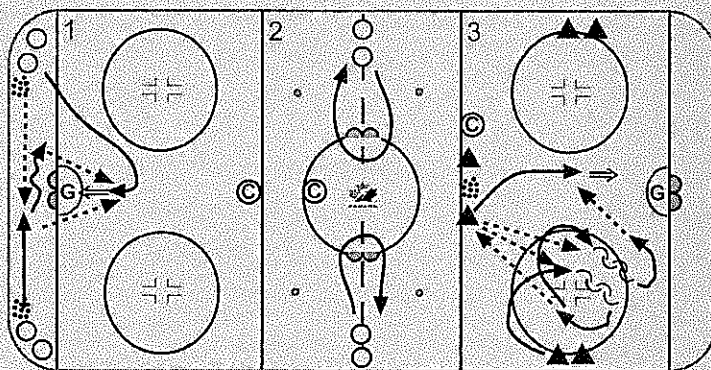
- Player in opposite corner, pass is made behind net passer heads to net front for pass from behind net near side or far side.

2. AGILITY NETS

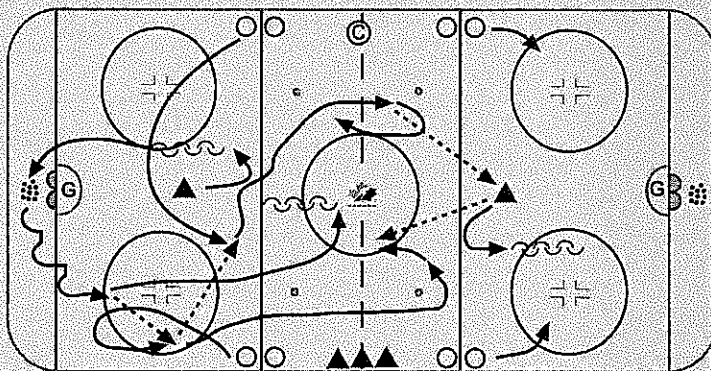
- Place 2 nets in the neutral zone, players from each side work on quick, feet pivots etc going around the nets. Add pucks.

3. D MAN MOBILITY

- D start on boards, skate fwd to coach, pivot, skate bwd receive a pass, perform an escape move, skates fwd, passes back to coach gets pass back and spins out the opposite way and receives final pass back from coach and finishes with shot on net.

**10 MIN** CONTINUOUS 2 ON 1

- D picks up puck behind net, passes to forward on the wall, other forward takes off far wall at the same time.
- Fwds, support puck and skate up ice 2 on 0
- Fwd with puck passes to far D, fwds then re-group - 1 stretch, 1 low, D can pass to either to go back on original D 2 on 1.
- D who started regroup then retreats to own end to start sequence from the other end

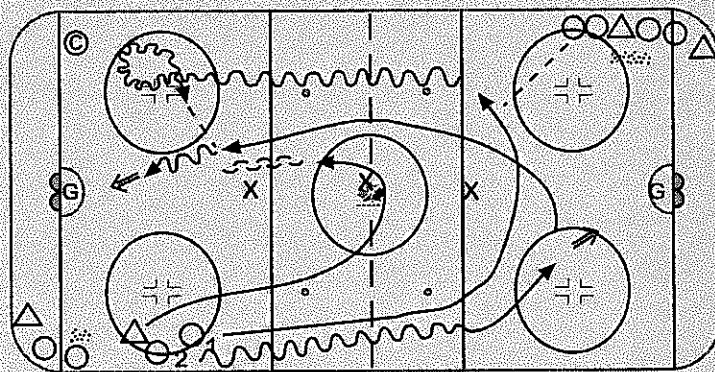


10 MIN

NET DRIVE DELAY

Efficient Level -

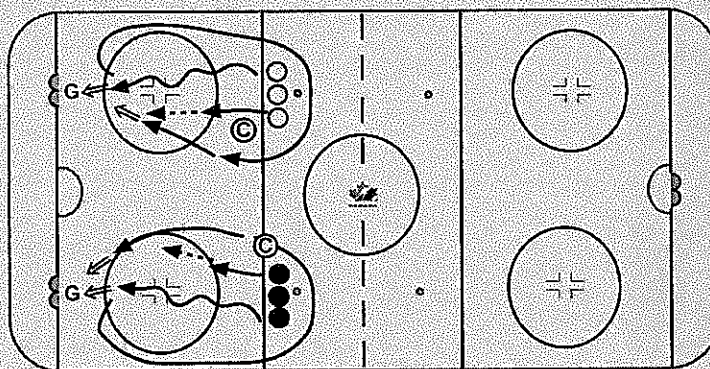
- 1 vs 0 with full pressure:
- ○1 receives pass, attacks with speed and pulls delay.
- ○2 with puck, takes shot on goal then joins play as 2nd wave.
- ○ goes around middle pylon and defends 1 on 1.
- ○1 creates time and space with puck.
- ○2 times entry into slot.



5 MIN

1, 2, 3 ON 0

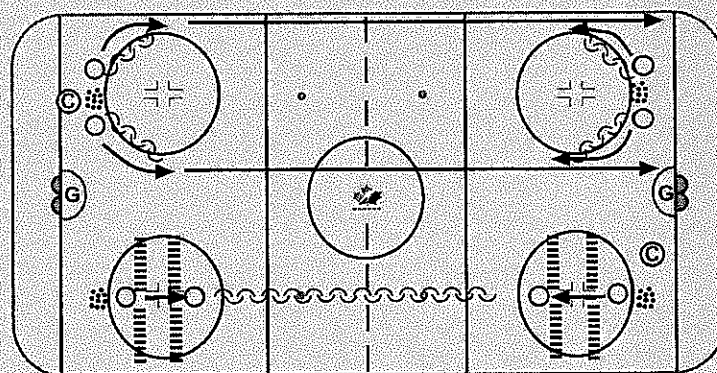
- Divide players into two teams
- On whistle first player in each line goes in for shot on net, keep shooting until goal is scored.
- After goal, player skates outside blue line, picks up another puck and goes in with 2nd player in line for a 2 on 0.
- Continue 3 on 0, 4 on 0 until all players in line have gone.
- Relay is won by first team who slides over blue line after last goal is scored



10 MIN

SKATING/AGILITY/CONDITIONING

- Place players in 4 equal groups and line up the bottom of each end zone circle.
- 2 players per circle line up beside each other.
- On whistle the players each skate fwd to hash marks, bwd to bottom circle, fwd to top of circle, bwd to bottom of circle then fwd to far end.
- Add different skating skills in after each rep ie lateral crossovers.



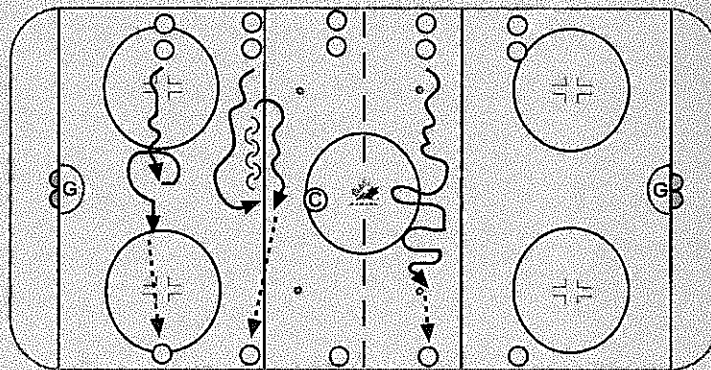
5 MIN

CROSS ICE SKILLS WARMUP

Form lines along the boards down the ice. On whistle, players from one side perform skill across ice and end up in line on opposite side of ice. Repeat

1. Transition skating
2. Tight turns
3. Pivots
4. Puck Moves
5. Creativity

Be creative / fast hands / fast feet



15 MIN

SKILLS STATIONS

1. SHOOTING / SCORING - 3 SHOT CORNER CYCLE / DROP

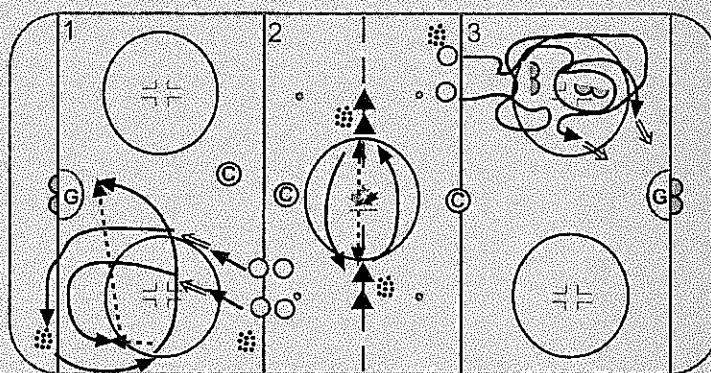
- Start with two lines at the blue line – each player goes in and shoots. First player skates to corner to retrieve puck. Second player supports, receives a drop pass from the first player who then heads to the net to get a pass back door. Do from both sides

2. QUICK SPRINT PASS

- Have players line up in 2 lines opposite each other on the circle. Players 1 touch pass and receive and skate to back of opposite line. Keep going until pass is missed then start over.

3. AGILITY NETS

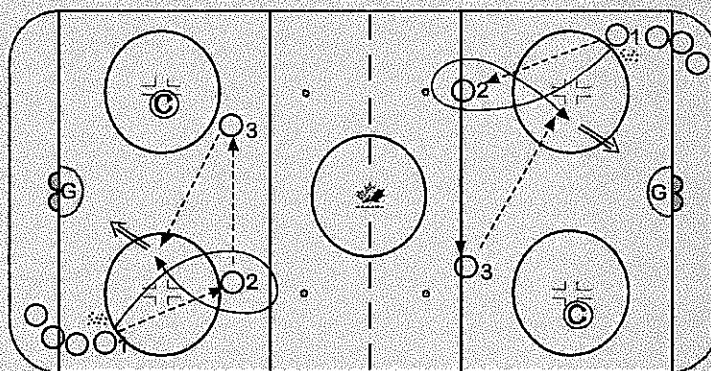
- Place two nets randomly in the corner and have players handle the puck around the nets in random fashion before taking a shot on net. Encourage deception, fast feet and fast hands.



10 MIN

INSIDE OUT, OUTSIDE IN

- ○1 passes to ○2, ○2 passes to ○3, ○3 passes back to ○1
- After ○1 initiates with a pass, ○1 executes:
 - inside out tight turn
 - outside in tight turn
- ○1 receives passes from ○3 and drives to the net for a shot on goal



KEY EXECUTION POINTS

- Shot from desired angle
- Good timing on passing
- Emphasis on good passing and receiving technique

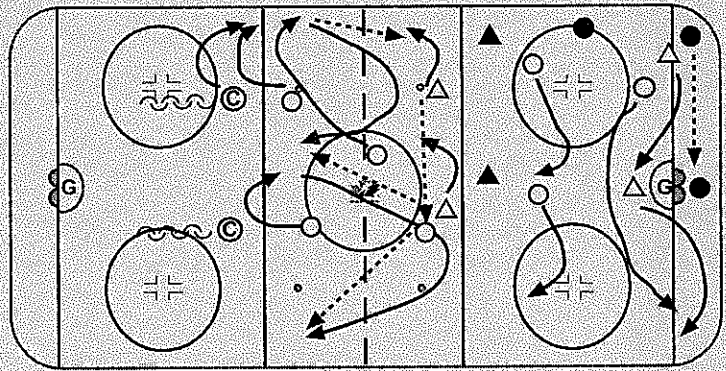
10 MIN FORECHECK/D ZONE COVERAGE

D ZONE COVERAGE

- Attacking team moves puck from corner, to behind net, to other corner, to point, Defenders rotate - wingers stay above ringette line.

NZ FORECHECK / OFFENSIVE ZONE FORECHECK.

- Start with pass to coach, turns to outside, near side forward, takes body on wall, Centre comes in for support gets puck, and passes back to D. D to D pass, weak side winger curls for far boards receives pass, dumps in far corner, repeat forecheck in Offensive zone, pass back to D.



15 MIN CHECKING STATIONS

1. CONTAINMENT

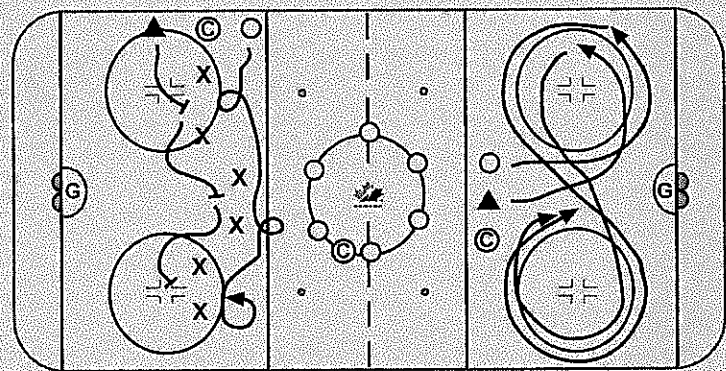
- Place 3 sets of 2 pylons as shown. Fwd starts with puck and must attack a lane by going through a set of pylons.
- D has to jump up and contain and cut the fwd off before going through the pylons.
- Fwd stop start, change pace etc to lose D and get through for shot on net.

2. CIRCLE BUMP

- Player on outside of circle turned sideways with skate on the line.
- Pick one player who has to skate across circle and try to bump one of the other off the circle.
- Use shoulders, knees bent.

3. MIRROR 1 ON 1

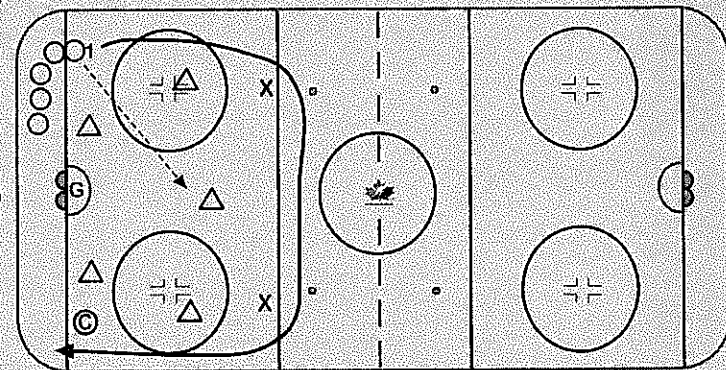
- Players start out near blue line. Fwd carries puck towards corner (Coach can also dump it in) D has



- to trail and mirror to contain the fwd as fwd carries puck around circle, then to other circle.
- D has to transition to keep shoulders square with fwd and always face chest to chest.
- As fwd skates around top of 2nd circle, it becomes 1 on 1 until a goal is scored.

5 MIN BASE-BALL

- ○'s vs D's
- ○1 passes to any D and skates around the pylons and stops in the corner in order to score
- All D's must touch the puck and score on the goalie to get ○1 out



KEY EXECUTION POINTS

- Control puck before passing
- Quick puck movement
- Be ready
- Have fun

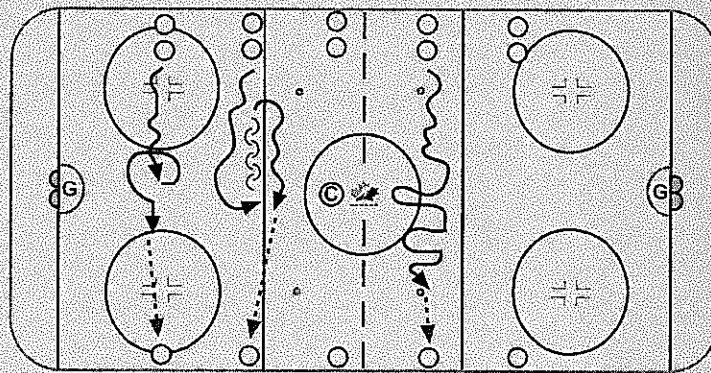
10 MIN

GROSS ICE SKILLS WARMUP

Form lines along the boards down the ice. On whistle, players from one side perform skill across ice and end up in line on opposite side of ice. Repeat.

1. Transition skating
2. Tight turns
3. Pivots
4. Puck Moves
5. Creativity

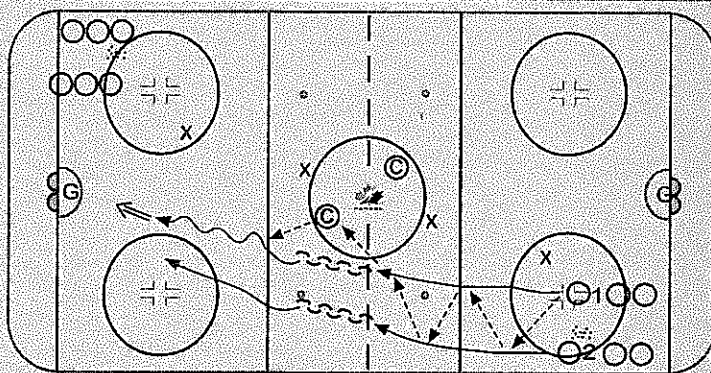
Be creative / fast hands / fast feet



10 MIN

TRANSITION 2 ON 0

- ○1 and ○2 pass back and forth.
- When ○1 and ○2 reach the center line, pass the puck to the coach.
- ○1 and ○2 stop and skate backwards to the blue line.
- Coach returns the puck to either player and they attack 2 on 0 using outside lane.



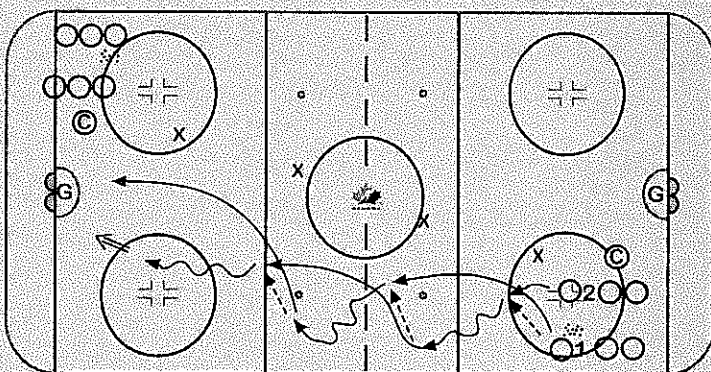
KEY EXECUTION POINTS

- Quick feet
- Present good target
- Head up
- Full stops at all times
- Stick on the ice

10 MIN

2 ON 0 PASS AND FOLLOW

- ○1 and ○2 pass back and forth.
- ○1 passes to ○2, and then crosses behind changing lanes.
- ○2 receives pass, and crosses into lane, ○1 just left.
- Go in for shot on net.

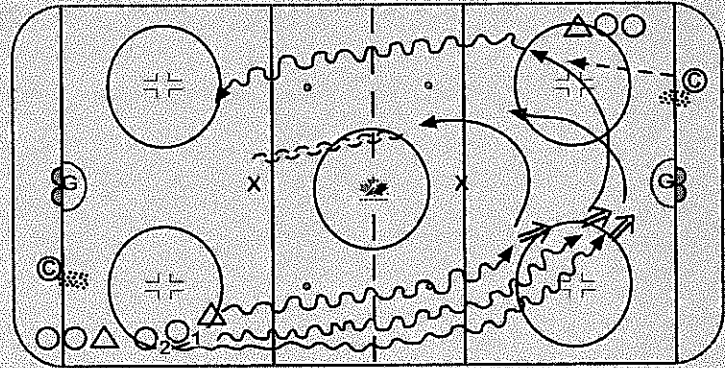


KEY EXECUTION POINTS

- Must be down on one knee if starting without the puck
- Quick feet off the start
- Protect puck
- Alternate lanes after each attempt

10 MIN RAPID SHOT - 2 ON 1 COMBO

- On whistle, D, ○1, ○2 skate down the ice with a puck for shot on goal
- ○1 picks up 2nd puck from ◎ and ○2 follows up for 2 on 1
- D pivots after shot and defends 2/1

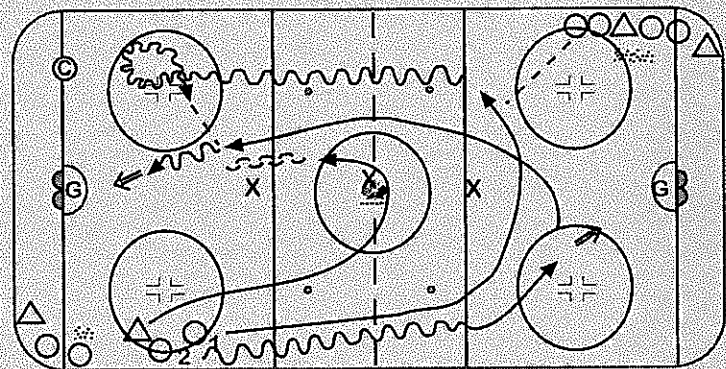


KEY EXECUTION POINTS

- One side at a time or both ends at the same time
- Quick release
- Read and react
- Quick feet
- Communicate
- Support puck carrier

10 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.



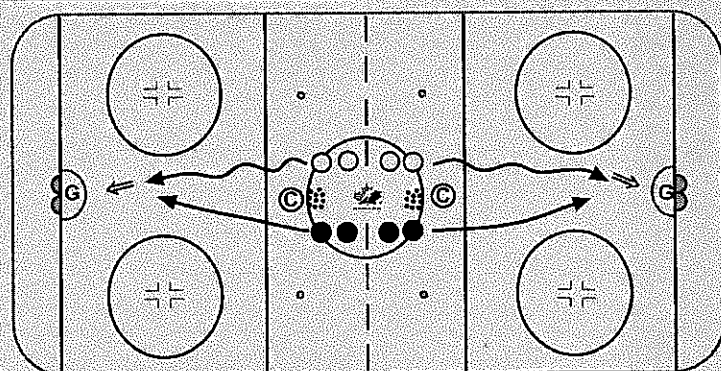
KEY EXECUTION POINTS

- Work both sides

10 MIN SHOOTOUT

Have players line up in two lines at center line. (use both ends) One line has players standing with puck, the other line has the player starting on one knee.

- On coach's signal, the players take off towards the goal. Player with puck tries to score, while player on one knee backchecks.
- If players takes puck away, then that player is on offense.



KEY EXECUTION POINTS

- Must be down on one knee if starting without the puck
- Quick feet off the start
- Protect puck
- Alternate lines after each attempt