



# PHASE IV

Phase IV of the Atom Manual is designed to assist coaches in developing practice plans for months four through six 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 January, February, and March:

Lesson 25	Lesson 25	Lesson 26	Lesson 27	Lesson 26	Lesson 27
Lesson 28	Lesson 26	Lesson 27	Lesson 28	Lesson 29	Lesson 28
Lesson 29	Lesson 30	Lesson 29	Lesson 30	Lesson 31	Lesson 30
Lesson 31	Lesson 32	Lesson 31	Lesson 32	Lesson 31	Lesson 32



**ICE OBJECTIVES****SKILL FOCUS****LESSON 25 OBJECTIVES**

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1. Refine skating and puck control skills
2. Shooting agility
3. Puck carrier support
4. Checking

- Puck control creativity
- Quick release shots
- Delay / support
- Defensive responsibilities

**LESSON 26 OBJECTIVES**

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1. Puck control skills
2. Passing / receiving
3. 1 on 1's
4. 2 on 1 offensive / defensive

- Stickhandling
- Saucer pass, 1 touch passing
- Body fakes, net drives
- Drive delays, offensive attack
- Defensive positioning

**LESSON 27 OBJECTIVES**

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1. Stickhandling: stationary control and control with movement
2. Transition - individual tactics
3. Transition - team tactics
4. Skate / pass / shoot combo
5. Breakouts

- Stationary / moving puck control
- Read and react
- Communication
- Net drives

**LESSON 28 OBJECTIVES**

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1. Review stickhandling skills
2. Review passing skills
2. Technical skills in combination
3. Regroups

- Puck control creativity
- Give and go, give and follow
- Headman / stretch pass
- Offensive / defensive support

**LESSON 29 OBJECTIVES**

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1. Refine puck control skills
2. Shooting agility
3. Transition / regroups

- Puck control agility
- Wrist shot, backhand shot
- Give and go, pass and follow
- Puck carrier support

**LESSON 30 OBJECTIVES**

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1. Review angling skills
2. Checking skills - shadowing
3. Open ice angling

- Checking skills
- Control skating
- Defensive positioning
- Head on a swivel

**LESSON 31 OBJECTIVES**

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1. Checking skills
2. Stick checks
3. Body Positioning for checking
4. Contact Confidence

- Balance / agility
- Leg drive
- Low centre of gravity
- Positioning for receiving contact

**LESSON 32 OBJECTIVES**

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1. Checking skills
2. Creating puck separation
3. Contact confidence
4. Open ice body checking

- Low centre of gravity
- Angling
- Body position for receiving checks
- Initiating contact

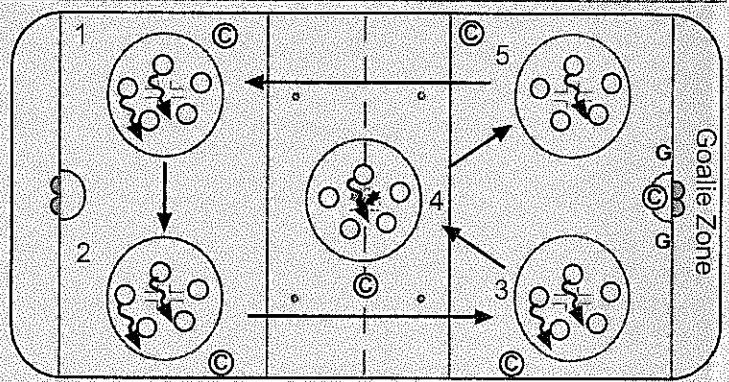


## 10 MIN 5 CIRCLE CHAOS

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



## KEY EXECUTION POINTS

- On whistle, players move to next circle

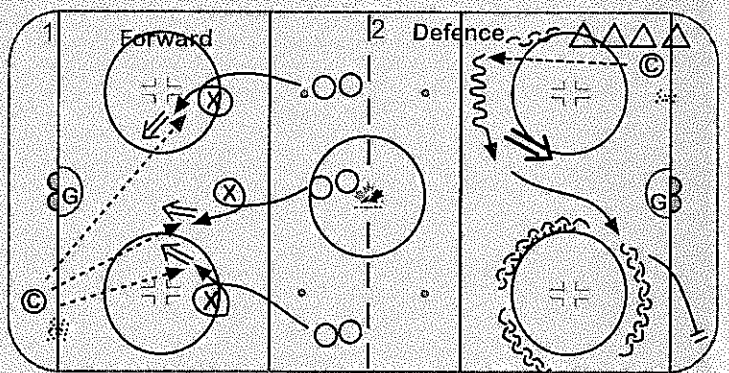
## 10 MIN SHOOTING ACILITY

## FORWARDS:

- ○ skates 360° around pylon and receives pass from coach. Quick release wrist shots.

## DEFENCE:

- skates backwards to blueline, pivots, receives pass from ©, shoots, skates the circle bwd.

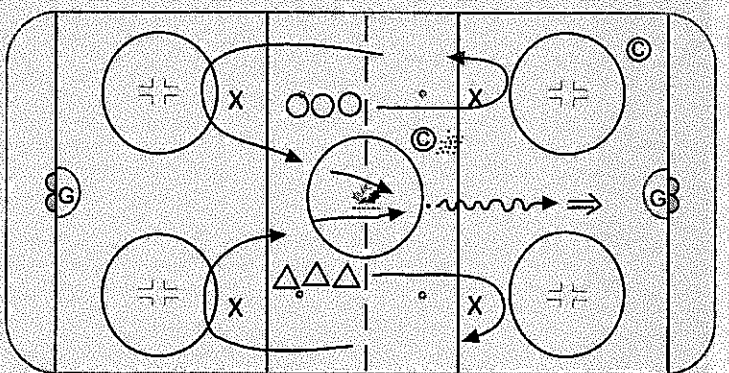


## KEY EXECUTION POINTS

- Stick on the ice for pass reception
- Quick release
- Eyes on the target

## 10 MIN TIGHT TURN RACE

- Coach spots the puck at centre
- On the whistle, 2 players race around pylons and battle 1 on 1 all the way to the goal
- Alternate directions
- Goalies in the nets



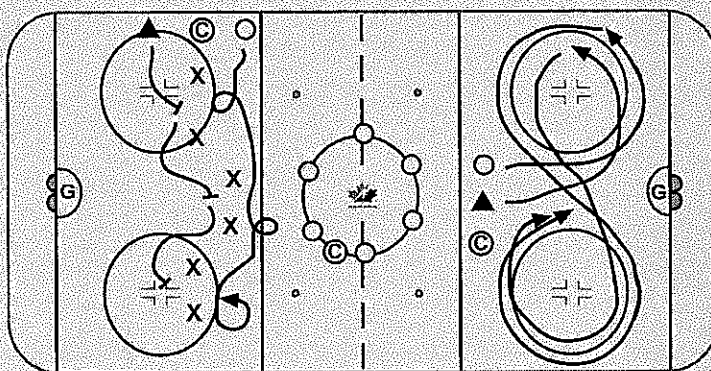
## KEY EXECUTION POINTS

- Quick feet
- Quick release
- Acceleration

**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**

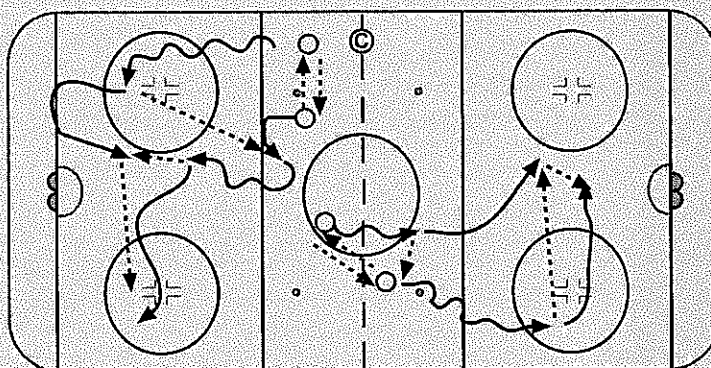
- Player on outside of circle turned sideways with skate on the line.
- Pick one player who has to skate across circle and try to bump one of the other off the circle.
- Use shoulders, knees bent.

**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.

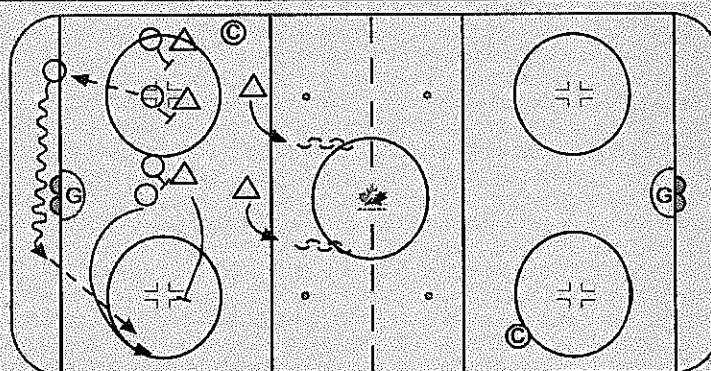
**5 MIN SHORT PASS/LONG PASS**

- Players partner up, with one puck between them.
- Partners skate anywhere on the ice passing back and forth to one another – first pass short/ close, second pass long/ far; always facing one another.
- On whistle, the player without the puck then chases the player with the puck to try and steal the puck away. On second whistle, go back to short pass long pass.



**10 MIN CONTROLLED SCRIMMAGE**

- 5 on 5 stop on the ©'s whistle (controlled)
- Emphasis on:
  - faceoff alignments
  - defensive zone coverage



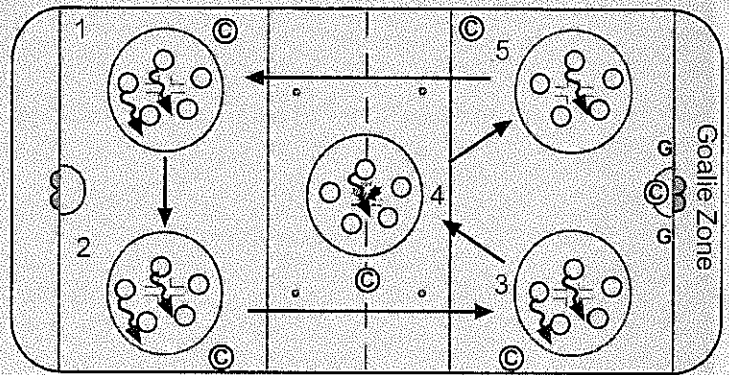
**KEY EXECUTION POINTS**

- Movement off the draw
- Offensive and defensive support

## 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

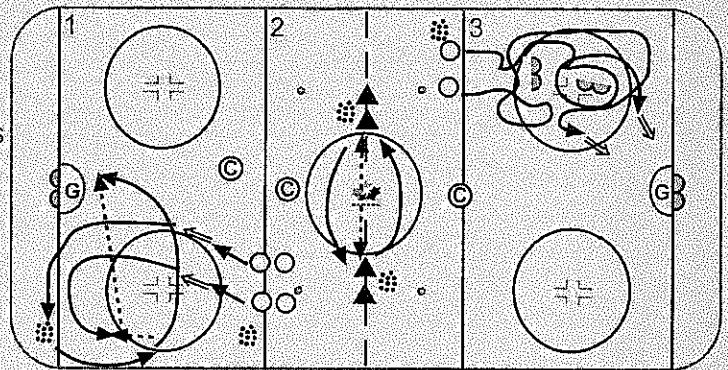
## 15 MIN SKILLS STATIONS

## 1. SHOOTING / SCORING - 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.

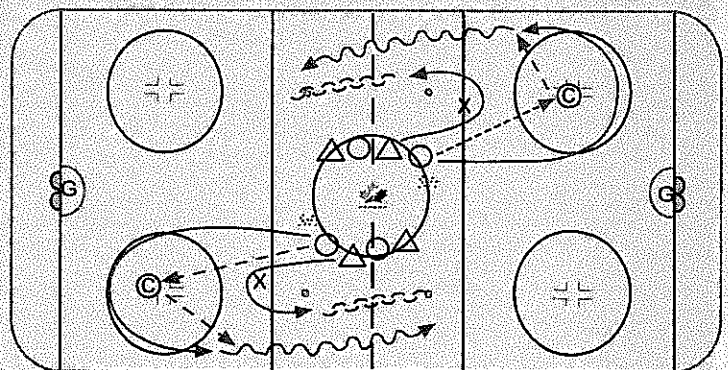


## 3. AGILITY NETS

- 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 1 ON 1 OFFENSE VS. DEFENSE

- 1 on 1 Emphasis: Net Drive
- Give and go with ©.
- Execute 1 on 1 against ○.
- Both sides at the same time.
- Switch sides 1/2 way through drill.



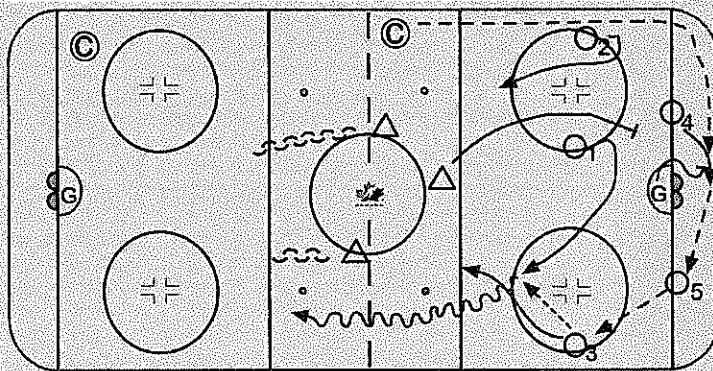
## KEY EXECUTION POINTS

- 's:
  - Body fakes
  - Gap control
  - Attack with speed

**10 MIN "1 ON 1" OFF/DEF PLAY**

1 on 1 Emphasis: Gap Control

- ○ exchanges pass with D at centre face-off circle
- D maintains tight gap playing 1 on 1
- Both sides go at the same time
- Switch side 1/2 way through drill



**KEY EXECUTION POINTS**

- |              |                                       |
|--------------|---------------------------------------|
| ○'s          | D's                                   |
| • Body Fakes | • Gap control                         |
| • Quick Feet | • Body position                       |
|              | • Inside shoulder to outside shoulder |

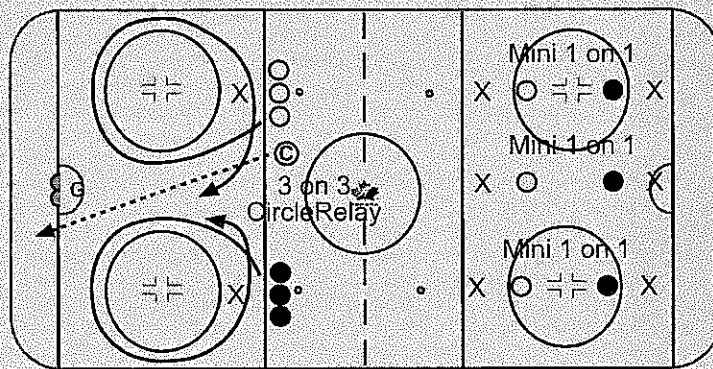
**10 MIN SMALL AREA GAMES**

**1. CIRCLE RELAY**

- Place 2 pylons on the ice as shown.

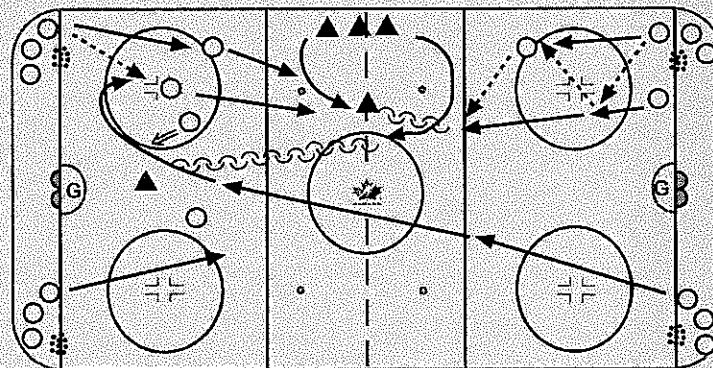
**2. MINI 1 ON 1**

- 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



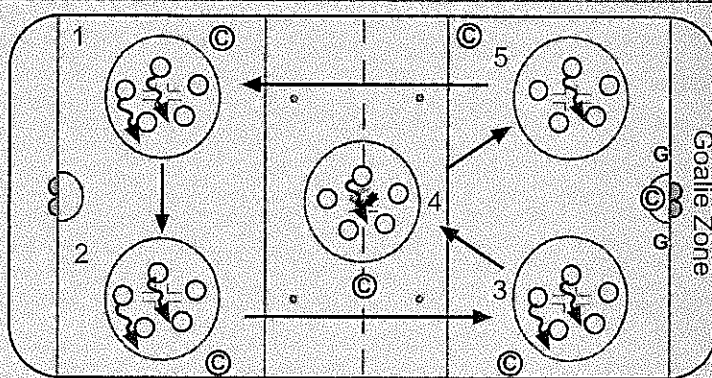
**5 MIN FULL ICE BACKCHECK**

- 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 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 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**

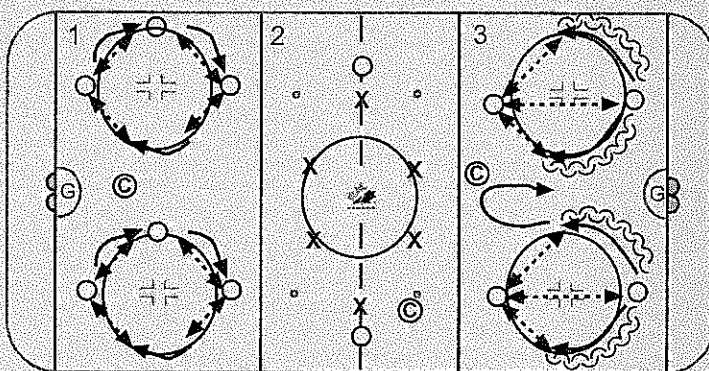
Organize into 3 groups, each groups starts at a station and rotates after 5 minutes

**1. FACE THE PASSER**

- Place two passers on the outside of the circle. Skater skates around the circle giving and receiving a pass to each of the passers while never turning his back on the passer. Always face the passer by pivoting. Add 1 touch or double pass to make it harder.

**2. PYLON MIRROR AGILITY**

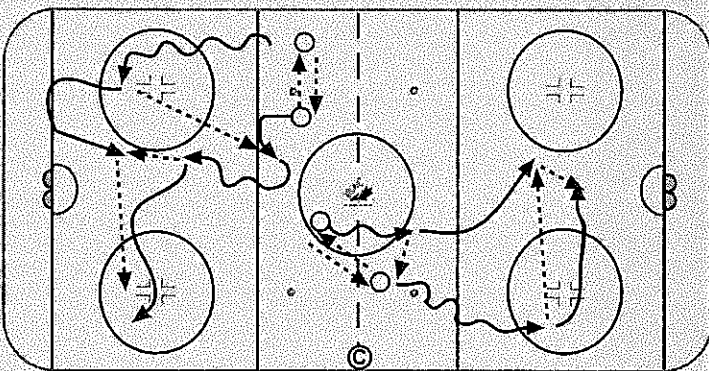
- Place 6 pylons as shown in the centre circle. One player is the leader the other has to follow the pattern skated by the leader who is trying to lose the other. Always face each other. Add puck, add a pass.

**3. PASS AND MOVE**

- Place a stationary passer at the top of the circle. Skater starts on bottom and basically "give and go's" with stationary passer. Sprint forward to hash mark - give and go - backwards to bottom of circle - give and go etc. On signal player at top of circle goes in for shot on net - rotate players through each side

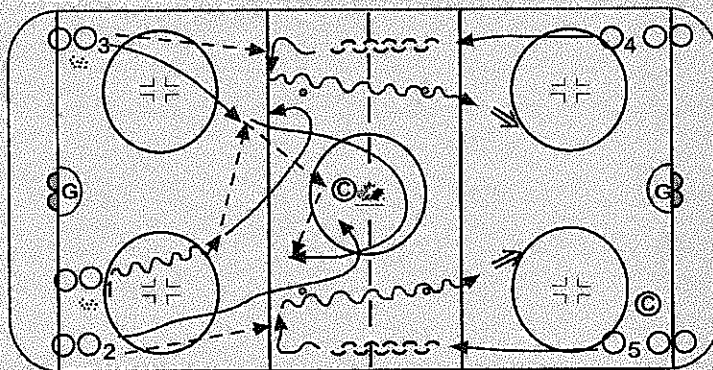
**5 MIN SHORT PASS/LONG PASS**

- Players partner up, with one puck between them.
- Partners skate anywhere on the ice passing back and forth to one another - first pass short/ close, second pass long/ far; always facing one another.
- On whistle, the player without the puck then chases the player with the puck to try and steal the puck away. On second whistle, go back to shot pass long pass.



**10 MIN 3 ON 0 SHOOTING COMBO DRILL**

- ○4 and ○5 skate fwd and bwd to far blueline, receive passes from ○2 and ○3 and return for shots
- ○1 then initiates weave with ○2 & ○3. Use give and go with ◎ and attack 3 on 0
- Execute attack triangle



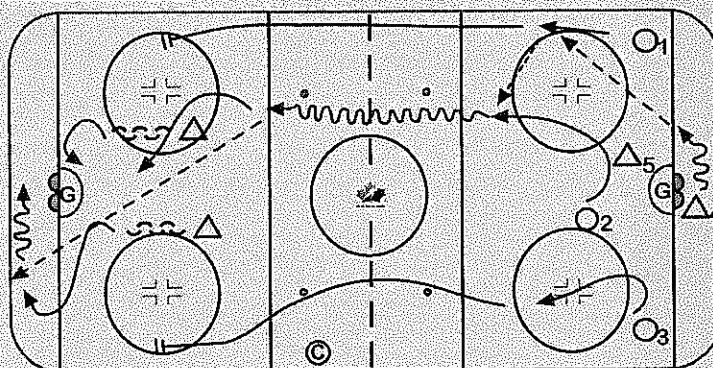
**KEY EXECUTION POINTS**

- Quick feet movement
- Attack triangle
- Quick puck
- Attack with speed
- Read & react
- Quick release

**10 MIN BREAKOUT 5 ON 0 TWICE**

Unit breaks out 5 on 0.

- In neutral zone, offensive unit dumps puck in and sets up for 2nd breakout.
- Dump in on second rush and go to the side boards.
- New unit ready to breakout.



**KEY EXECUTION POINTS**

Shoulder check

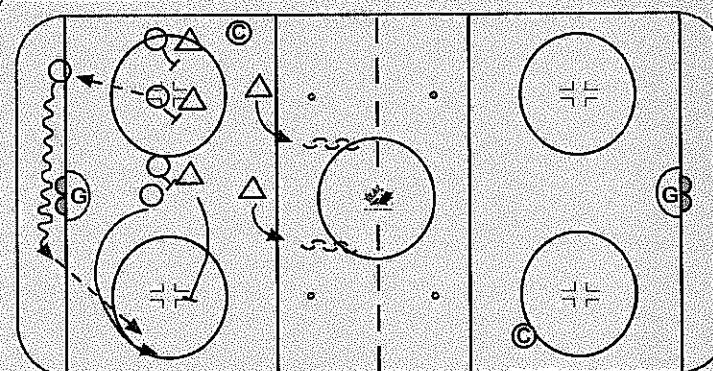
- D calls out breakout option
- Forwards to read options and position for breakout

**10 MIN CONTROLLED SCRIMMAGE**

5 on 5 stop on the ◎'s whistle (controlled)

Emphasis on:

1. faceoff alignments
2. defensive zone coverage



**KEY EXECUTION POINTS**

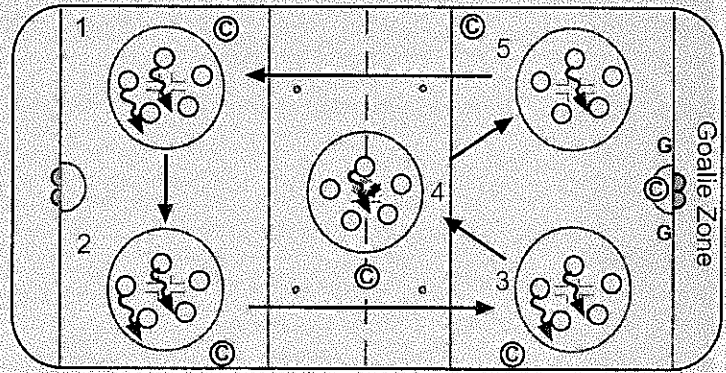
- Movement off the draw
- Offensive and defensive support



**10 MIN 5 CIRCLE CHAOS**

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

1. Toe Drags
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5. Stick and puck through legs



**KEY EXECUTION POINTS**

- On whistle players move to next circle

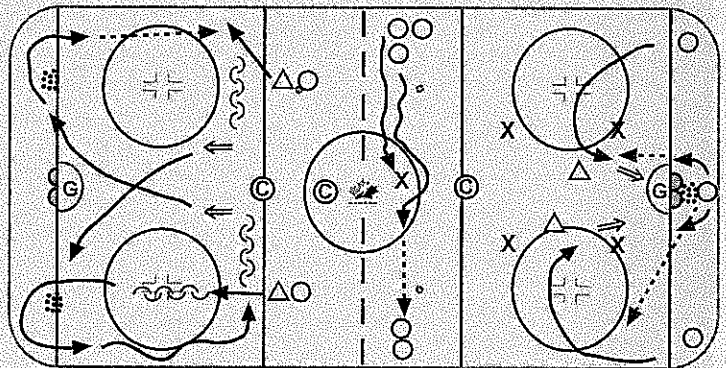
**15 MIN SKILLS STATIONS**

1. PUCK RETRIEVALS
2. CREATIVITY DRILL

- add chaser to keep speed up.

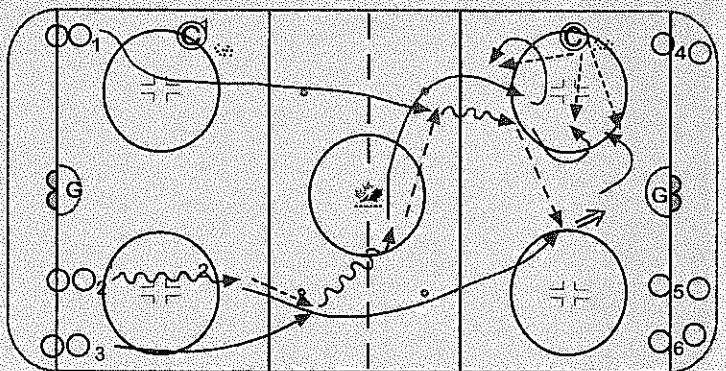
**3. 3 ON 2 OFFENSIVE ATTACK.**

- Start with player behind net with pucks, 2 defensive players out in front. First offensive player from corner attacks net getting open for quick shot. After first shot, second forward receive pass from behind net walks out of corner and shoots or passes



**10 MIN PASS & SHOOT COMBO**

- ○1, ○2, ○3 skate 3 man weave, passing the puck and shooting
- after the attack, each receives a pass from the coach and returns for shots on goal
- ○4, ○5, ○6 leave after © makes 3rd pass to ○3, repeating the drill in the opposite direction

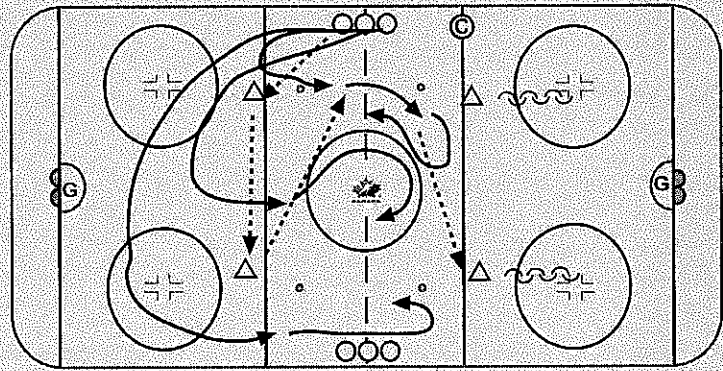


**KEY EXECUTION POINTS**

- Quick feet
- Communicate
- Accurate passing skills
- Headman passes
- Quick release shots

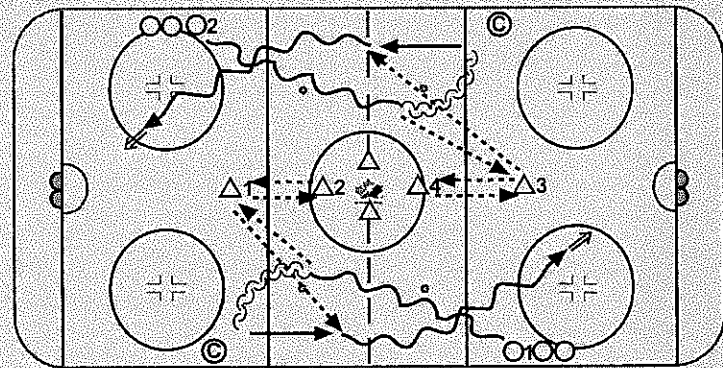
**10 MIN NZ REGROUP ON WHISTLE**

- Fwds start on boards at red line, D on blue line
- On whistle, first three Fwds start with first in line passing one of the D, who then makes a D to D pass to partner.
- 3 Fwds then fill lanes going up ice, receive pass from D and attack 3 on 2. If coach blows whistle, then fwds pass to opposing D, regroup and attack 3 on 2 back the other way.
- Every time, whistle is blown, a regroup is performed, finish with 5 on 2. Alternate sides.



**10 MIN PLUNGER 1 TOUCH UP - A**

- ○1 passes to Δ1 and skates toward the far blue line pivoting backward to forward, keeping eye contact with Δ1.
- Δ1 passes to Δ2 then back to Δ1.
- Δ1 passes to ○1 who uses an open pivot to receive the pass up the boards.
- ○2 goes at the same time passing to Δ3.

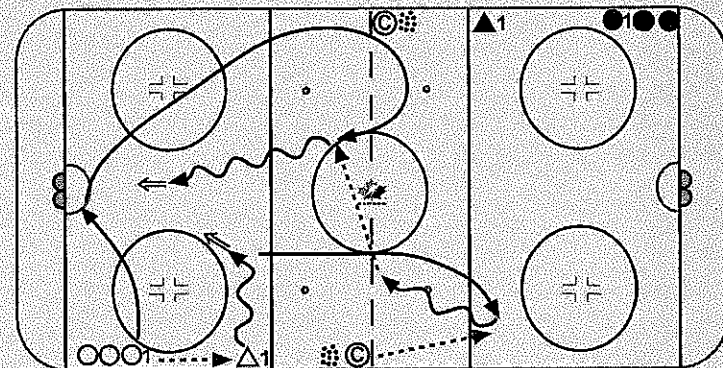


**KEY EXECUTION POINTS**

- Pass with feet moving
- Call for the puck
- Stop at net after shot

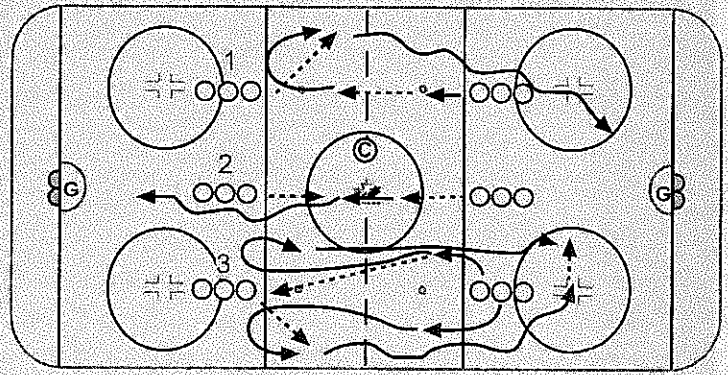
**10 MIN PENETRATING PASS**

- On coaches whistle ○1 passes to D1 who slides along blue line and shoots on goal.
- ○1 goes to net for a screen or tip.
- ○1 then skates outside zone, while D backpeddles, opens up and receives pass from coach as he skates forward, and hits ○1 with pass up the middle.
- Run out of both ends at the same time



**10 MIN SPOKANE WARMUP**

- 2 lines at each blueline in line with the dots
- ○1 goes down ice with puck one touches to D1.
    - ○1 goes to back of opposite line and Δ1 then one touches to ○1.
  - ○1 starts backwards passes to ○2 going forwards to other blue line. ○1 peels off and then goes to the back of the line and Δ1 goes.
  - Same as #2 only both go forward and outside guy goes to back of line and Δ3 joins attack.

**15 MIN SKILLS STATIONS****1. SHOOTING**

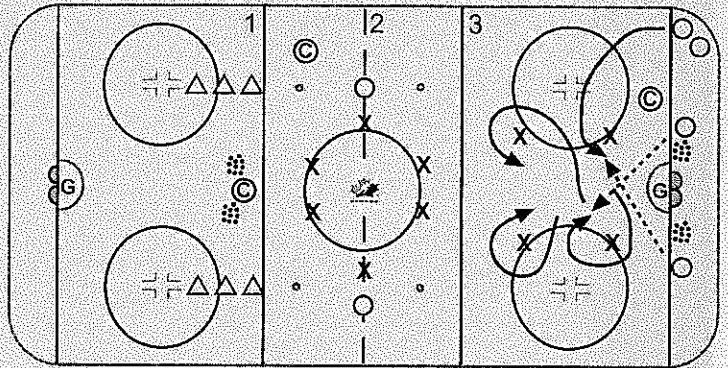
- Pucks in middle of ice. Lefties in one line, righties in the other. On signal from Coach, player must sprint to middle of ice grab a puck and then drag it back towards the wall for shot on net.

**2. PYLON MIRROR AGILITY**

- 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. 4 SHOT SHOOTING**

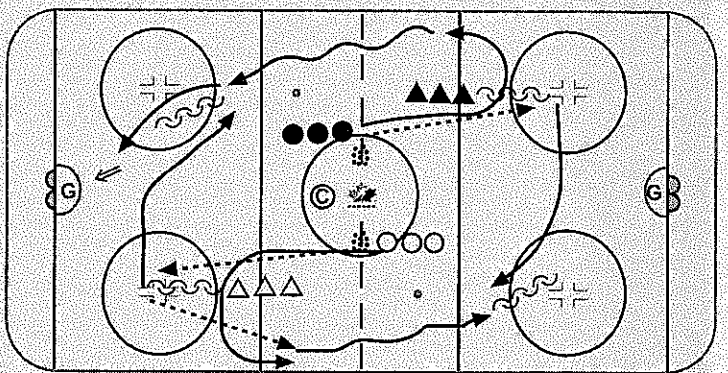
- Place a passer on each side of the net, below the goal line. Shooter can start from either side and



skates to slot for pass from either side. Skater must get 2 passes from each side, for a total of 4 shots. Must keep feet moving and always face the passers. Can add defender to make more difficult

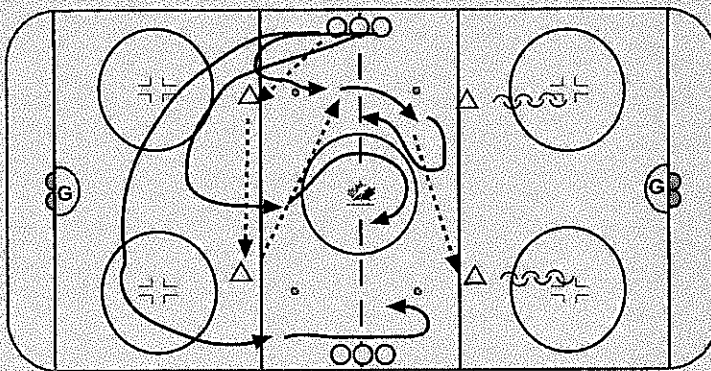
**5 MIN 1 ON 1 TRANSITION**

- D start on dots in Neutral zone – Forwards on side of centre circle.
- Fwd passes to D, skates down around line, opens up and receives pass from D.
- D then has to skate to far side, close gap and play 1 on 1 with forward coming from the other side.
- Add second forward who saves ice, skates in front of D line and make it a 2 on 1



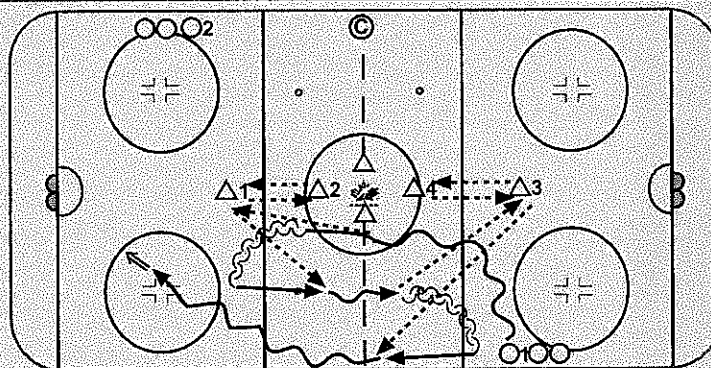
**10 MIN NZ REGROUP ON WHISTLE**

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- On whistle, first three Fwds start with first in line passing one of the D, who then makes a D to D pass to partner.
- 3 Fwds then fill lanes going up ice, receive pass from D and attack 3 on 2. If coach blows whistle, then fwds pass to opposing D, regroup and attack 3 on 2 back the other way.
- Every time, whistle is blown, a regroup is performed, finish with 5 on 2. Alternate sides.



**10 MIN PLUNGER 1 TOUCH AND UP - B**

- ○1 passes to Δ1 and skates toward the far blue line pivoting backward to forward, keeping eye contact with Δ1.
- Δ1 passes to Δ2 then back to Δ1.
- Δ1 passes to ○1 who uses an open pivot to receive the pass up the boards. ○1 then skates toward Δ3 makes a pass, opens up, receives return pass and then skates for opposite net for shot.
- 4. ○2 performs the same pattern on the opposite side

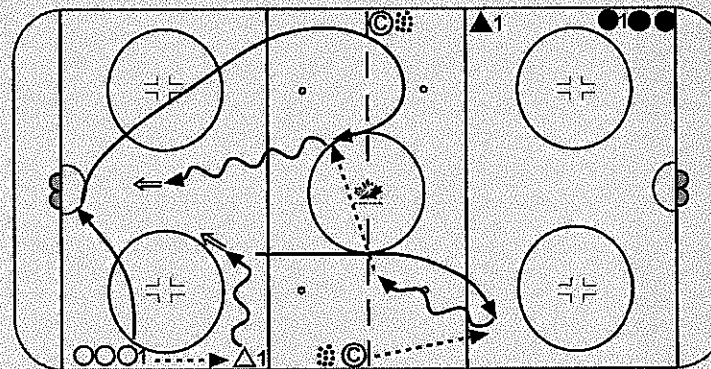


**KEY EXECUTION POINTS**

- Eye on the passer.
- Use open Mohawk pivoting technique to present a good target or a tight turn with head on a swivel.
- Encourage one-touch passing between defensemen while their feet are moving. Accelerate into the pass.

**10 MIN PENETRATING PASS**

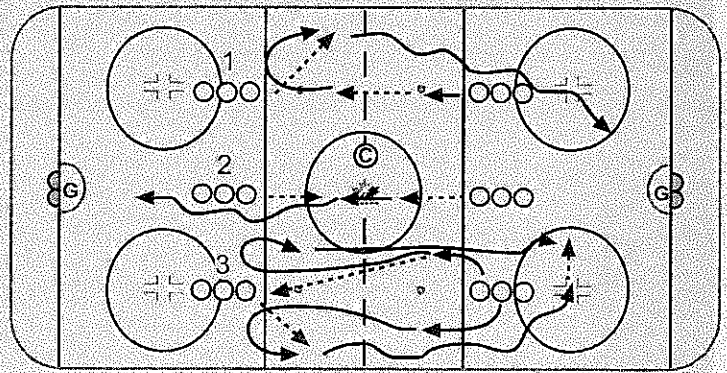
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- ○1 goes to net for a screen or tip.
- ○1 then skates outside zone, while D backpeddles, opens up and receives pass from coach as he skates forward, and hits ○1 with pass up the middle.
- Run out of both ends at the same time



10 MIN

## SPOKANE WARMUP

- 2 lines at each blueline in line with the dots
1.
    - ○1 goes down ice with puck one touches to D1.
    - ○1 goes to back of opposite line and Δ1 then one touches to ○1.
  2.
    - ○1 starts backwards passes to ○2 going forwards to other blue line. ○1 peels off and then goes to the back of the line and Δ1 goes.
  3.
    - Same as #2 only both go forward and outside guy goes to back of line and Δ3 joins attack.

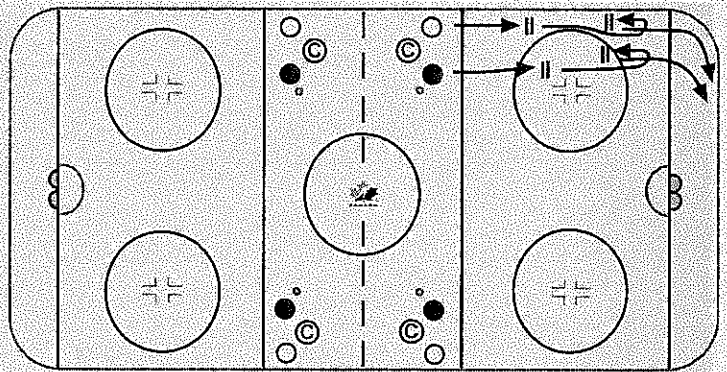


5 MIN

## ANGLING - SHADOWING

Players will be able to control skate, mirroring the player that they are angling

- Players should pair up with a player of similar skating skill
- Player 1 skates along the boards making quick starts and stops and changes of direction
- Player 2 must control skate and mirror Player 1 keeping the player to the outside in the "bad ice"



## KEY EXECUTION POINTS

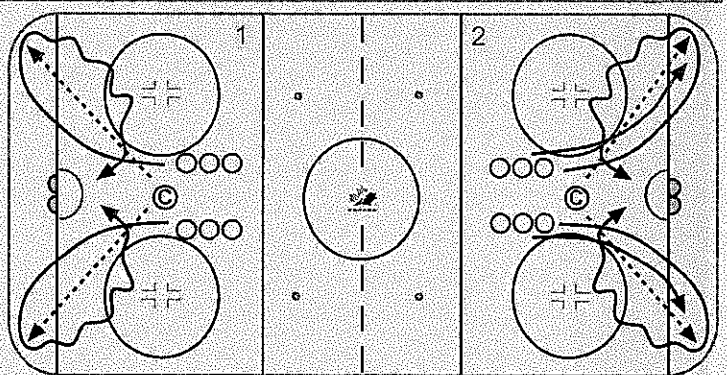
- Mirroring the players you are checking
- Use the term "Hip pocket" to describe to players where they need to be.
- Add a puck once players have an understanding of drill and focus carrier on puck protection

10 MIN

## ANGLING AND HEAD ON SWIVEL

When in pursuit of the puck, awareness of opposing players as well as supporting teammates is critical to safety and the decision making process

- Start with proper offensive angle to the puck in the corner. Demonstrate inside out, head up, head on swivel
- Coach dumps puck to corner, player retrieves the puck focussing on a proper angle. Once the player has the puck they should drive the circle for a shot on net
- Progress to the 2nd player in line following the first player in and putting some passive pressure on the player to execute a good angle to the puck and drive around the circle to the net. 2nd player should also focus on getting good angling position and controlling their skating



## KEY EXECUTION POINTS

- Head on swivel
- Inside, out path

**15 MIN OPEN ICE ANGLING**

Players should start to be able to control the player they are checking without assistance from the boards

**1. FACING GOAL**

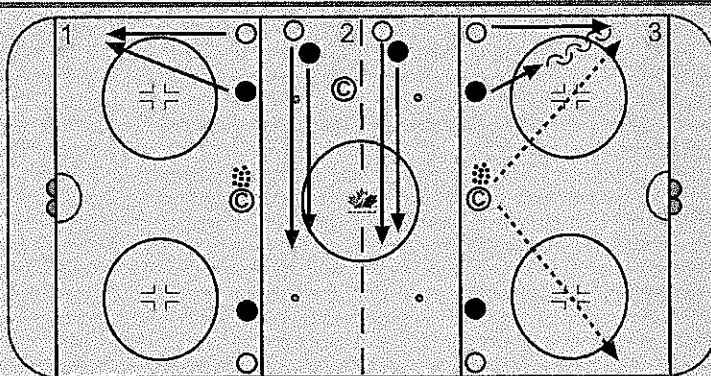
- Players pair up with both facing the goal. Defender inside position and forces player to move board side.
- Defender keeps player to the board side, attacks his stick where blade meets shaft and squeezes angled player out while getting the puck.

**2. DEFENSIVE POSITIONING - 1 ON 1**

- Players partner up, work on defensive positioning, outside shoulder of defender with inside shoulder of attacker

**3. FACING INSIDE SHOULDER**

- Players pair up with attacker facing the goal and defender facing attacking player. Defender's helmet lines up with inside shoulder of attacker and while skating backward, forces player to move board side.



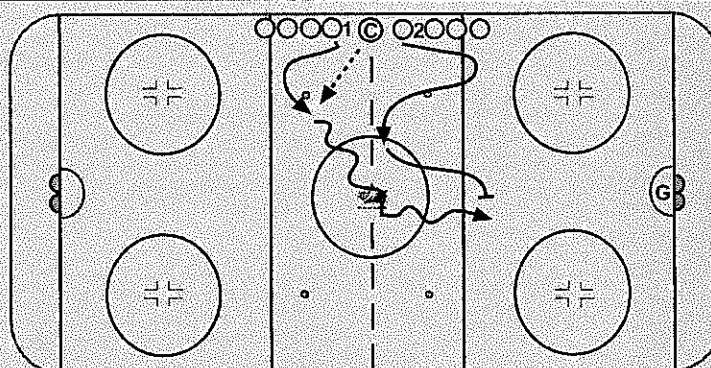
**KEY EXECUTION POINTS**

- Defensive positioning, hip pocket

**10 MIN STAMPEDE ANGLING**

Players should gain the ability to read and react and increase their ability to "smart skate" angle

- ○1 and ○2 leave from the red line on go from coach
- both players skate down the boards to the blueline and turn
- coach passes to one player
- Other player angles the puck carrier to the middle, continues angle and pursuit across the neutral zone



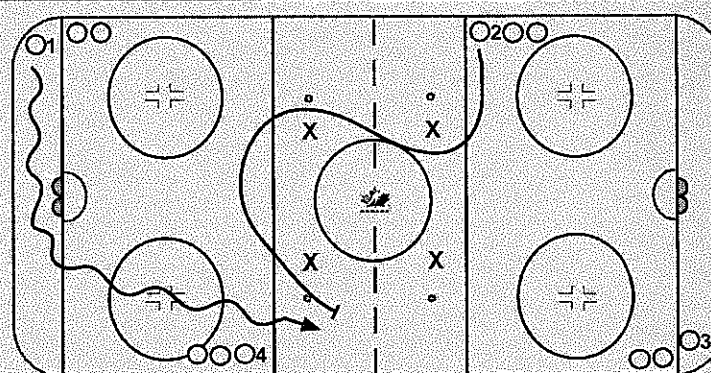
**KEY EXECUTION POINTS**

- Smart skating
- React quickly to receiving or not receiving the pass

**5 MIN ANGLING GATE DRILL**

Teach defensive player to save ice skating off the puck, limiting the puck carrier to one option

- ○1 and ○2 begin on the whistle
- ○1 picks up loose puck and skates behind the net and must skate between the pylons for a shot on goal
- ○2 closes the gap, saving ice in the neutral zone, before angling toward ○1
- ○2 attempts to force ○1 outside the pylons, not giving up the middle lane



**KEY EXECUTION POINTS**

- Maintain middle lane
- Control skating

## 10 MIN SPOKANE WARMUP

- 2 lines at each blueline in line with the dots

1.

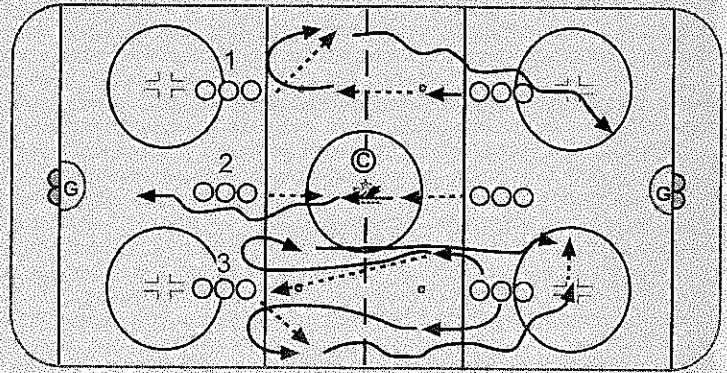
- ○1 goes down ice with puck one touches to D1.
- ○1 goes to back of opposite line and Δ1 then one touches to ○1.

2.

- ○1 starts backwards passes to ○2 going forwards to other blue line. ○1 peels off and then goes to the back of the line and Δ1 goes.

3.

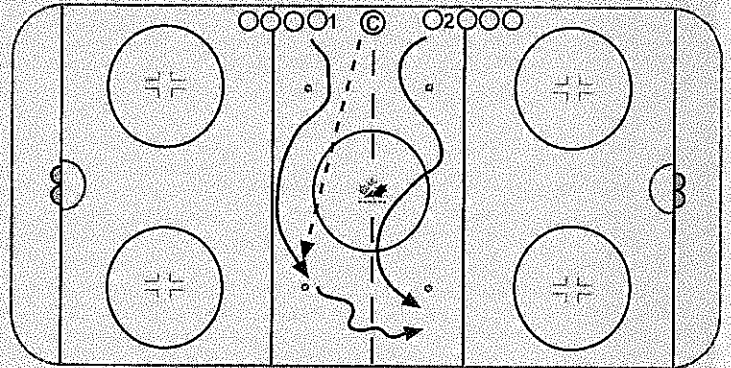
- Same as #2 only both go forward and outside guy goes to back of line and Δ3 joins attack.



## 5 MIN STAMPEDE ANGLING

Close quickly and angle the puck carrier to the outside and maintain speed

- Coach passes the puck anywhere on one side of the ice
- ○1 retrieves the puck, ○2 double touches the blueline, then closes the gap on ○2
- ○2 plays ○1 but if a turnover occurs, ○2 can move onto offence

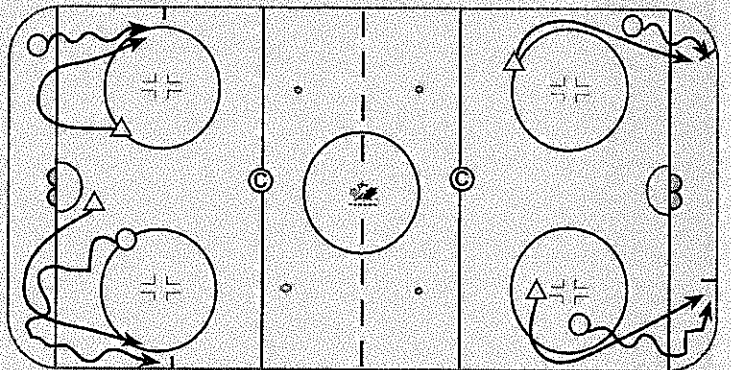


## KEY EXECUTION POINTS

- close quickly, angle to outside
- no backward skating
- use speed and controlled skating

## 15 MIN ANGLE UP/ANGLE DOWN

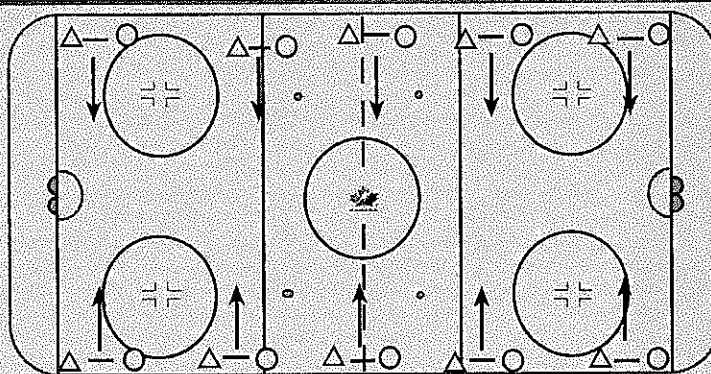
- To work on angling skills and work on positioning to separate puck carrier from the puck
- Δ positions with various gaps from ○ who has the puck
- On whistle, Δ j-skates quickly and controlled and steers ○ in desired direction
- Δ drives body between ○ and puck - aim for the stick shaft



**10 MIN PARTNER BUMPING**

To develop a solid base, to develop contact confidence and to develop the use of leg power

- Players interlock elbows
- Pairs move across ice bumping each other with shoulders
- Also implement bumping hips, bumping hips and shoulders and elbows not locked



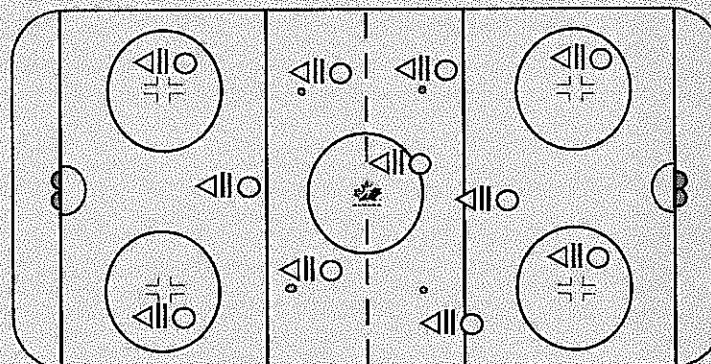
**KEY EXECUTION POINTS**

- Low, wide, strong position
- Initiate the bump with drive from the legs

**10 MIN OWN THE DOT**

To develop balance, stability and strength. Focus on use of leg power and developing contact confidence

- Players position themselves at the dots
- On whistle players bump each other trying to drive the other off of the dot
- Other options include side by side, protect the puck on the dot, face to face and back to face



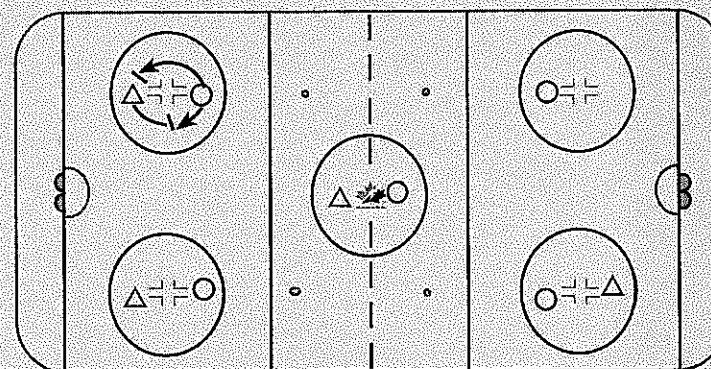
**KEY EXECUTION POINTS**

- Elbows down and arms crossed
- Good low stable body position
- Drive with the legs

**10 MIN BULL IN THE RING**

To introduce movement with contact, develop proper positioning and to reinforce driving through

- No sticks
- On whistle ○ tries to drive through △ to get to edge of circle
- △ protects the path and attempts to drive ○ back
- Switch roles



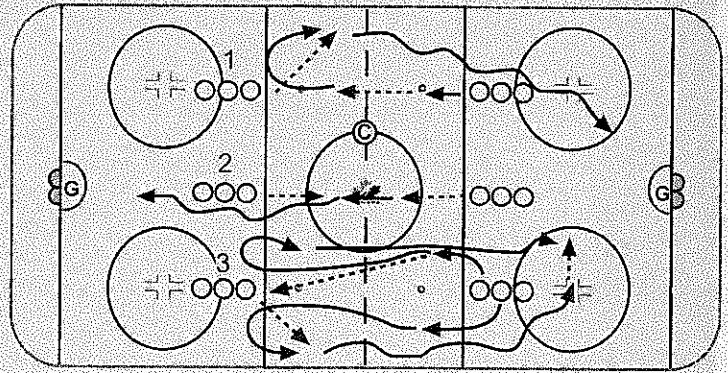
**KEY EXECUTION POINTS**

- Play chest when facing, hips when seeing back
- Leg drive and defensive side positioning



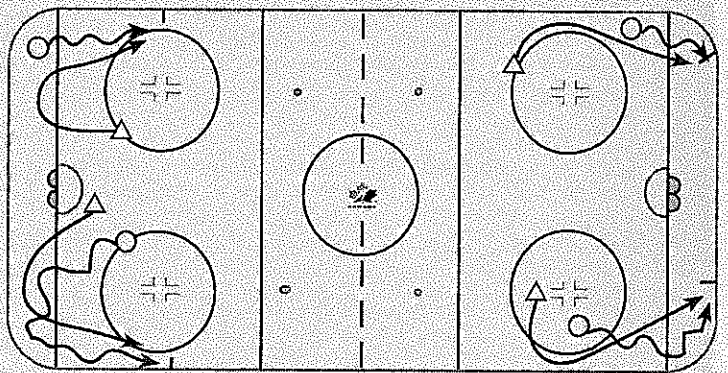
**5 MIN SPOKANE WARMUP**

- 2 lines at each blueline in line with the dots
1.
    - ○1 goes down ice with puck one touches to D1.
    - ○1 goes to back of opposite line and Δ1 then one touches to ○1.
  2.
    - ○1 starts backwards passes to ○2 going forwards to other blue line. ○1 peels off and then goes to the back of the line and Δ1 goes.
  3.
    - Same as #2 only both go forward and outside guy goes to back of line and Δ3 joins attack.

**10 MIN ANGLE UP/ANGLE DOWN**

To work on angling skills and work on positioning to separate puck carrier from the puck

- Δ positions with various gaps from ○ who has the puck
- On whistle, Δ j-skates quickly and controlled and steers ○ in desired direction
- Δ drives body between ○ and puck - aim for the stick shaft
- Separate ○ from the puck

**KEY EXECUTION POINTS**

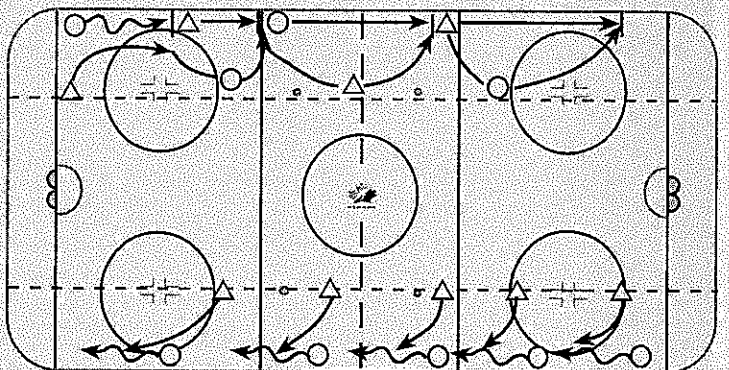
- Inside shoulder just ahead of puck carrier's inside shoulder
- Drive body in front of the puck carrier

**MIN PARTNER BUMP**

No sticks

To develop angling and positioning and to practice the execution of the shoulder or block check

- Players divided into pairs and placed spaciouly around the ice without sticks
- ○ against the boards, Δ by the faceoff dots
- ○ moves slowly along the boards while Δ angles and closes the gap
- Δ makes chosen body check then moves slowly along the boards. ○ rolls to the boards, rotates out and becomes the checker

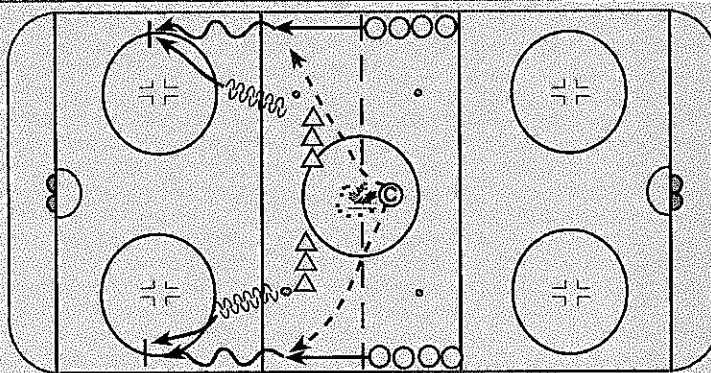
**KEY EXECUTION POINTS**

- Approach under control and at a good angle
- ○ collapses shoulder/body from check, rolls into wall
- Use the terms coil/uncoil as a description of the motion
- Add sticks and pucks, increase speed, add a pin as players become more proficient

**MIN 1 ON 1 BODY CHECKING**

To develop angling skills while working on lateral motion with a turn and go. To practice executing body checks

- ○ starts from behind the redline
- Coach passes puck and at the same time Δ starts backward from face off dot outside the blueline.
- ○ must stay along the boards, Δ angles and makes body check
- Both players go back to respective lines on opposite side of ice from original starting point

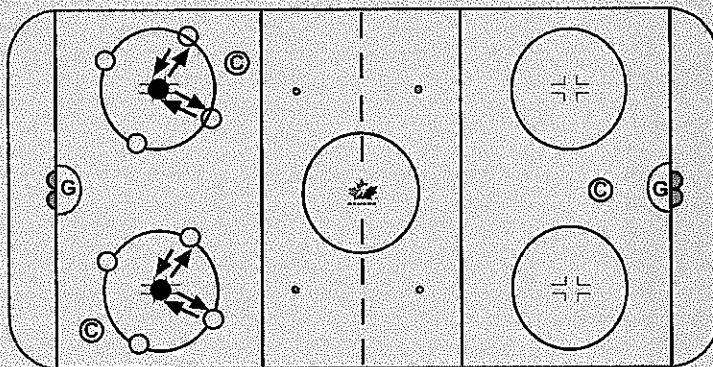


**KEY EXECUTION POINTS**

- Angle, use a controlled approach
- Hard but controlled, timing is key

**MIN CIRCLE BUMP**

- Place 4 players around the outside of the circle with inside foot on the circle and shoulder facing the centre dot
- One player on the dot in the middle of the circle
- On coaches signal, player in middle skates towards any of the players on the outside and tries to bump them off the circle using only the shoulder
- Both players must stay low and use shoulders to absorb hit.
- After player in middle hits each of the players on the outside, change players.



**MIN ANGLING GATE DRILL**

- Split players into 4 groups as shown. Place 4 pylons in the neutral zone as shown
- ○1 starts with puck and skates behind net picking up speed to attack the far net. ○2 leaves at same time and must weave through the pylons in the neutral zone to angle off ○1.
- Both ends go at same time.

