

Atom: Practices 27 & 28

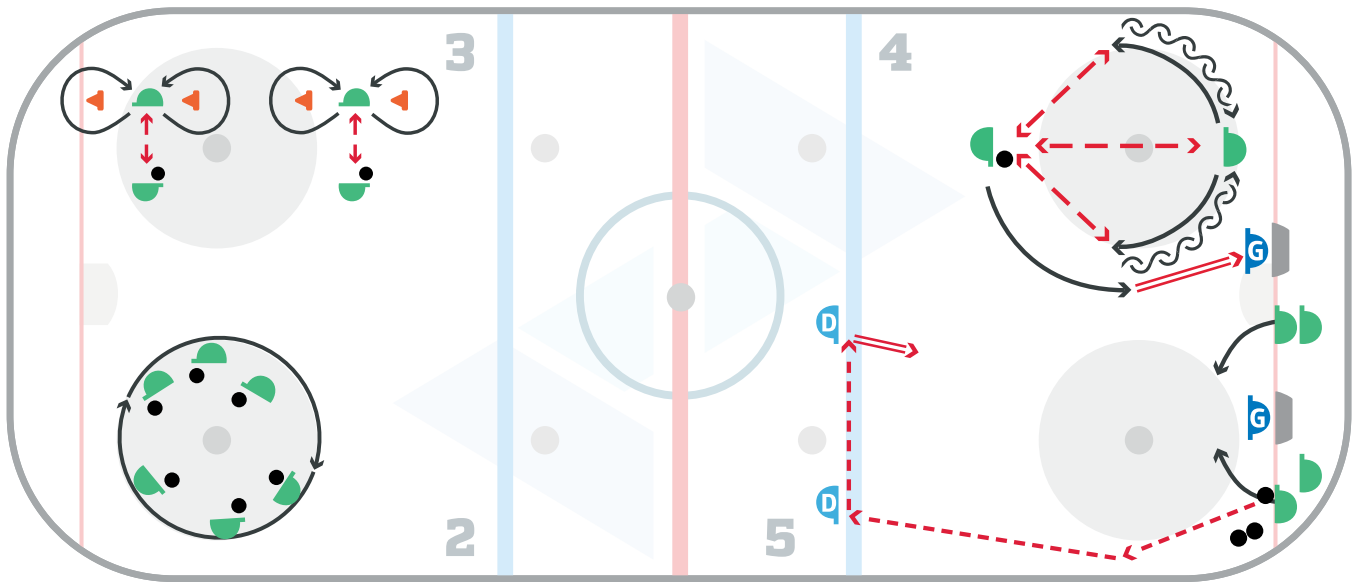
Time: 60 minutes | Theme: Neutral Zone Regroup Options | Equipment: Pucks & 4 cones

Warm-up

Players skate laps around the ice with a puck; a whistle signals the players to make a tight turn towards the boards and accelerate in the opposite direction with three hard strides.

1. The Burning Stick

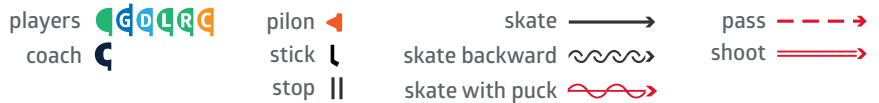
The coach will stand in front of a group of players and use his stick to command the players where to skate (forward, backward, or side-to-side) testing their agility. Once they reach the far blue line, then the next group begins.



Alternate Layouts



Legend



2. Circle Puck Handling

Focus is on confined area puck handling and spatial awareness. Players begin puck handling randomly inside the face-off circle. On the whistle, players leave their puck and complete a lap around the outside of the circle then return to puck handling.

3. Figure Eight Passing

A player completes figure eights by transitioning around the cones and completing one-touch passes in the middle. They will complete five more full laps then change roles with the stationary passer.

4. Pass and Move

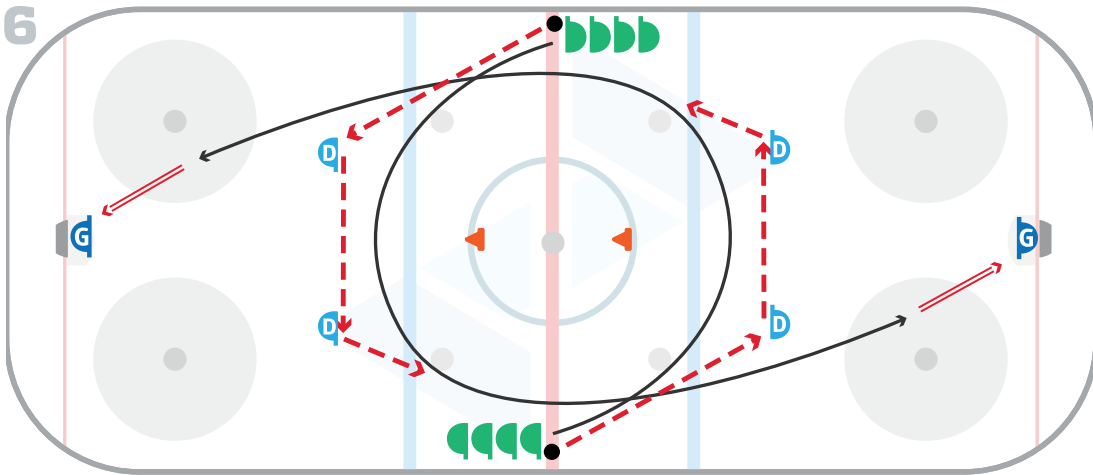
A stationary passer will be appointed to the top of the circle and will complete give 'n' go passes with a player moving along the outside lower half of the circle. On the whistle, the top player skates in for a shot on net.

5. Closing the Gap Two-on-One

The defenseman will pass the puck to one of the two forwards at the blue line, gap up, and defend a two-on-one rush. Encourage creativity from the attackers, an active stick from the defenseman, and rebound control from your goalie.

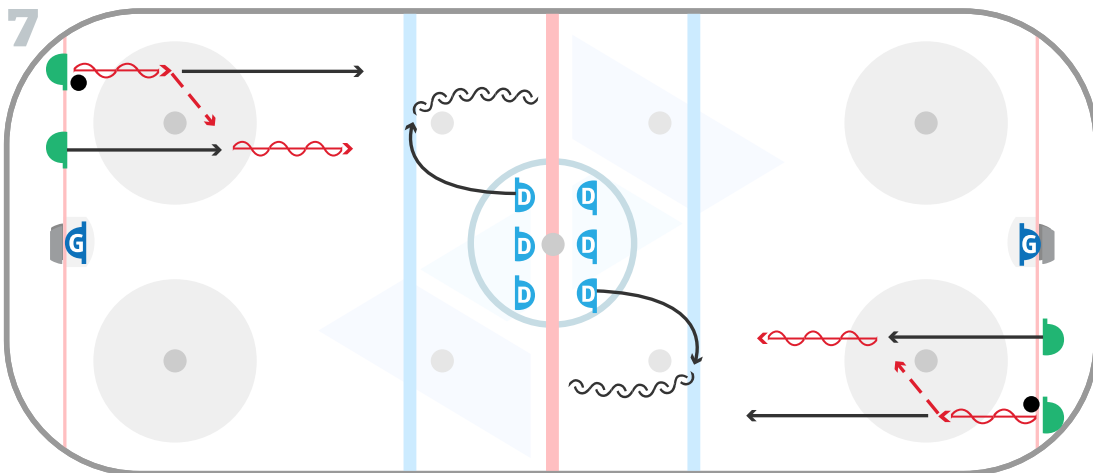
Atom: Practices 27 & 28

Time: 60 minutes | Theme: Neutral Zone Regroup Options | Equipment: Pucks & 4 cones



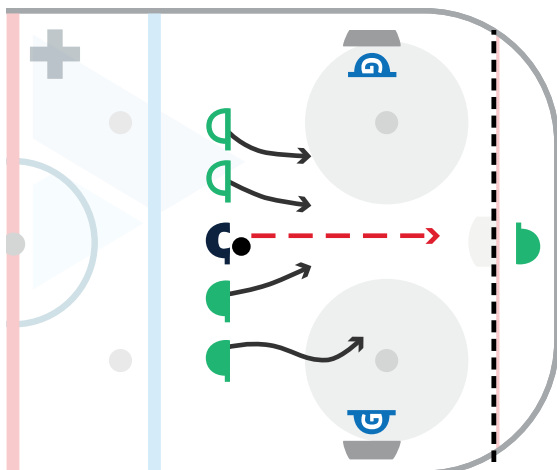
6. Three Option Regroup

Defensemen will simulate neutral zone regroup options by making a D-to-D pass and hitting three different passing options up to the forwards: strong-side winger pass, middle centre pass, or cross-ice weak-side winger pass.



7. Full Ice Two-on-One

Two forwards leave the corner with a puck and attack the far net. A defenseman will step out from the circle ice circle, gap up, and defend the two-on-one rush.



+ Cross-Ice Hockey Single Support

Play 2v2 for 40-second shifts going across ice in the end zone. Select a support player that may only roam below the goal line and each team must first make a pass with the support player before attempting a shot on net. Add an incentive for the players to try harder such as push-ups for the losing team.