



3. Practice Plans – Minor and Major Novice

Atom Transition Plan – Practice Templates

Practice 1 (Introduction)

Player Quantity: Maximum 40 players

Duration: 60 minutes

Coaches Required: 6 minimum

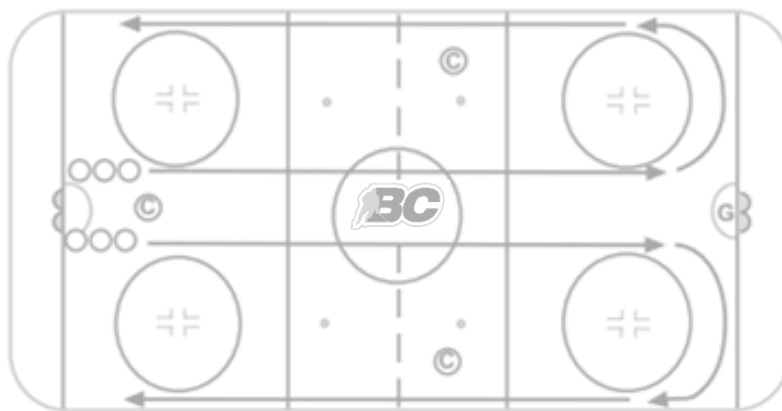
Overall Focus: The focus of this practice should be FUN. Many players will be getting back on the ice after not skating all summer and may need time adjusting to new equipment and simply being back on the ice. Coaches should be patient and understand that some of the gameplay concepts and rules will be new to these players and it will take more than a few practice sessions before they are comfortable and confident.

Drill Name: Skating Warmup (Forward) - [VIDEO](#)

Duration: 5 Minutes

Description:

- Players line up in two (2) lines on the hashmarks.
- Both lines can go at the same time, or each line can alternate, skating down the middle to the far end and then back along the boards.
- Perform each skating skill as shown (knee bend, c-cuts, cross under, etc).
- Coaches should provide feedback on technical execution.



Key Execution Points (KEP):

- Coaches should provide feedback on technical execution.
- Proper body position and use of edges.

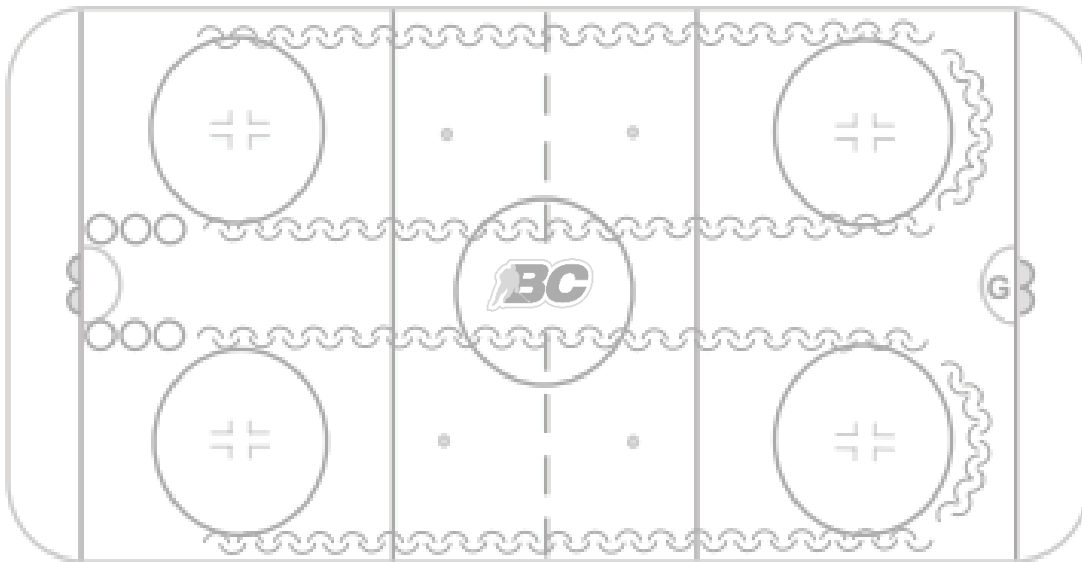


Drill Name: Skating Warmup (Backwards) - [VIDEO](#)

Duration: 5 Minutes

Description:

- Players line up in two (2) lines on the hashmarks.
- Both lines can go at the same time, or each line can alternate, skating down the middle to the far end and back along the boards.
- Perform each backward skill as shown (knee bend, c-cuts, cross under, etc).



Key Execution Points (KEP):

- Coaches should provide feedback on technical execution.
- Proper body position and use of edges.

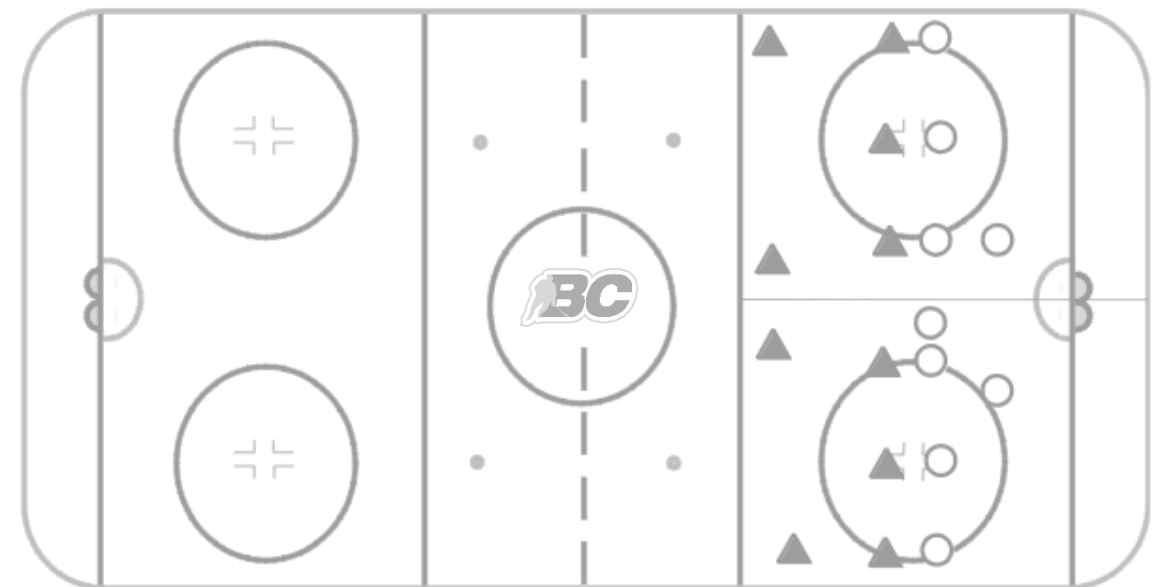


Drill Name: Positional Training – Stoppage and Start of Play

Duration: 25 Minutes

Description:

- Players are put into the standard position for an in-zone face-off.
- Players are explained the scenarios when these face-offs may occur (penalty, icing, goalie stoppage, etc.).
- Players should have the opportunity to play all positions and be given the general concept of their roles/responsibilities on offense and defense (Appendix i).
- Coach drops puck and players compete until a goal is scored or a stoppage occurs.
- Coaches to provide instruction to players while gameplay occurs.
- Puck should not leave zone.



Key Execution Points:

- Stations (half-ice) – Players can be split into two (2) groups and drill can be operated out of both ends.
- Adjusting to various face-off scenarios (additional information in Appendix i).
- Players should understand the roles for all positions in both offensive and defensive zone face-offs.
- Players should be encouraged to ask coaching leads questions of the how to win face-offs as well as their responsibilities on offense and defense.
- Players could be introduced to different special team scenarios.

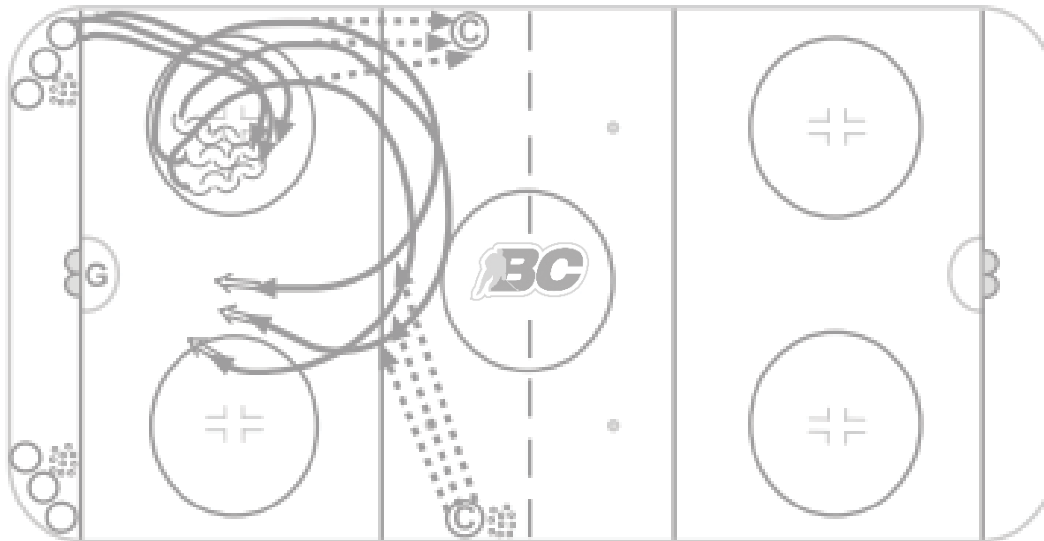


Drill Name: Skate, Pass, Shoot – **Offside Awareness - VIDEO**

Duration: 10 Minutes

Description:

- Players in each corner with pucks, coaches at centre ice red line along the boards.
- On coaches' signal, up to three (3) players leave corner, transition skate around the dot and skate towards blue line, making a pass to the coach on the boards.
- After making the pass, skate into the neutral zone and receive a pass from the coach on the opposite side and go in for a shot on net.
- Players are focused on staying onside.
- Coaches should brief players with what constitutes as an offside.
- Coaches may start with one (1) player performing the drill and progress to three (3).



Key Execution Points:

- Stations (half ice) – Players can be split into two (2) groups and drill can be operated out of both ends.
- Players need to communicate with both coaches.
- Players should ensure they have proper body positioning to accept the pass with feet outside the blue line.
- Players should be reminded that the drill is about accuracy and not going offside rather than speed.

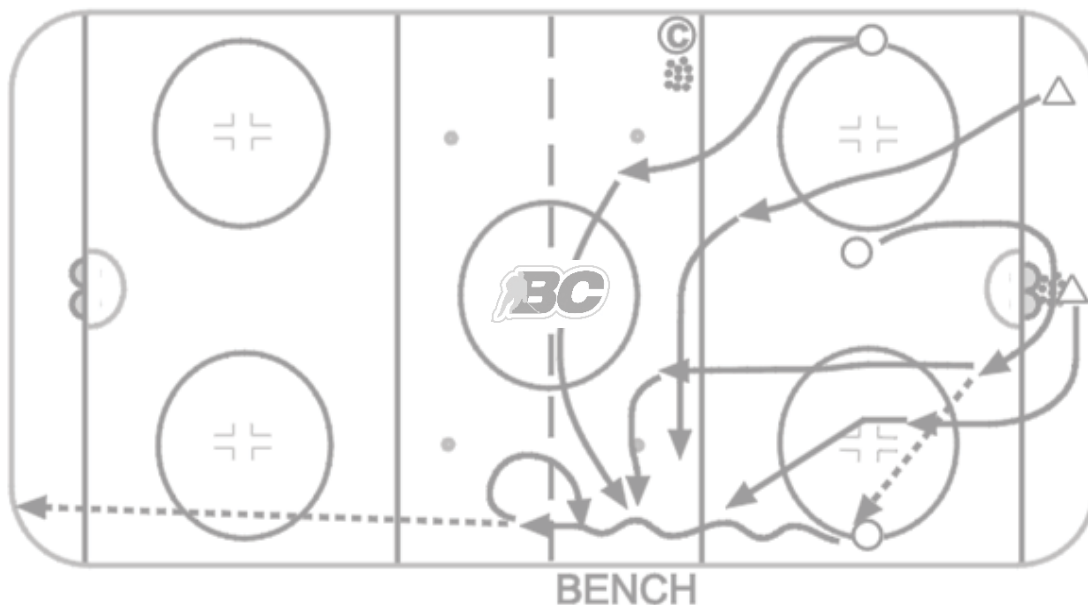


Drill Name: Changing on the Fly – Maintaining Game Flow

Duration: 15 Minutes

Description:

- Five (5) players start the drill in zone face-off position. Remaining players are on the bench.
- Coach spots puck in one (1) of the corners and team executes a simple breakout. Defense to strong-side forward.
- Forward takes puck across the red line, dumps the puck into the opposite corner.
- Once puck is dumped all players hustle to the bench for a line change. Players should rotate through positions to understand which door on the bench to skate to.
- Coaches should be stationed on the ice and on the bench to coordinate the line change.
- Make sure players coming off the ice let the outgoing players out of the gates first.



Key Execution Points:

- Stations (half-ice) – Players can be split into two (2) groups and the drill can be operated out of both ends.
- Players need to cross the centre line before executing dump.
- Players should rotate positions within the line and change at both sides of bench.
- Players should allow ongoing teammates on the ice before stepping onto the bench.