



### Practice 3 (Development)

**Player Quantity:** Maximum 40 players

**Duration:** 60 minutes

**Coaches Required:** 6 minimum

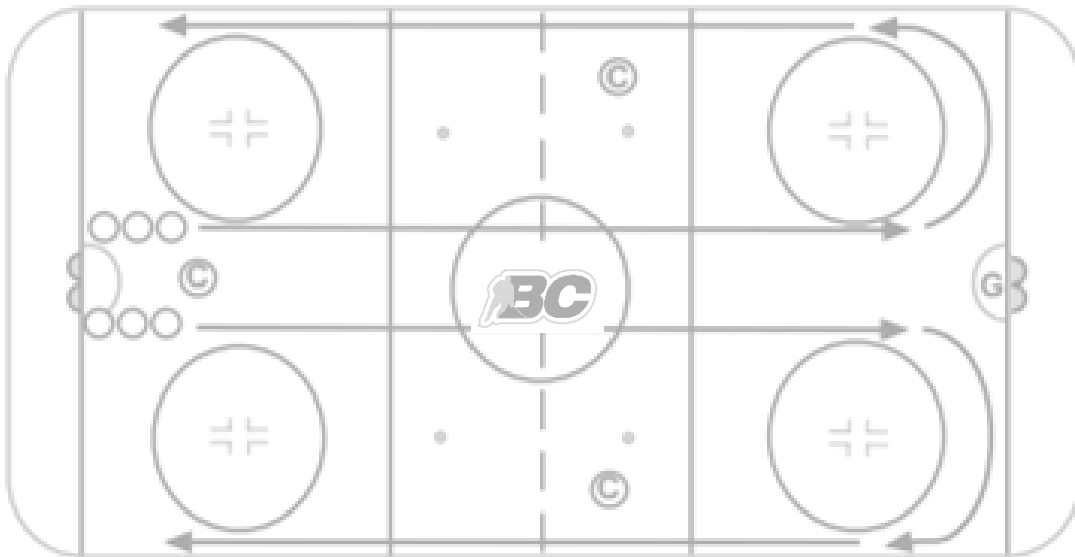
**Overall Focus:** From a players' perspective, they have been given a lot of new information, instructions and gameplay rules so coaches should do their best to gently reinforce the key points of full ice play without being overwhelming. This practice will try and tie the new ideas and execute their new skills to the best of their ability. Coach leads should praise the players for their accomplishments and encourage them to enter the controlled scrimmage portion of the ATP with confidence.

**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).



**Key Execution Points:**

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

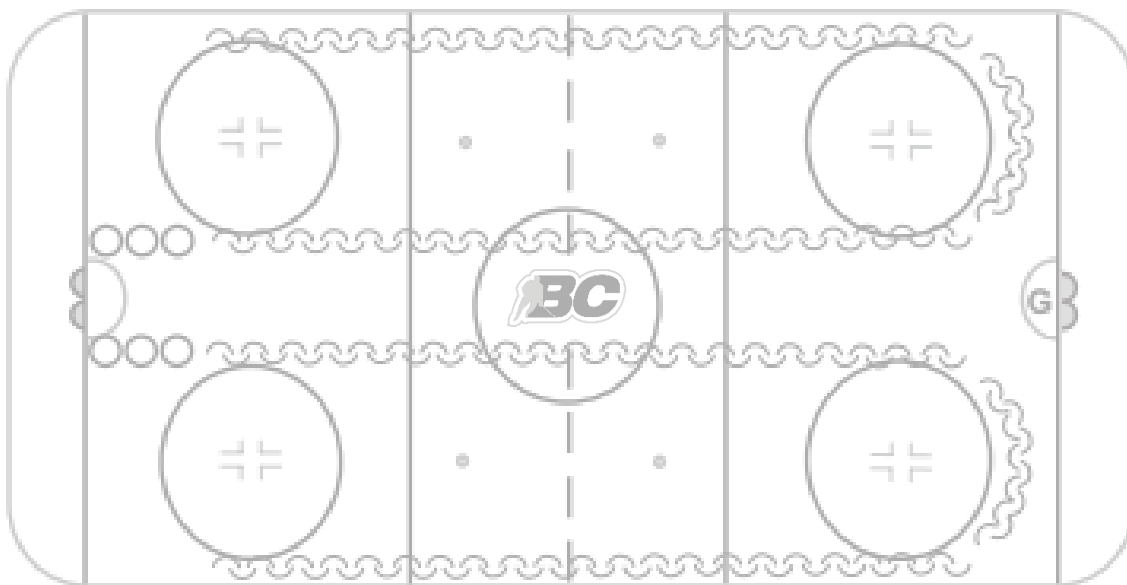


**Drill Name:** Skating Warmup (Backwards) - [VIDEO](#)

**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:**

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

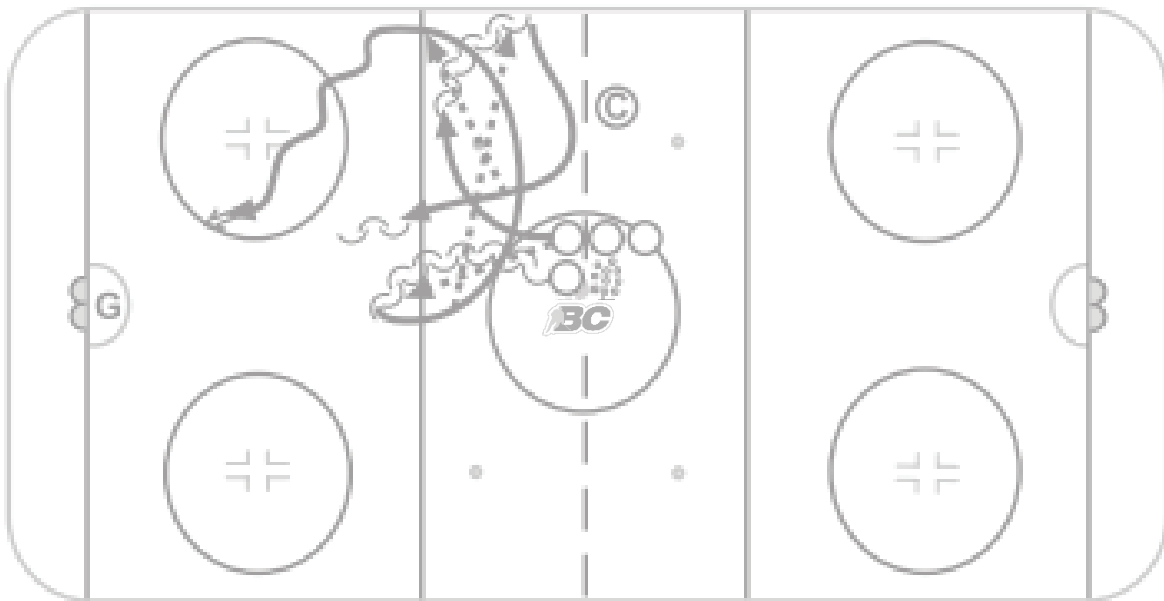


**Drill Name:** Warm Up – Puck Support with **Offside Awareness** - [VIDEO](#)

**Duration:** 10 minutes

**Description:**

- Transition drill, while puck handling.
- Players pivots, steps up and passes outside the zone to the next player in line.
- Once outside the zone, player receives pass back and goes back into the zone for a shot.
- Players must ensure that they remain onside.
- Passer must not pass the puck to an offside player.



**Key Execution Points:**

- Stations (half-ice) – Players can be split into two (2) groups and drill can be operated out of both ends.
- Coaches should encourage players to take their time with this drill and not rush the passes.
- Players should pivot the proper direction against the wall to open for the final pass.
- Both passer and skater need to be aware of the blue line and complete an onside pass.

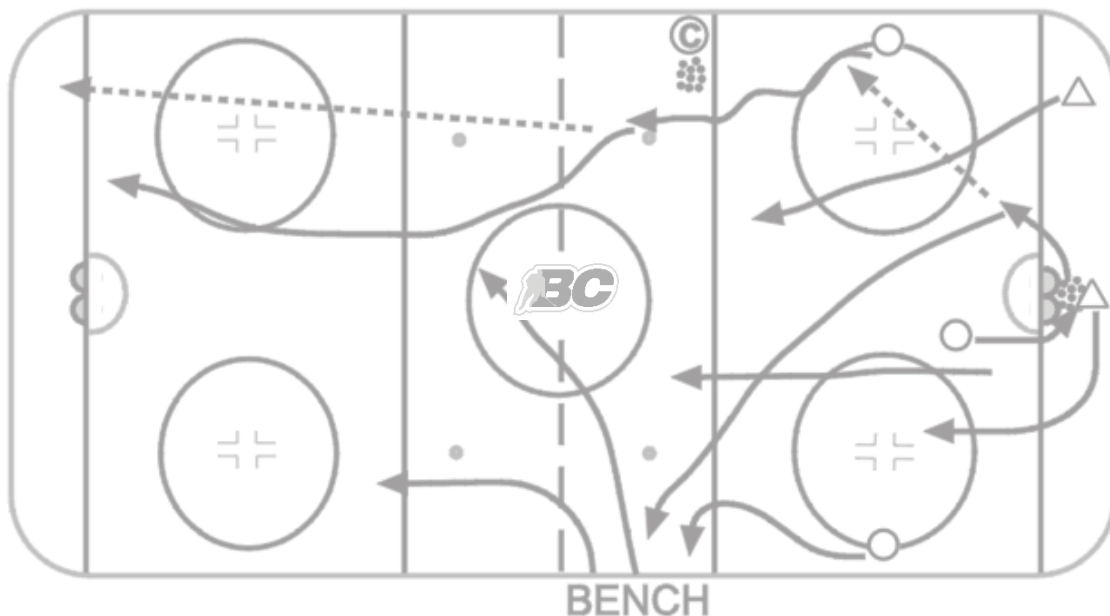


**Drill Name:** Puck Pursuit and Change – **Maintaining Game Flow**

**Duration:** 15 minutes

**Description:**

- Five (5) players start in centre ice face-off position (both sides running at the same time).
- Players need to be aware that the drill is being run from both sides of the ice and using both benches. Ensure they have their head up.
- Players should rotate through each position on the ice.
- Coaches are stationed on each blue line and each dump a puck into a corner signifying the start of the drill.
- Players execute a simple breakout (defense to strong side winger on half wall).
- Forward has the option to pass to the centre or carry puck to the red line.
- Player with possession of the puck crosses the red line and dumps the puck in and follows up in pursuit.
- The remaining four (4) players change on the fly and get into proper support positions.
- Coaches should instruct players where to go.



**Key Execution Points:**

- Stations (half ice) – Players can be split into two (2) groups and drill can be operated out of both ends.
- Player who dumps the puck should pursue with the intent to save time for new teammates to support them.
- Players should rotate positions and change in each gate.
- Players should allow teammates on the ice before stepping on the bench.
- Players should keep their heads up as up to 10 players will be changing through the neutral zone.



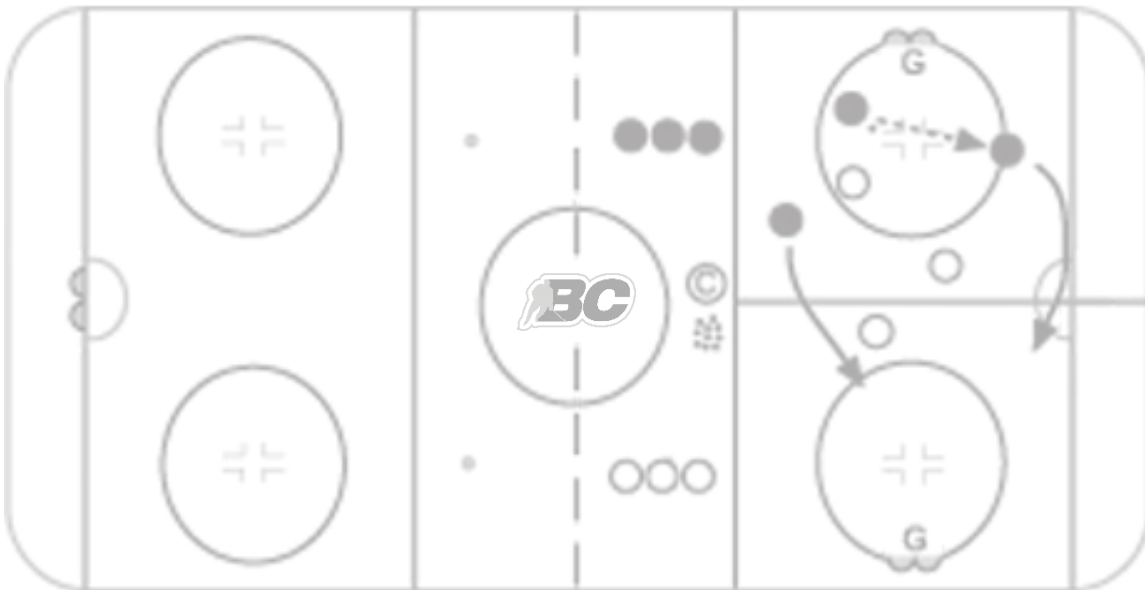


**Drill Name:** Cross-Ice with Offside - **Spatial and Offside Awareness**

**Duration:** 10 minutes

**Description:**

- Position one (1) net in each face-off circle and play 3-on-3, cross-ice.
- Use a large, heavy-duty marker to create a blue line from the end of the boards to the blue line.
- Cones can be placed at opposite ends of the hand-drawn blue line for an added visual cue.
- Coach shoots a puck into the zone area to begin play.
- Coaches may add a required pass by the attacking team before the blue line.
- Before an attacking team can proceed to other team's goal, the attackers must regroup in their defensive half.
- Once they regroup in their own zone, they can attack on the opposing team, but they must stay onside.



**Key Execution Points (KEP):**

- Stations (half-ice) – Players can be split into two (2) groups and drill can be operated out of both ends.
- Players must be aware of the blue line at all times.
- Players should be encouraged to make one (1) to two (2) passes before proceeding into the offensive zone.
- Players should be reminded to keep their heads up and look for passing options.
- Players should be instructed to communicate with teammates.

**Drill Name:** Brandon Change – All ATP Skills**Duration:** 10 minutes**Description:**

- Players are separated on each bench rotating between all positions (defense and forward).
- Five (5) players from one (1) “team” start at centre ice in proper face-off positions.
- One (1) coach is situated between the blue line and red line, against the wall, with pucks.
- The other coach is situated below the blue lines (opposite end of attack).
- Coach dumps puck into attacking zone, defenders pivot and pickup the pass, then make a simple pass to the strong-side winger who will be positioned on the half wall.
- Forwards break out past the red line with the puck, and pass to other coach. At this time, the defensemen are tagging up and pivoting around the dots outside their blue line.
- Forwards take pass from coach and go in on a 3-on-2 against the defenders.
- Drill ends when a goal is scored or puck changes possession.
- Switch out players for others on the opposing bench.

**Key Execution Points:**

- Stations (half-ice) – Players can be split into two (2) groups and drill can be operated out of both ends.
  - Coaches should be on the bench instructing players on the basics of positioning and offering encouragement
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**Drill Name:** Coaches Choice**Duration:** 5 minutes**Description:**

- Coach lead should bring players together and emphasize the key teaching lessons from the day and end the session with his/her favorite game-based drill.
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**Conclusion:**

With the practice portion of the ATP completed the coaches should debrief players on the concepts, skills and rules that they have learned. Players should be encouraged to continue learning about the game and more importantly, honing their technical skills as the season progresses. Players are now equipped to participate in the controlled scrimmages to put everything they’ve learned together on full ice.