

Atom Player Development Plan

The KDMHA Player Development Plan is based on Hockey Canada Skills Development Programs. A copy of the Hockey Canada Skills Development Programs is available at the North Grenville Public Library (Kemptonville branch) or through the Ottawa District Minor Hockey Association.

Goals for Atom age players are:

- Fun
- Refining of basic skills
- Introduction to team tactics

The following practice time allotment is recommended:

50%	Technical skills
20%	Individual Tactics
15%	Team Tactics
10%	Team Play
5%	Strategy

In teaching any activity, coaches need to remember that there is a progression to teaching any skill, tactic, or play.

There is a consistent approach for teaching a skill, tactic or play:

- i. Explain .why it is important and when it is used.
- ii. Demonstrate slowly so players are able to see it.
- iii. Practice through progression with feedback from the coach.

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Category	Skill	Phase / Plan # / Drill #	Drill Name
Individual Skills			
Skating	Agility, Balance, Coordination	I 1 2 I 2 4 I 6 2 II 2 1 III 3 2	British Bulldog Cross Over Progression Combo Skills #1 Skating Warm-up Skills Circuit (Pass / agility / shot / puck control)
Stick Handling	Open Ice & Confined	I 1 2 I 2 1 I 3 2 I 6 3 III 3 2	5 Puck Keep Away 4 Puck Keep Away Stationary Stick Handling Combo Skills #2 Skills Circuit (Pass / agility / shot / puck control)
Shooting	Wrist, Backhand, Slap	I 5 2 III 2 2 III 3 2	Shooting Circuits Shooting Skills Circuit (Pass / agility / shot / puck control)
Passing Accuracy	Forehand, Backhand, Boards, Drop, Flip	I 2 6 II 3 2 II 3 4 II 3 5 II 4 2 III 1 7 III 1 7 III 1 8 III 3 4 V 5 2	Combo Skate/Pass/Shoot Passing Board Pass #1 Board Pass #2 Flip / Drop Pass Breakout's - Forwards Breakouts - Defense Breakouts - Full Ice 2 Player Headman Passing Skills
Checking	Positioning & Angling	Review Step 1 - Teaching Checking, A Progressive Approach - Hockey Canada	
	Stick Check	Implement Step 2 - Teaching Checking, A Progressive Approach - Hockey Canada	
	Body Contact	Implement Step 3 - Teaching Checking, A Progressive Approach - Hockey Canada	
Goaltender	Refer to appropriate Beginner Level drills from Hockey Skills Development Manual for Goaltenders		
Individual Tactics			
Deking	Change of Pace	I 1 2	5 Puck Keep Away
		I 2 1	4 Puck Keep Away
I 3 4		Offensive Fakes #1	
I 3 5		Offensive Fakes #2	
	Shoulder/head Fake	I 1 2	5 Puck Keep Away
		I 2 1	4 Puck Keep Away

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	Passing/Shooting Fake	I 1 2 I 2 1 I 2 6 I 3 4 I 3 5 III 3 2	5 Puck Keep Away 4 Puck Keep Away Combo Skate Pass / Shoot Offensive Fakes #1 Offensive Fakes #2 Skills Circuit (Pass / agility / shot / puck control)
Net Drive		I 1 2 I 2 1 I 2 6 I 3 4	5 Puck Keep Away 4 Puck Keep Away Combo Skate Pass / Shoot Offensive Fakes #1
Drive Delay		II 1 6 II 1 7 II 2 4	Drive Delay Technical Drive Delay Tactical Drive Delay Efficient
Walkouts		II 2 5 II 2 6 III 3 5 III 3 6	Walkouts / Turn Ups Technical Walkouts / Turn Ups Tactical Below the Dots Drill - 1 on 1 Below the Dots Drill - 2 on 2
Turn Ups		II 2 5 II 2 6	Walkouts / Turn Ups Technical Walkouts / Turn Ups Tactical
Puck Protection		I 1 2 I 2 1 III 3 5 III 3 6 IV 1 3	5 Puck Keep Away 4 Puck Keep Away Below the Dots Drill - 1 on 1 Below the Dots Drill - 2 on 2 Acceleration - Tight Turn Race
Body Position		I 1 2 I 2 1 II 2 7 II 6 7 III 1 4	5 Puck Keep Away 4 Puck Keep Away Body Position Introduction to Defensive Zone Coverage Checking - Defence
Closing the Gap		II 3 6 III 3 5 III 3 6	Closing the Gap Below the Dots Drill - 1 on 1 Below the Dots Drill - 2 on 2
Backchecking		I 4 6 II 4 3 II 4 4	Backchecking Backchecking Tactical Backchecking Efficient
Team Tactics			

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Give and Go		I 6 2 I 6 3 III 3 5 III 3 6 V 5 4	Combo Skills #1 Combo Skills #2 Below the Dots Drill - 1 on 1 Below the Dots Drill - 2 on 2 3 on 0 Shooting Combo
Give and Follow		V 5 3	Passing - 3 Player Weave
Cross		I 5 4 I 5 6 I 6 5 I 6 7 III 3 5 III 3 6 V 5 4	2 on 2 Technical 2 on 2 Tactical 1, 2, 3 Attack Tactical 1, 2, 3 Attack Efficient Below the Dots Drill - 1 on 1 Below the Dots Drill - 2 on 2 3 on 0 Shooting Combo
1,2,3 Attack		I 6 4 I 6 5 I 6 7 II 4 5 II 5 3 III 1 9 V 5 4	Puck Support 1, 2, 3 Attack Tactical 1, 2, 3 Attack Efficient 3 on 2 Efficient #1 1, 2, 3 Attack: 3 on 0, 3 on 1, 3 on 2 Breakouts - Full Ice 3 on 0 Shooting Combo
1/1's		II 3 6	Closing the Gap
2/1's		I 4 7 II 4 4 II 6 7	2 on 1 Backchecking Efficient Breakout / 2 on 1
2/2's		I 5 6	2 on 2 Tactical
3/2's		II 4 5	3 on 2 Efficient #1
Team Play			
Basic Positioning	Defensive Zone	II 6 7 III 1 4	Introduction to Defensive Zone Coverage Checking - Defence
	Offensive Zone	IV 1 6	Transition - 3 on 1 #1
Breakout		II 6 4 II 6 5 II 6 6 III 1 7 III 1 8 III 1 9	Breakout Introduction Breakout Positioning Breakout / 2 on 1 Breakouts - forwards Breakouts - defence Breakouts - full ice

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Forecheck		II 4 7 II 5 5	Forchecking – 2 player pressure Forchecking: Introduce 3 rd Man High
Faceoffs		III 4 3	Faceoff – Defensive Zone
Penalty Killing		IV 2 4 IV 3 7	Penalty Killing #1 Penalty Killing Technical
Transition		III 5 6 III 5 7 IV 1 3 IV 1 6 IV 1 7	Transition – Defence to offence 2 players Transition – Defence to offence 3 players Acceleration – tight turn race Transition – 3 on 1 #1 Transition – 3 On 1 #2