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## 1. Purpose and Goal of the Atom Transitional Plan

### Purpose

The Atom Transitional Plan (ATP) was developed to assist players as they graduate from cross-ice to full-ice hockey. With the game dynamically changing, it was important that this document be developed to best prepare athletes, coaches and Minor Hockey Associations (MHA) to ensure a positive experience at the Atom level.

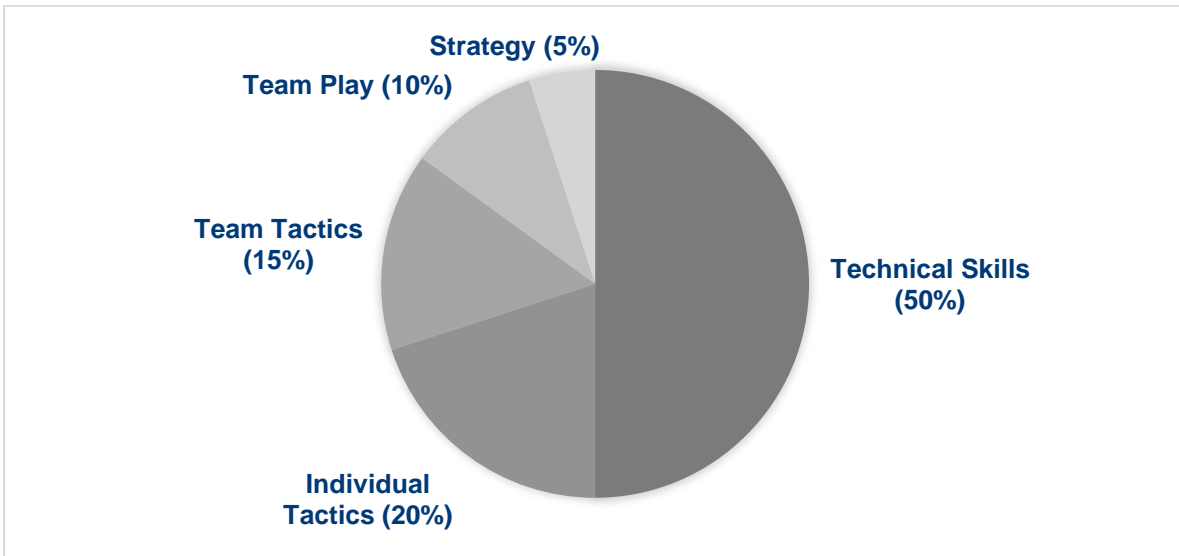
BC Hockey was fortunate to assemble some of the best Long Term Athlete Development (LTAD) and technical hockey programmers in the province and country to devise a transitional plan complete with suggested practice plans, controlled scrimmage instructions and support materials.

### Goal

The goal of the ATP is to ensure that players entering their first year of Atom are equipped with the skills and knowledge to adapt to a full ice surface. These include:

- Stoppage/Start of Play – Foundations of Full Ice Gameplay
- Spatial Awareness – Defensive and Offensive Zone Concepts
- Rule Adjustment – Offside and Icing
- Maintaining Game Flow – Changing on the Fly

The ATP is designed to support the Hockey Canada LTAD model and Atom Skills Manual which sets out the proper development priorities for nine (9) and 10 year old athletes. The Atom program recommends 50 percent technical skills, 20 percent individual tactics, 15 percent team tactics, 10 percent team play and five (5) percent strategy. While the ATP ice sessions emphasize drills and tactics on a full ice surface coaches need to remain invested in technical skill development throughout the season. The ATP is meant to provide a comfortability with the changing surroundings which will foster the development of the other skills charted below:



## 2. Transition and Training Plan

### Transition and Training Plan

The ATP sets out that all first-year Atom players experience a minimum of six (6) ice sessions prior to their Association/Club tryouts as an introduction to full ice rules, strategies and gameplay dynamics. BC Hockey has created a guideline for all six (6) ice sessions as well as additional information and drills for MHA leads to utilize in their own transition plan included in the Appendix.

### Transitional Development Phase (TDP) - Suggested

- Suggested timeline – August 15 – September 15, prior to tryouts, of upcoming season.
- Players should not be placed on teams.
- Minimum of six (6) ice sessions to be scheduled for all first-year Atom players. Second year players can attend at the discretion of the MHA.
- Ice sessions are to be divided as follows:

Session Type	Quantity	Duration	Details
Practice	3	1.0 hour	Maximum 40 players.
Controlled Scrimmage	3	1.0 hour	Maximum of 30 players

- Practice sessions are to be held before the controlled scrimmages to allow players to attain a basic understanding of the new rules and gameplay dynamics before entering full ice gameplay.
- Practices and instructional games should be led by MHA coach leader(s) and head coaches in both Novice and Atom. BC Hockey cross ice leads are also available to assist with the transition process.





- Three (3) template practice plans as well as three (3) controlled scrimmages with suitable progressions have been designed for MHA use.



### 3. Practice Plans

#### 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.

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

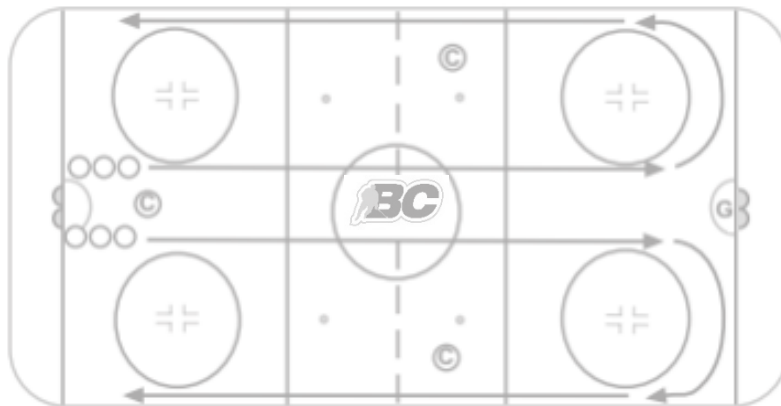
**Duration:** 5 Minutes

**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):**

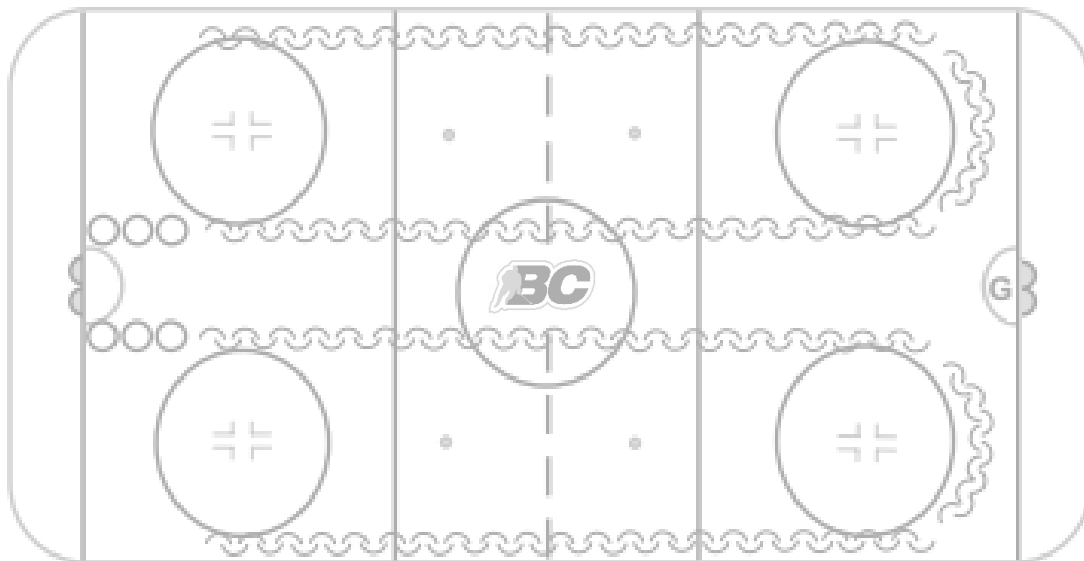
- Coaches should provide feedback on technical execution.
- Proper body position and use of edges.

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

**Duration:** 5 Minutes

**Description:**

- Players line up in two (2) lines on the hash marks.
- 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**

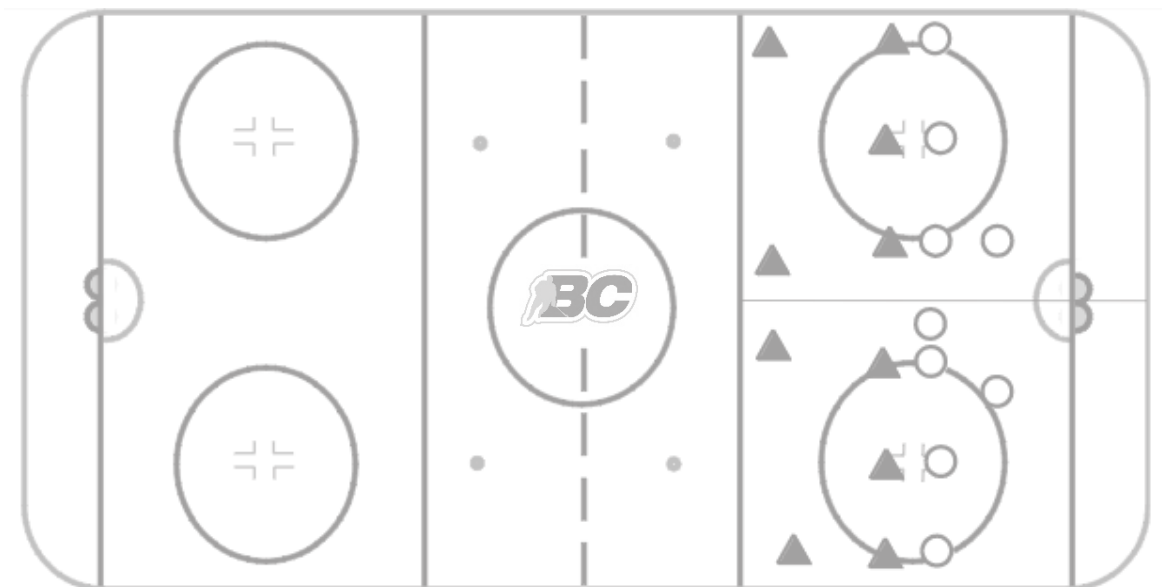
**Duration:** 25 Minutes

**Description:**

- Players are put into the standard position for an in-zone faceoff.



- Players are explained the scenarios when these faceoffs 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 faceoff scenarios (additional information in Appendix i).
- Players should understand the roles for all positions in both offensive and defensive zone faceoffs.
- Players should be encouraged to ask coaching leads questions of the how to win faceoffs 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](#)**



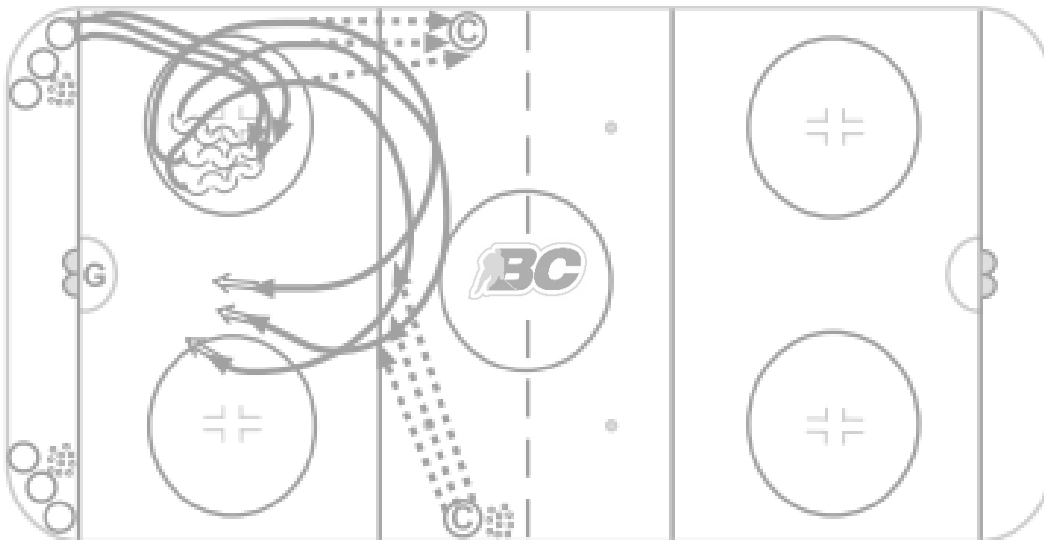




**Duration:** 10 Minutes

**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.



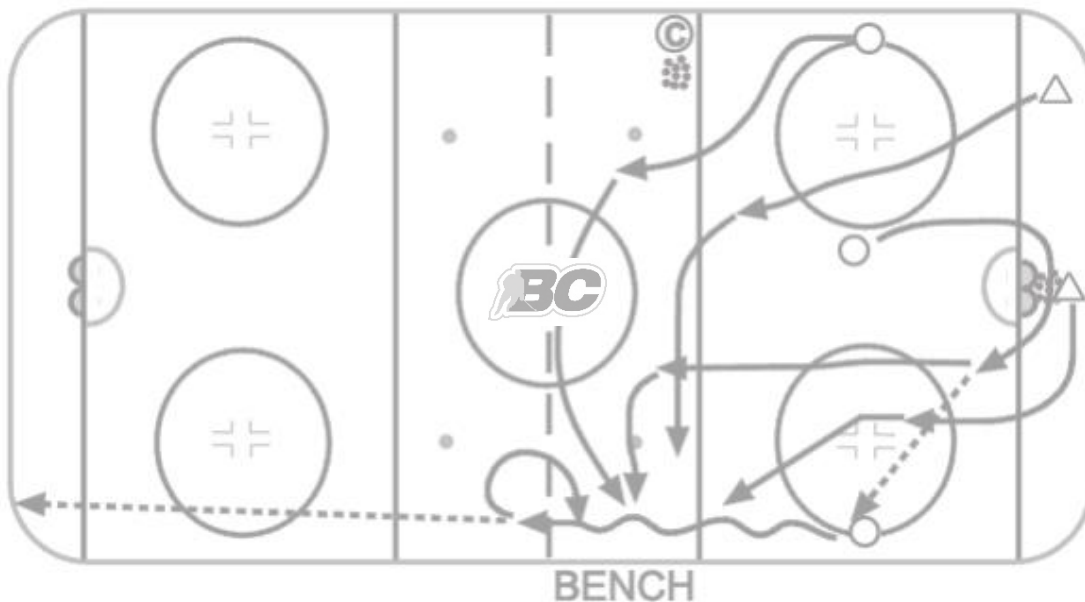


**Drill Name:** Changing on the Fly – Maintaining Game Flow

**Duration:** 15 Minutes

**Description:**

- Five (5) players start the drill in zone faceoff 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.



## Practice 2 (Learning)

**Player Quantity:** Maximum 40 Players

**Duration:** 60 minutes

**Coaches Required:** 6 minimum

**Overall Focus:** The focus of the second ice session is to refine the tactics and positioning learned in the first session as well as introduce a few new gameplay concepts. Players should be given a de-brief from their last ice session and informally quizzed on the rules of full ice gameplay (icing and offside). Coaches need to be patient and be supportive to create the best environment for learning.

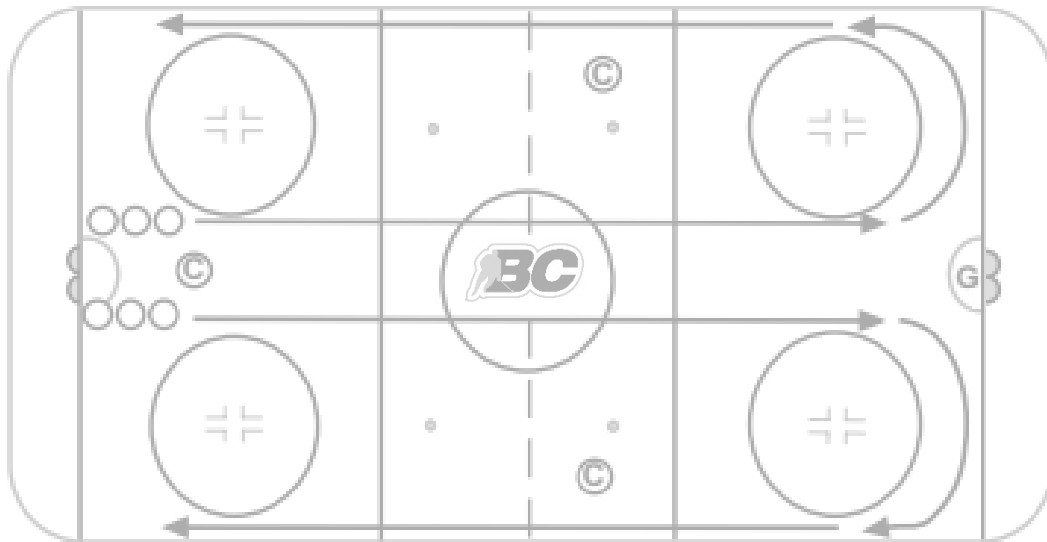
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**Drill Name:** Skating Warmup (Forward) - [VIDEO](#)

**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 (KEP):**

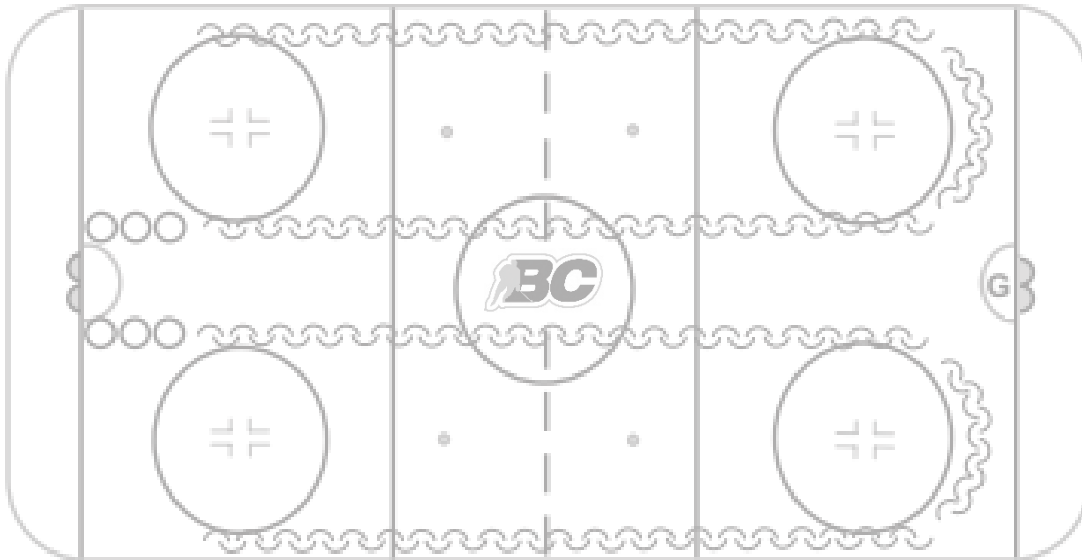
- Coaches should provide feedback on technical execution.
- Proper body position and use of edges.

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

**Duration:** 5 Minutes

**Description:**

- Players line up in two (2) lines on the hash marks.
- 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.

**Station A**

**Drill Name:** Skate, Pass, Shoot – **Offside Awareness** - [VIDEO](#)

**Duration:** 10 Minutes

**Description:**

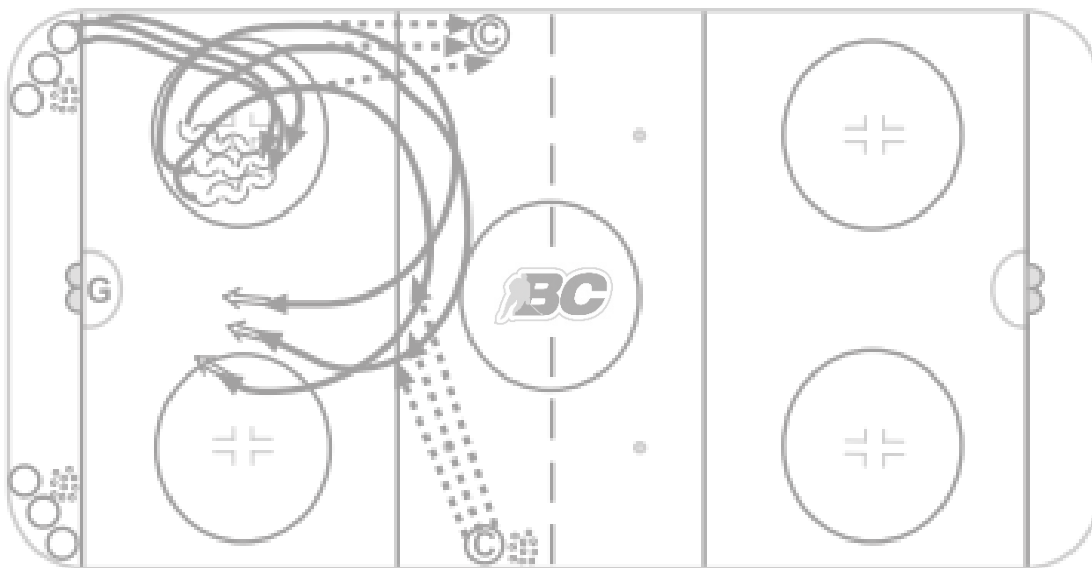
- Players in each corner with pucks, coaches at the centre ice red line along the boards.







- 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.



### 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 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.

### Station B

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

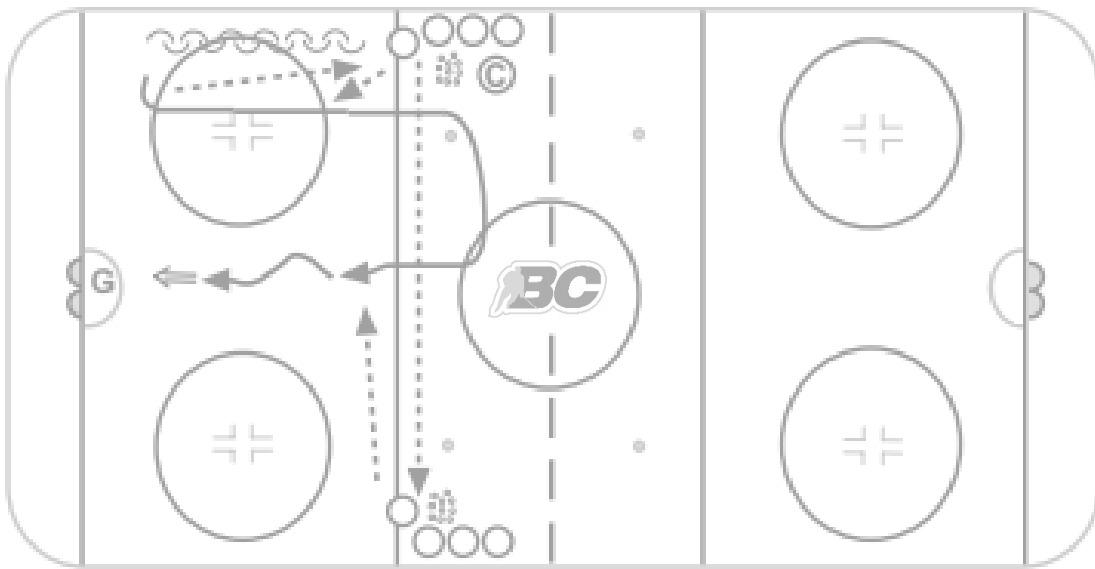
**Duration:** 10 Minutes





**Description:**

- Players line up on blue line on both sides of the ice.
- First player in line skates backwards and one (1) touch passes to the second player in line.
- At bottom of circle, first player stops, and skates forward, still one (1) touch passing.
- Player then swings into the neutral zone, and second player passes cross ice to far blue line, first player then skates into zone, gets a pass from far side and finishes with shot on net.
- Alternate sides.
- Players must remain inside.



**Key Execution Points (KEP):**

- Stations (half ice) – Players can be split into two (2) groups and drill can be operated out of both ends.
- Proper passing and receiving technique should be emphasized.
- Players must communicate with passers and vice-versa.
- Skater must save ice through the neutral zone and accept pass before the blue line.

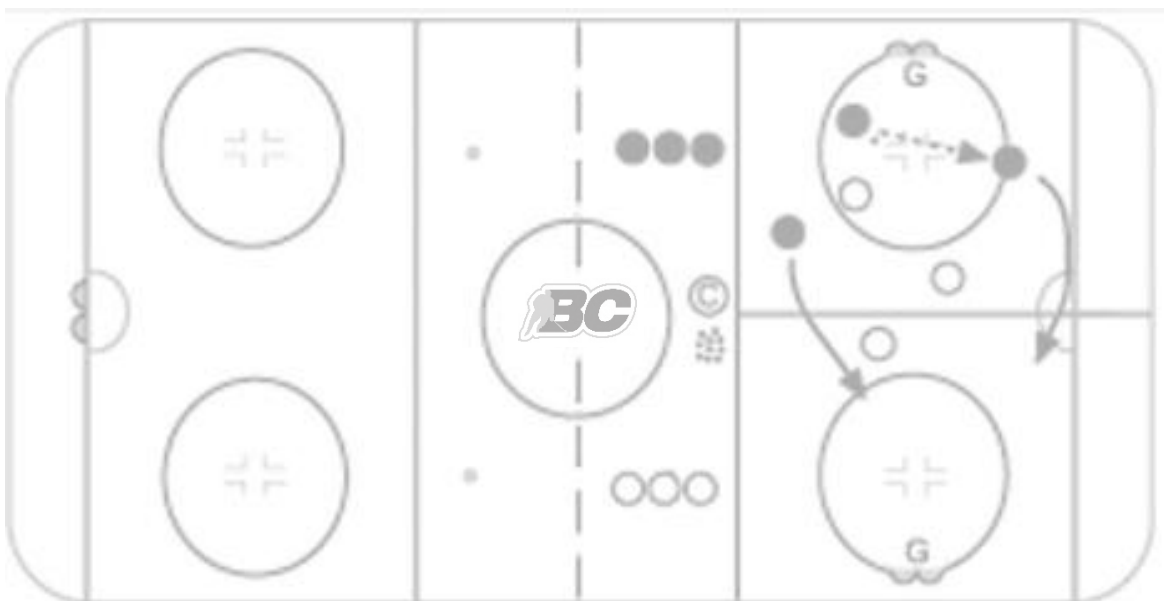
**Drill Name:** Cross Ice with Offside – **Spatial and Offside Awareness**



**Duration:** 10 Minutes

**Description:**

- Position one (1) net in each faceoff 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.

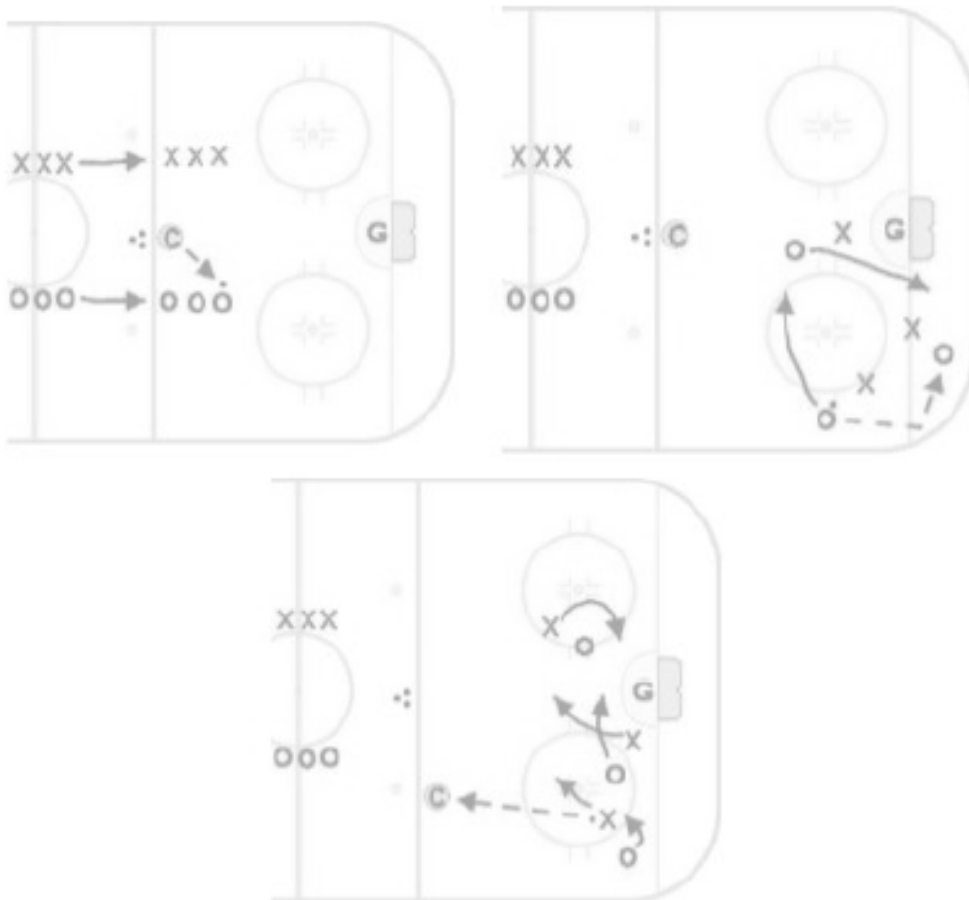


**Drill Name:** 3-on-3 – Transition – **Spatial Awareness**

**Duration:** 10 Minutes

**Description:**

- This drill will simulate a breakout, with a pass to a supporting player. Or, offensively using the defense to create opportunities.
- Coach can decide whether the game is 3-on-3, 4-on-4 or 5-on-5.
- Players are lined up outside the zone. Coach decides how many players are sent in on each side.



**Key Execution Points:**

- Stations (half ice) – Players can be split into two (2) groups and drill can be operated out of both ends.





- The coach acts as the support player (or breakout option).
- Offensive team should move throughout the zone looking to create scoring opportunities. Coaches can discuss the cycle play (additional information can be found in Appendix ii).
- Upon forcing a turnover, the defensive team must create space and pass the puck to the coach on the blue line. They now become the offensive team.

**Drill Name:** Full Ice Game

**Duration:** 10 Minutes

**Description:**

- Coaches divide players into equal numbers and have them play a full ice game.
- At least one (1) coach must be on each bench to coordinate line changes and add instructions for changing on the fly (additional information can be found in Appendix iv)
- The coach on the ice should call all on ice rules (icing, offside and penalties).
- Players should be instructed to stop on the spot when the whistle is blown for instructional guidance from the coaches.
- Coaches should review the controlled scrimmage guideline for pointers on how to operate this drill.

**TIMEOUT – Additional Ideas to introduce players to full ice concepts and rules.**

Skill	Ideas for Players
Stoppage and Start of Play	Watch NHL, WHL or Junior Hockey games NHL Video Games Hockey Canada Website Gymnasium/dry floor sessions
Spatial Awareness	Watch NHL, WHL or Junior Hockey games NHL Video Games Hockey Canada Network App (Skills Development and Coaching) Gymnasium/dry floor sessions
Rule Adjustment	Hockey Canada Officiating Program (HCOP)
Maintaining Game Flow	Coaches quiz on proper line changes – coaches can create questions on timing and responsibility.



### 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.

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**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:**

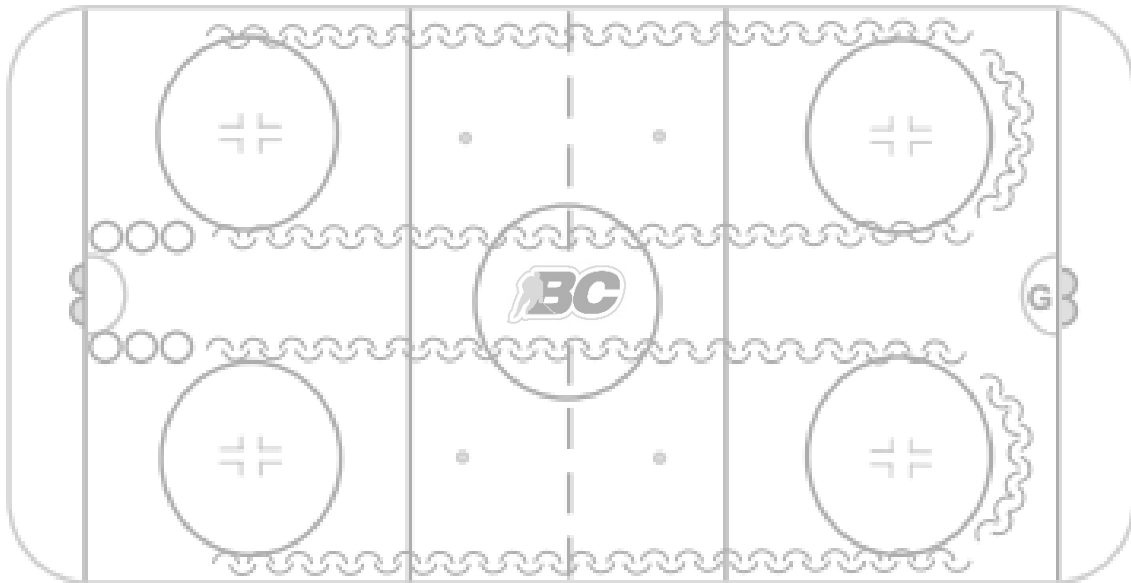
- Coaches should provide feedback on technical execution.
- Proper body position and use of edges.

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

**Duration:** 5 minutes

**Description:**

- Players line up in two (2) lines on the hash marks.
- 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

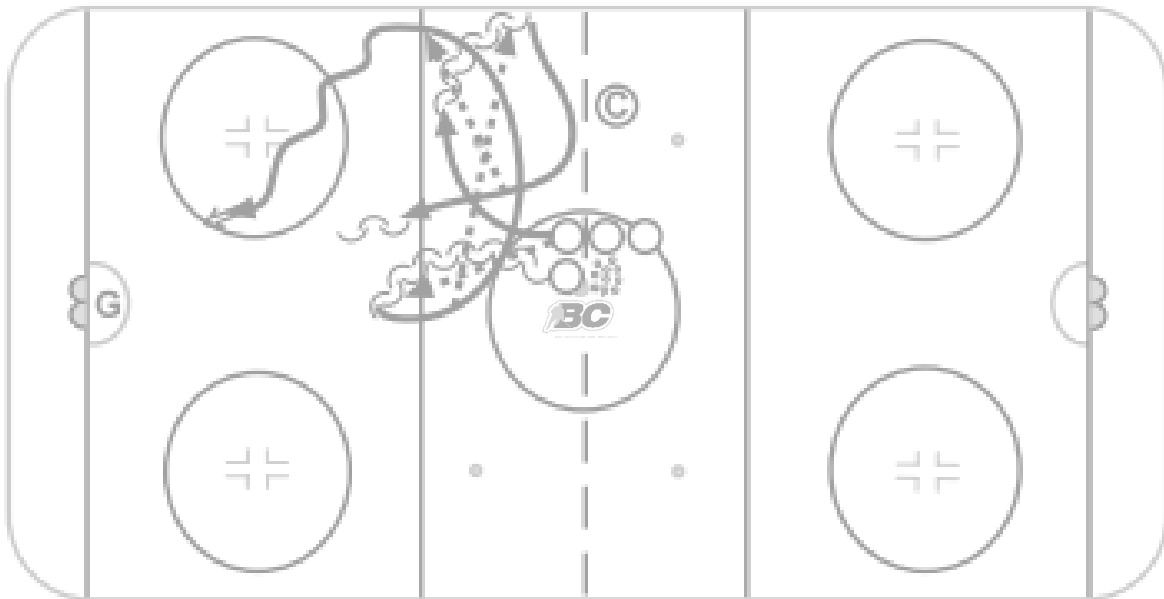
### Description:

- 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 inside.
- 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**

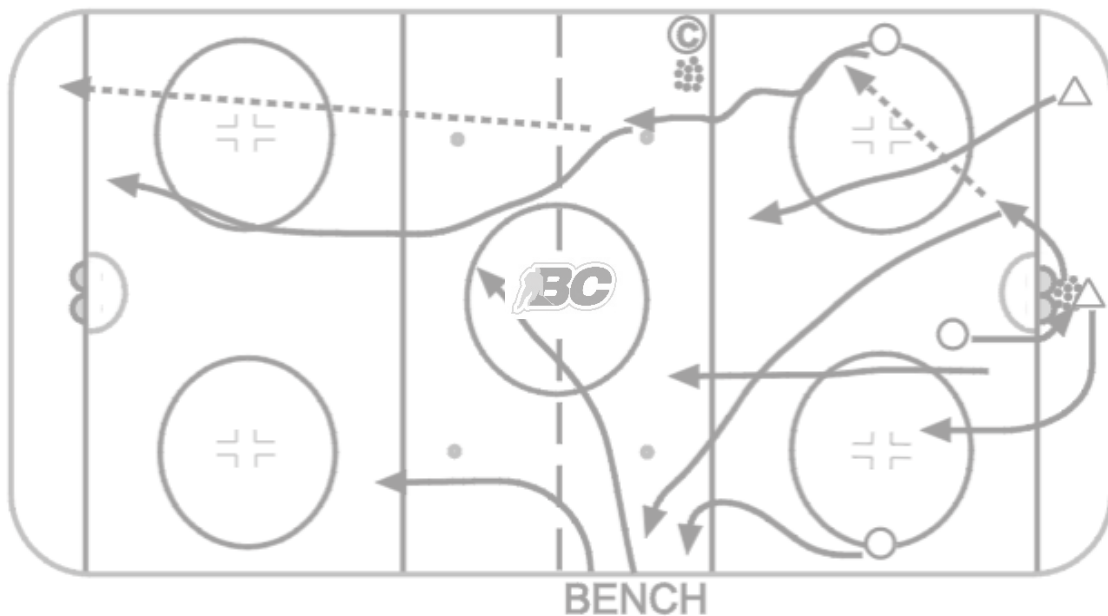
**Duration:** 15 minutes

**Description:**





- Five (5) players start in centre ice faceoff 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**

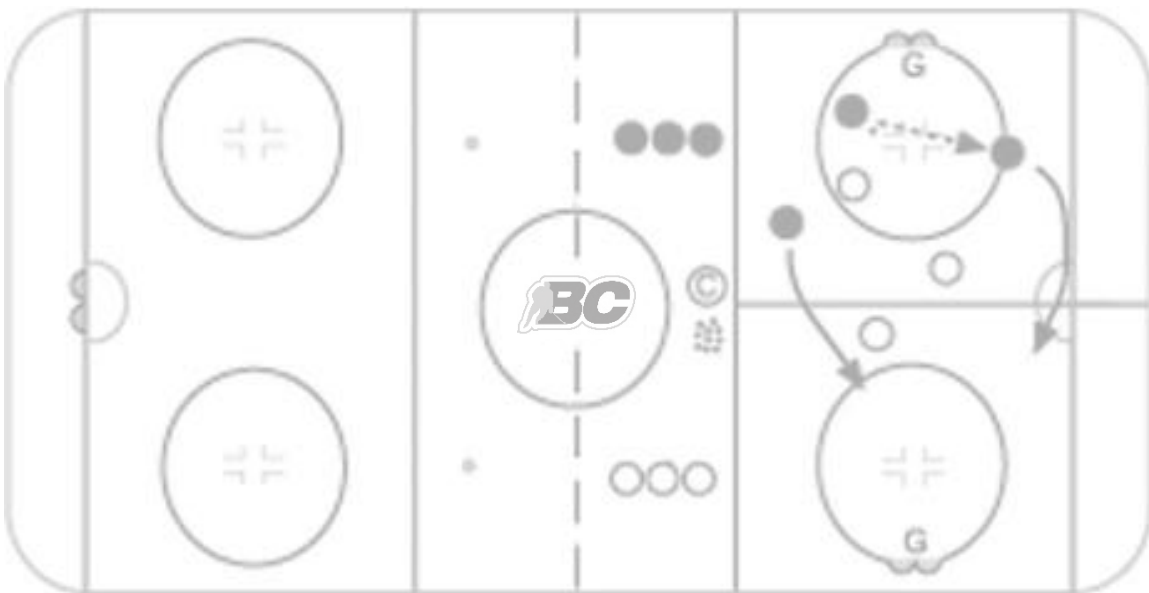




**Duration:** 10 minutes

**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 the 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 faceoff 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
- 

**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.
- 

**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.





## 4. Controlled Scrimmages – Information and Progression

### Controlled Scrimmages

One of the key elements of the ATP is running controlled scrimmages with a group of first year Atom players. This will acquaint them with hockey on the full ice surface and allow them to understand the rules and gameplay dynamics in a stress-free and fun environment.

#### Why controlled scrimmages?

- Because drills alone are teaching one (1) or two (2) skills, and at most one (1) decision.
- Can impact more players at a time.
- Is real-time instruction and players can experience different positions.
- Put players in a situation that is less structured and controlled than a normal game. This removes any performance pressure and will allow players to focus on the learning objectives.

**Number of Ice Sessions:** Minimum of three (3)

**Length of Ice Session:** Minimum of one (1) hour per session.

#### Gameplay Logistics:

- Referees are optional
  - If referees are assigned to these games they should understand the intent of the ice session which is player education. The spirit of the referees job in these games is to assist the coaches with the teachable moments. Providing the time and opportunity for the coaches to reinforce the teachable components is imperative.
- No scores kept
- No scoresheets
- Minimal penalties called

#### Coach/MHA Focus Points:

- Icing
- Offside
- Positional Play
- Faceoff Positions/On-Ice Landmarks

#### Quantity of Players:

- Maximum 30 players, 4-6 units of five (5) players (total).
- Three (3) units on each team.
- One (1) unit from each team on the ice, two (2) on the bench.





- Players rotate positions within each unit.

**Ice Session/Jamboree Coordinator:**

- MHA's may choose to appoint a game/jamboree coordinator to arrange the ice sessions and manage the logistics, such as:

Scheduling    Team Composition    Jerseys    Parent Education

- We encourage MHA's and jamboree coordinators to work with the District IP/cross ice leads in their District on these ice sessions. Their contact information is located on the final page of this document.

**Coach Duties:**

- Two (2) or three (3) coaches behind each bench.
- Two (2) or three (3) coaches on the ice with whistles.
- Players must stop where they are when the whistle is blown.
- Coaches should familiarize themselves with the key instructional points located in the appendix documents.

**Key Instructional Points:**

- Rules based – icing, offside
- Positioning – offensive zone, defensive zone
- Changing on the fly – proper line change strategies

**Suggested Progressions for Controlled Scrimmages:**

Scrimmage Number	Focus Points
1	Offside, Icing
2	Changing on the Fly
3	Offensive and Defensive Tactics



## 5. Stakeholder Groups and Learning Outcomes

Stakeholder Group	Learning outcomes	Resources
Players	Gameplay strategies Positioning Rules for hockey on a full ice surface.	Atom Transitional Plan Hockey Canada Drill Hub Hockey Canada Network App Cross Ice Officiating Guideline
MHA Head Coaches	Instructional points Practice plans Resource support for instructing the ATP	Atom Transitional Plan Hockey Canada Drill Hub Hockey Canada Network App Instructional WebEx IP/Cross Ice District Leads
Minor Hockey Associations	Knowledge of ATP	Atom Transitional Plan Hockey Canada Drill Hub Hockey Canada Network App Instructional WebEx IP/Cross Ice District Leads

### BC Hockey Cross Ice District Lead Resources:

The contact list for the BC Hockey Cross Ice/District Lead position is located on the [BC Hockey website](http://www.bchockey.net).

### BC Hockey Office

250-652-2978

info@bchockey.net

[www.bchockey.net](http://www.bchockey.net)





## 6. Appendix

BC Hockey is proud to produce the following appendix documents to support the ATP. The intent of these documents is to provide coaches and MHA leads with additional resources on the four (4) focus items identified by our ATP group:

- [i. Stoppage and Start of Play – Foundations of Full-Ice Game Gameplay](#)
- [ii. Spatial Awareness – Defensive and Offensive Zone Concepts](#)
- [iii. Rule Adjustment – Offside and Icing](#)
- [iv. Maintaining Game Flow – Changing on the Fly](#)