

OHA U18 PREP RED

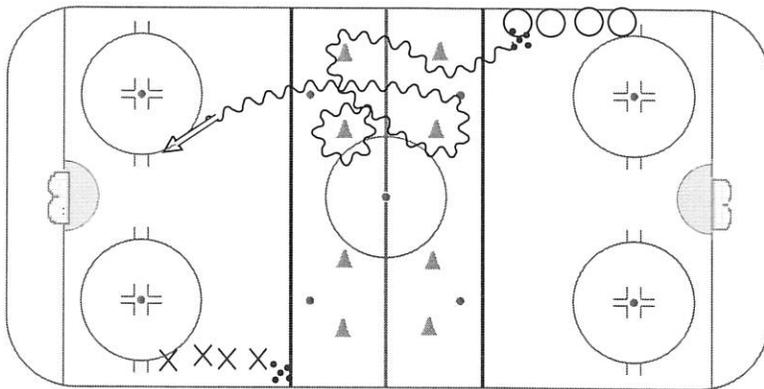
Date: DOTWC 2021
 Time: Craig Bedard
 Rink: _____

Focus:

Title : Individual Skill - Puck Protection Tactical: _____ Skills : _____

Description

Players and cones as drawn.
 On whistle:
 1. Player protects puck and moves quickly around each of the four cones then drives in and shoots in stride.
 2. Player moves around cones with pressure from second player (Do not steal puck).
 3. Player moves around cones and 2nd player tries to strip puck and score.

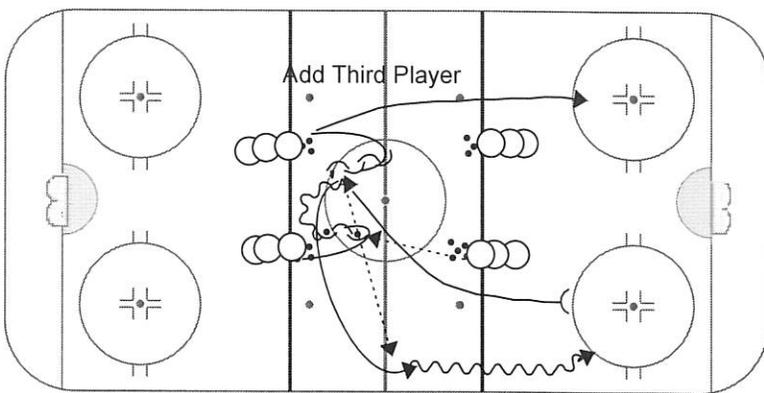


Key Points :

Title : Team Skill Warm Up Transition At Tactical: _____ Skills : _____

Description

Players in line with edge of circle and inside BL.
 To start 2 players hard to RL and pivot to the inside.
 One player receives pass from opposite line and carries puck to middle. Other player goes behind puck carrier and skates wide to boards. Transition and attack.
 Work all attack options. Can add a third player.

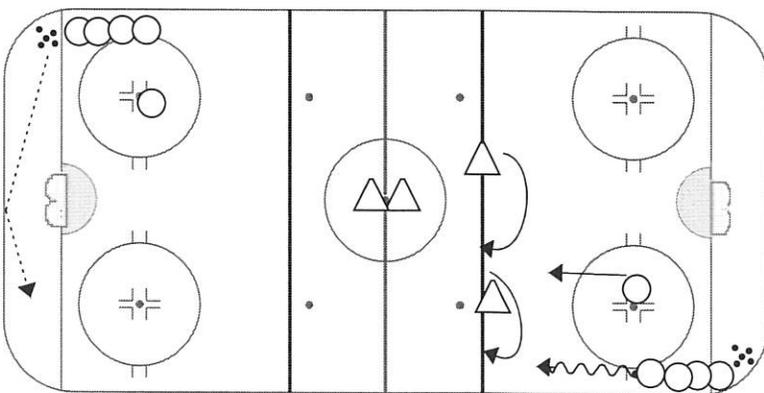


Key Points :

Title : Team Play 2 vs 2 Drive and Battle Tactical: _____ Skills : _____

Description

01 - 02 Attack D1 and D2 2 vs 2. D surf and slide defending rush with good gap. 01 and 02 drive puck up wall and with good middle support get puck behind D. Live 2 vs 2.
 On whistle one of the 0's retrieves spotted puck from corner and moves it low to high for 2nd shot from two new D stepping in. 2 vs 2 low to the net. Defending D establish battle early and box out.
 On next whistle 03 and 04 attack D that just shot.



Key Points : D Surf Fwds work to support Create 2 vs 1 on D

Title : Small Area Game

Tactical: _____

Skills : _____

Description

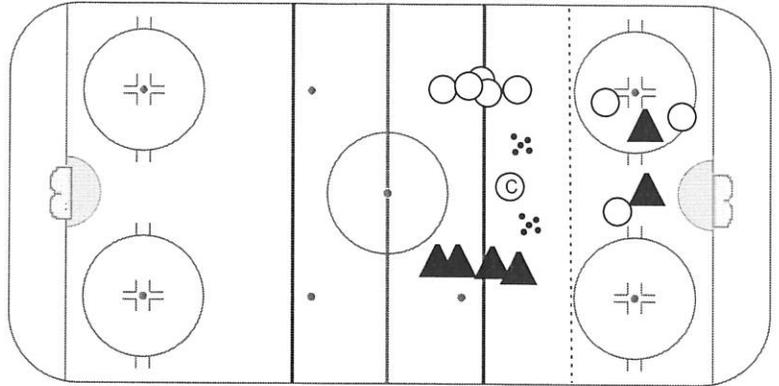
Play below tops of circles. Fwds vs D vs G.

D must carry puck out - 1 point

G must freeze - 1 point

Fwds must score - 1 point

Play 30 - 40 sec shift.



Key Points :

Title : _____

Tactical: _____

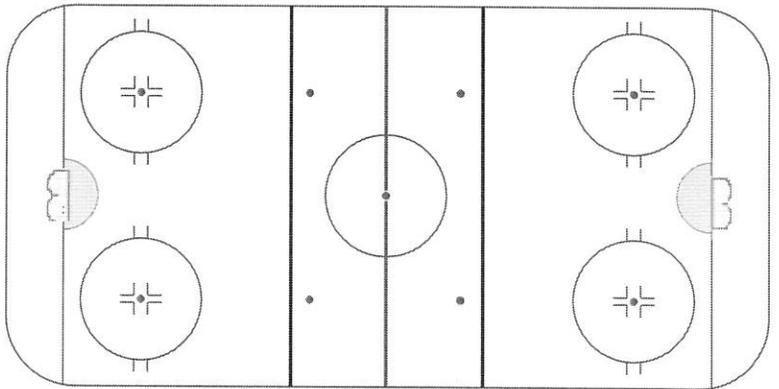
Skills : _____

Description

Recommended Book

The Hard Hat - Jon Gordon

Great book that discusses the important qualities of being a good teammate.



Key Points :

21 Ways to Be a Great Teammate

The
Hard Hat



A True Story

JON GORDON

*Bestselling author of *The Energy Bus**

Foreword by JEREMY SCHAAP

Bestselling Author and Emmy Award-Winning Commentator for ESPN