



OKOTOKS OILERS JUNIOR 'A' HOCKEY CLUB

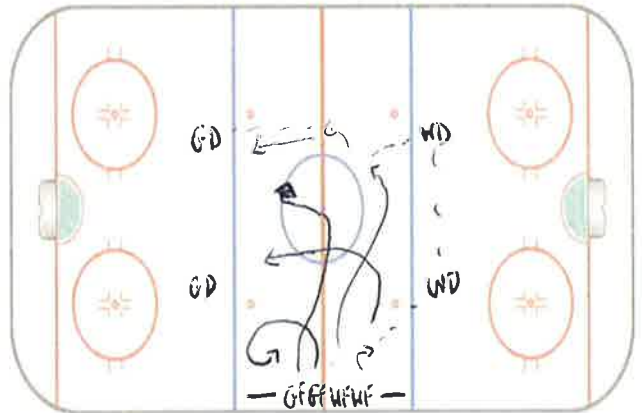
Box 171
OKOTOKS, ALBERTA T1S 1A5

Phone: (403) 995-2255 Fax: (403) 995-2237

DATE / TIME / PLACE: _____ FOCUS: _____

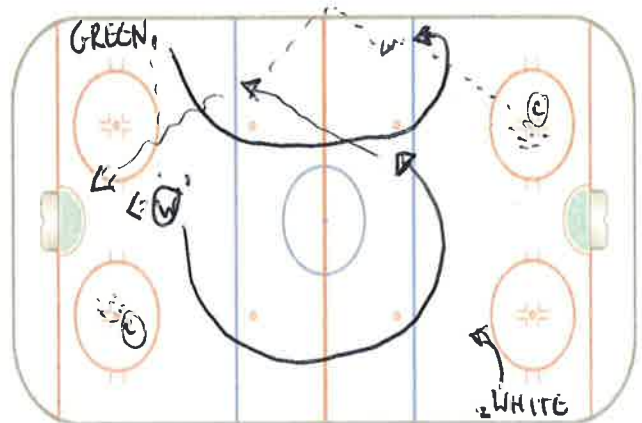
TIME: _____ DRILL: **RANDOM REGROUP**

- Good start to practice to bring intensity + purpose to
- Goalies get w/v shots from extra coach
- 2 GF regroup w/ WD + then pass to GD
- Fore-check GD 50-75% ... 2 GF move feet + support GD (read pressure + open ice)
- GD regroup to GF... pass to WD + 4v... continuous
- 1 puck drill... need players split into 2 colors
- New D switch in after 5-7 reps/regroups



TIME: _____ DRILL: **OILER PINWHEEL**

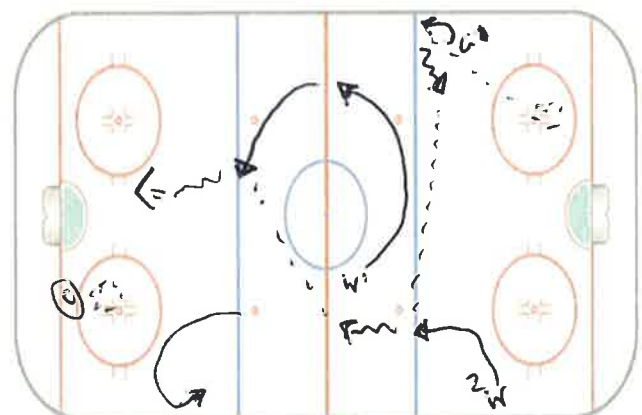
- One end (a) time
- Drill starts w/ shot from slot (W)
- Green player backchecks (thru middle) + opens up on wall... gets pass from (C) in transition + makes direct or chip pass to (W) who supports in middle... shot
- Continuous end-to-end
- G¹ now becomes middle support
- W² now backchecks + opens up on wall...



TIME: _____ DRILL: _____

(PROGRESSION)

- Instead of making middle pass - G¹ steps off wall + under pressure to find new passing cross-ice to W²... who makes pass to W¹ who has to adjust support around puck
- Continuous...



* Make sure players understand why making

extra pass + don't just force cross-ice pass thru traffic... have to move feet to find new passing lane



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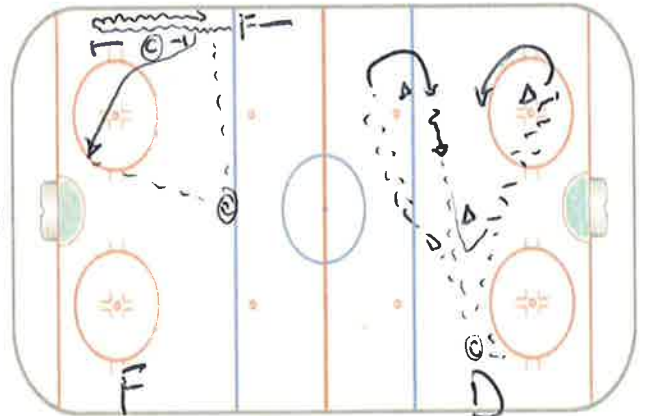
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DATE / TIME / PLACE: _____ FOCUS: _____

TIME: _____ DRILL: **F + D SKILLS**

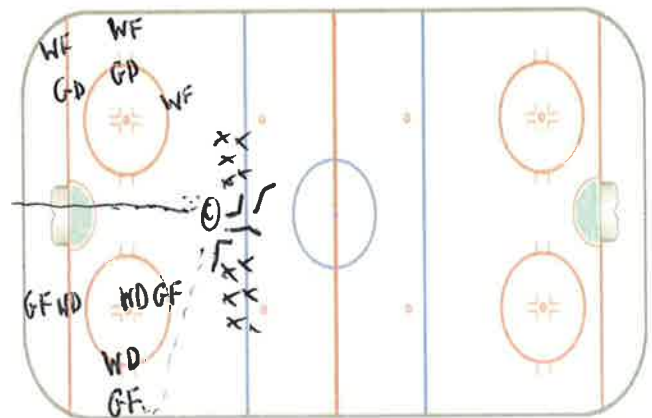
F = DATSTUK SKILLS + NET DRIVE
 → Puck protect on wall keeping puck to outside of defender (C) ... pass to (C) + drive hard to net with (C) resistance for quick redirect or in-tight play on net

D = ESCAPES
 → Backwards w/ puck ... ~~shoulder~~ ^{head} fake + spin back to middle ... explode up ice (separate from check) + make pass to (C) ... repeat both sides x 2



TIME: _____ DRILL: **SPEED CYCLE**

GF line attack WD + (1) WF 3 v 3 in corner (Top of circles to far post). Defenders don't have sticks ... 10-15 seconds
 → Switch corners with (1) of Green Fwd attackers throwing stick outside zone + defends w/ GD in other corner
 → keep it moving quick w/ 4 F lines + 4 D pairs
 → Offensively = Attack seams
 → Defensively = Communication + keep D side position



TIME: _____ DRILL: **SPEED REGROUP w/ TRACKER**

① Tracker / 1st Backchecker faces opposite end in P/O circle
 → Breakout 5 v 0 → Fwd's circle around (T) w/ speed + attack D
 → (T) leaves as soon as puck comes around him
 → 3 v 2 w/ tracker support
 * Good for working on D vs Rush + Attacking off rush w/ game-like conditions

