



OMHA DEVELOPMENT

Drill of the week. Thanks Eric

Coach	Puck Carrying
Forwards	Shooting
Defenders	Pass
Goalie	Drop Pass
Stop	Backward Skate
Pylon	Lateral Movement
Pucks	Defensive Pressure

Practice No. _____ Date: _____ Theme: Book - TRAINING CAMP Duration: _____ (mins.)
JOHN GORDAN

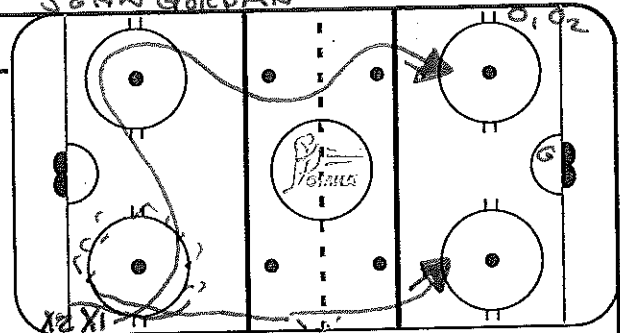
Time: _____ Drill Name: Circles & Dots

X₁ leaves over speed around dot's shot from top of circles.

X₂ Forwards top of circle pivot to bottom down wall soft self chip @ red shot top of circles

Key Teaching Points (KTP)

WARM up Shooting Drill
Both Ends



Key Execution Points (KEP)

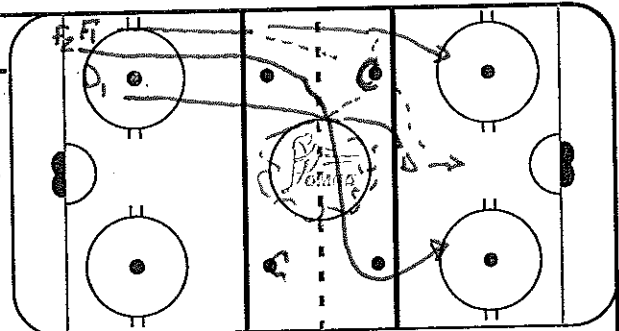
Time: _____ Drill Name: GAT 6 Shooter (a)

F₁ drive wall pass to Coach @ Blue get it back shot go to net.

F₂ Drive out side to red around N2 Dot shot go to net

D₁ Sprint inside dot backwards around circle give to Coach screen shot

Key Teaching Points (KTP)

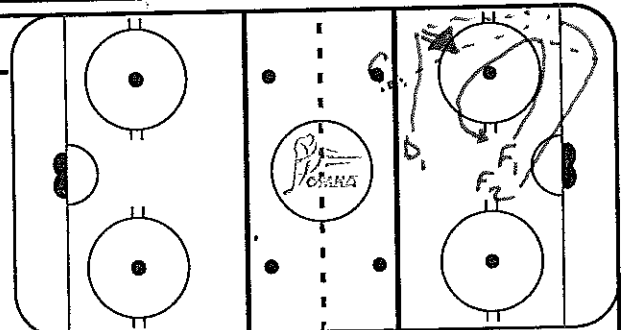


Key Execution Points (KEP)

Time: _____ Drill Name: GAT 6 Shooter (b)

Second Part: C lays in puck F's quick cycle and move to D for second shot.

Key Teaching Points (KTP)



Key Execution Points (KEP)



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For additional pads, visit the OMHA Store at www.omha.net



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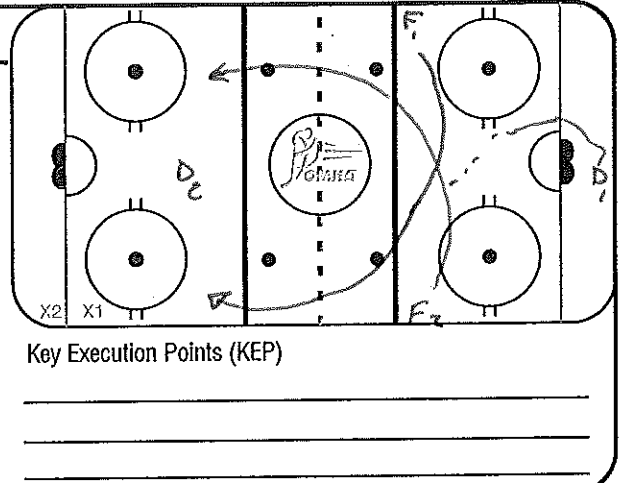
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	Forwards		Shooting
	Defenders		Pass
	Goalie		Drop Pass
	Stop		Backward Skate
	Pylon		Lateral Movement
	Pucks		Defensive Pressure

Practice No. _____ Date: _____ Theme: _____ Duration: _____ (mins.)

Time: _____ Drill Name: Discs and 2v1 w FC (A)

D₁ B/O F₁ F₂ attack D₂ 2v1

Key Teaching Points (KTP)



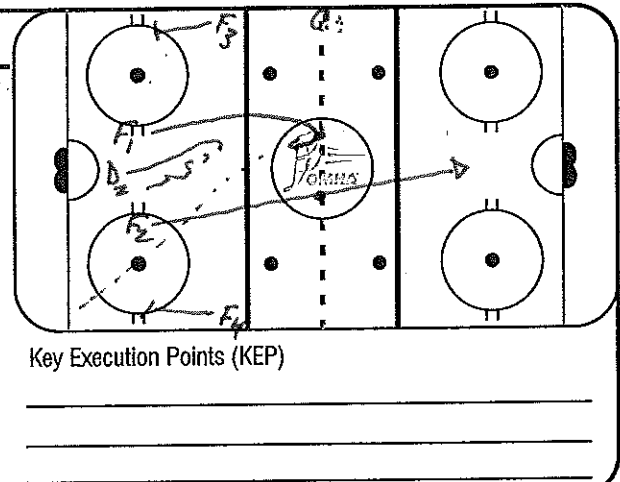
Time: _____ Drill Name: CA 2v1 w FC (B)

After the 2v1 C lays out 2 pucks who ever shoots comes back gets puck dumps on D₂ and FC

D₂ B/O F₃ F₄

Player who didn't shoot on original 2v1 gets second puck for breakaway.

Key Teaching Points (KTP)



Time: _____ Drill Name: GGY 3v2 in to 5v5 (a)

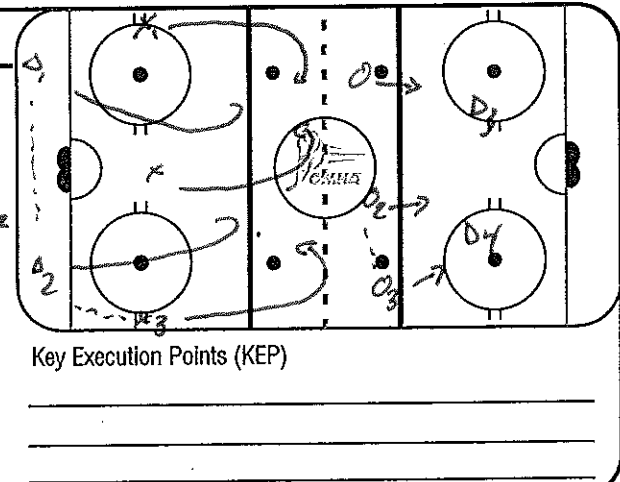
(A) Quick B/O / Turn Back / 3v2

(B) 3v2 @ R/C

Whistle - QB/O / 5v5 - T/D @ R/C and attack D₁, D₂

- X₁₂₃ 3v2 at R/C play till whistle

Key Teaching Points (KTP)



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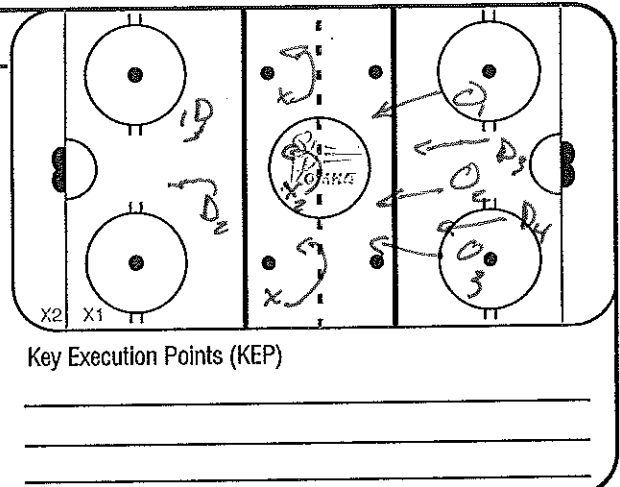
Time: _____ Drill Name: Circle any Dots 3v2 into sv5 (B)

Whistle #2 → O's B/C to DZC/D3/D4

jump in

→ Play out sv5

Key Teaching Points (KTP)



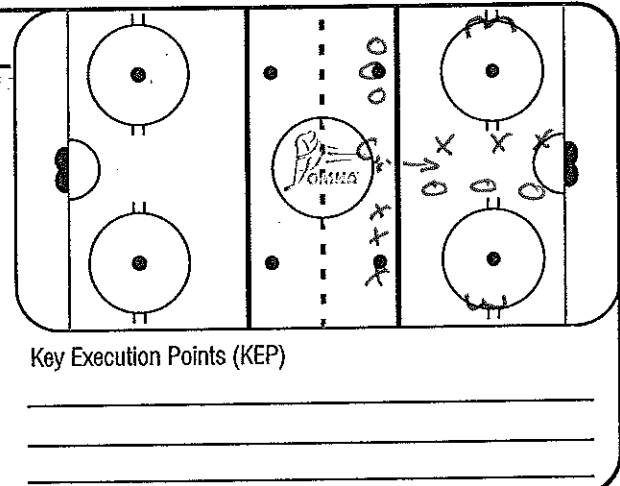
Time: _____ Drill Name: 3v3 1/2 on any net.

Normal 3v3 cross ice except you

can score on any net

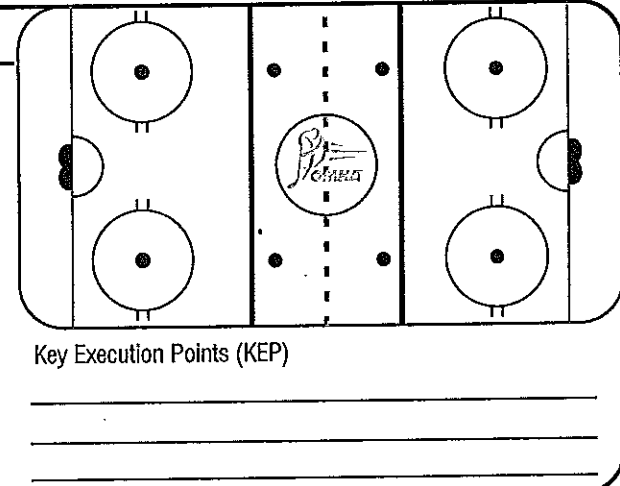
great transition drill.

Key Teaching Points (KTP)



Time: _____ Drill Name: _____

Key Teaching Points (KTP)



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