



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: _____

A) One-Touch Warm-up (HALF ICE)

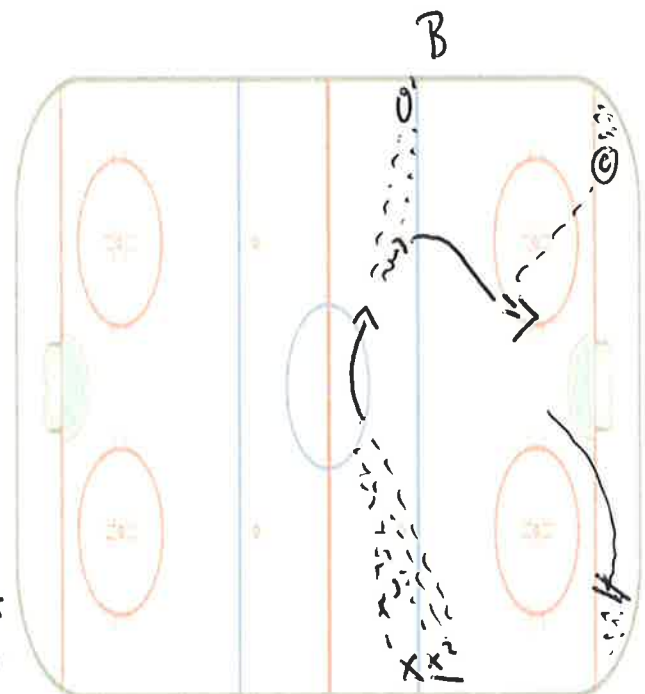
- players lined up at reds with one player on hash marks ($O^2 X^2$) and 1 player below goal line under dots ($O^3 X^3$)
- X^3 does give + go touch passes with O^1 , O^2 , O^3 → open up in slot for quick release
- X^3 replaces O^3 → O^3 replaces O^2 → O^2 to back of O^1 line
- O^1 repeats with X^1 , X^2 , X^3
- Timing! Not a Full speed drill



TIME: _____ DRILL: _____

B) MK Skill Shoot (Half ice)

- X^1 backwards with a puck → pass to stationary X^2 , X^2 back to X^1 , X^1 back to X^2 → pivot forwards + get pass from O^1 and touches it back → drives slot + get's pass from O^1 Quick RELEASE SHOT.
- After shot, X^1 goes to opposite corner
- O^1 repeats → get pass from X^1 for the shot
- After shot → always make pass to next shooter
- * Quick hands + Quick release





OKOTOKS OILERS JUNIOR 'A' HOCKEY CLUB

Box 171
OKOTOKS, ALBERTA T1S 1A5

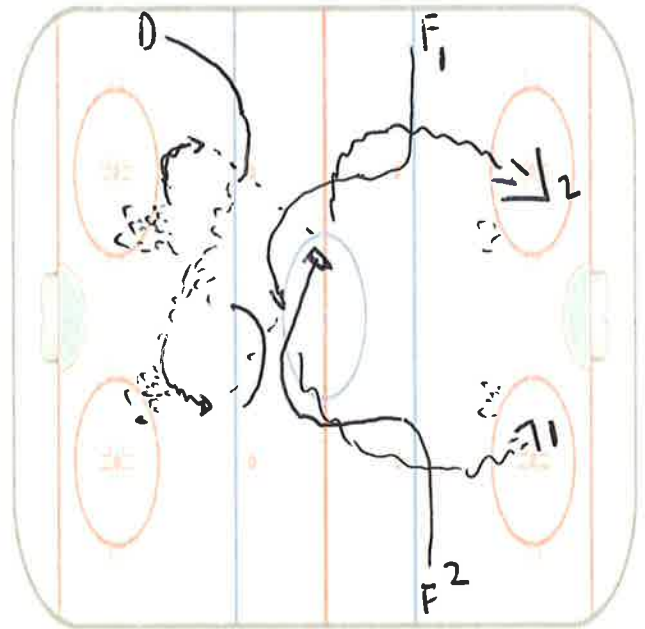
Phone: (403) 995-2255 Fax: (403) 995-2237

DATE / TIME / PLACE: _____ FOCUS: _____

TIME: _____ DRILL: _____

Hlinka Transition Fundy's

- D hard up outside blue, pivot backwards + retrieve from far pile of pucks
- middle support pass to F^1 who drives wide for shot 1
- D repeats with F^2 for shot 2
- After 2nd pass --- D hard to far end + retrieve puck from pile at far end



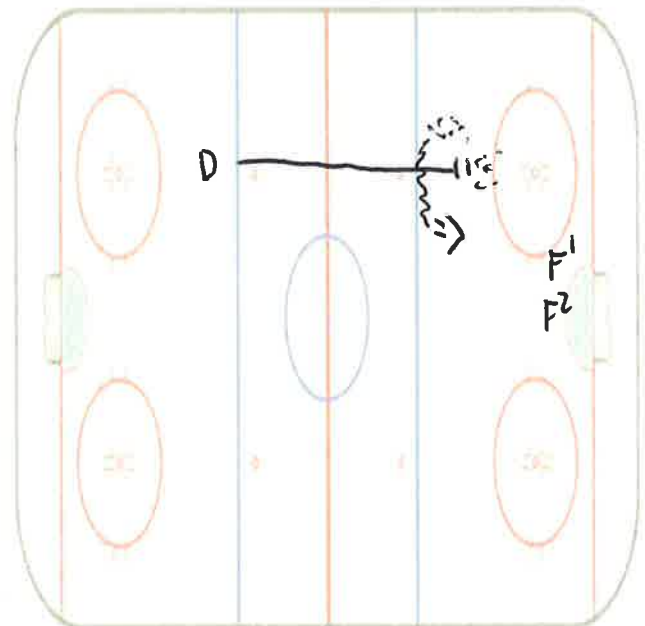
TIME: _____ DRILL: _____

- Pivot backward + roll back to blue line + slide to middle
- Shot with $F^1 + F^2$ at net (Finish rebound)

KEYS:

- Good Footwork From D Facing up ice at all times
- Low + Slow middle support
- Point shot → $F^1 + F^2$ communicate who has screen

* BOTH ENDS @ SAME TIME





OKOTOKS OILERS JUNIOR 'A' HOCKEY CLUB

Box 171
OKOTOKS, ALBERTA T1S 1A5

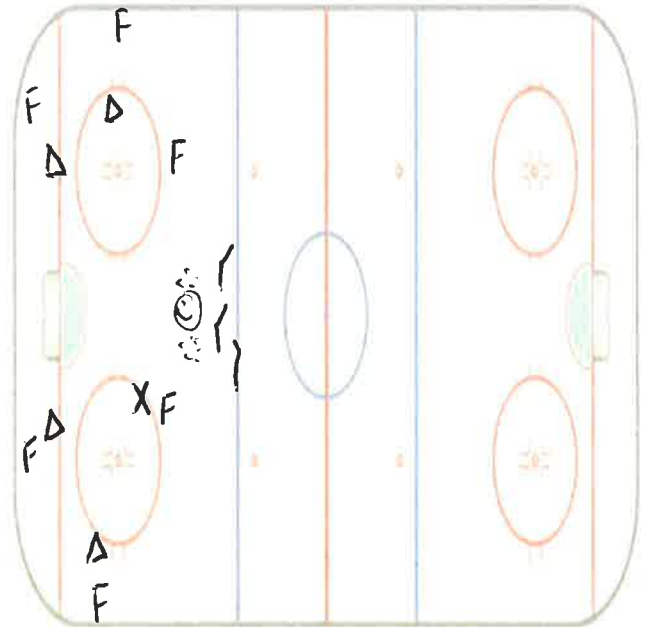
Phone: (403) 995-2255 Fax: (403) 995-2237

DATE / TIME / PLACE: _____ FOCUS: _____

TIME: _____ DRILL: _____

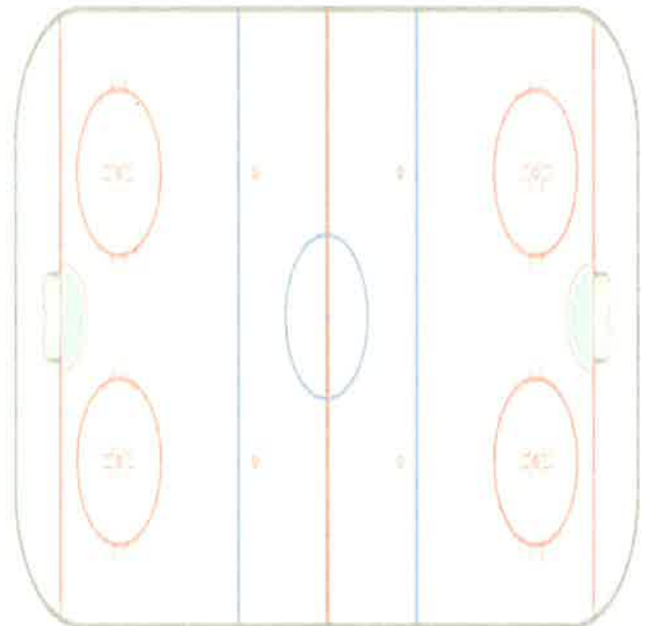
SPEED CYCLE

- Forward line set up in corner vs 2:D + 1-F. Defensive players have no sticks
- Play live small area cycle (top of circles to Far post) for 15-20 seconds
- When done, switch to other corner, + an offensive Forward from original side throws stick outside zone + plays defense down low with D on other side



TIME: _____ DRILL: _____

- * Good drill that gets all 4 lines + D pairs involved
- * Stress urgency attacking seams + taking pucks to net
- * Defensively stress communication on switches, finishing checks + keeping D side positioning





OKOTOKS OILERS JUNIOR 'A' HOCKEY CLUB

Box 171
OKOTOKS, ALBERTA T1S 1A5

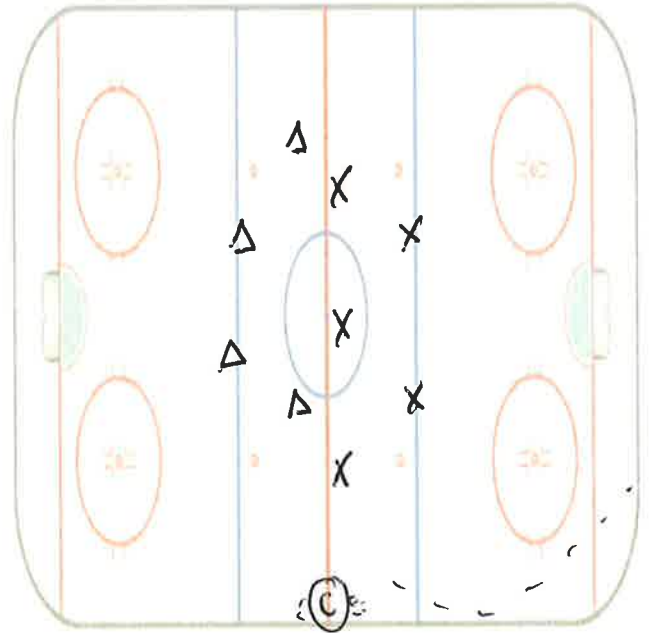
Phone: (403) 995-2255 Fax: (403) 995-2237

DATE / TIME / PLACE: _____ FOCUS: _____

TIME: _____ DRILL: _____

LEMAIRE DRILL (EXITS)

- © dumps p
- 4 Δ Fore-check 5 x
- Focus is for 5 x to work together for good support + short, quick passing options
- 5 x can't exit zone until whistle
- Focus on puck protection + composure under pressure



TIME: _____ DRILL: _____

- When whistle goes (10-20 seconds)
- 5 x's look for direct exits

KEYS:

- Communication
- Short pass options
- 5-man unit support
- Composure

BOOK

David + Goliath
by Malcolm Gladwell

