



OTTAWA 67'S HOCKEY CLUB

Memorial Cup Champions - 1984, 1999
OHL - 1977, 1984, 2001

September

Fri 23rd Belleville
Sun 25th Kingston

October

Fri 7th Peterborough
Sun 9th Plymouth
Fri 14th Brampton
Fri 28th Mississauga

November

Fri 4th Owen Sound
Sun 6th Sault Ste. Marie
Mon 7^h Kingston
Fri 11th Saginaw
Fri 18th Barrie
Sun 20th Niagara
Fri 25th Oshawa

December

Fri 2nd Windsor
Fri 16th Brampton
Wed 28th Kingston
Fri 30th Peterborough

January

Fri 6th Belleville
Fri 13th Peterborough
Sun 15th Belleville
Fri 20th Oshawa
Sun 22nd Kitchener
Fri 27th Sarnia

February

Fri 3rd Oshawa
Sat 4th Kingston
Fri 10th Guelph
Sun 12th Belleville
Fri 17th Peterborough
Sun 19th Erie
Fri 24th Barrie
Sun 26th London

March

Fri 9th Niagara
Sun 11th Mississauga
Fri 16th Sudbury

Game Times

Friday Night: 7:30 p.m.
Sat/Sunday Afternoon: 2:00 p.m.

To: Enio

Fax Number:

Date: Total Pages (With Cover): 3

Notes/Comments:

Enio, Here are the drills for coaches club.

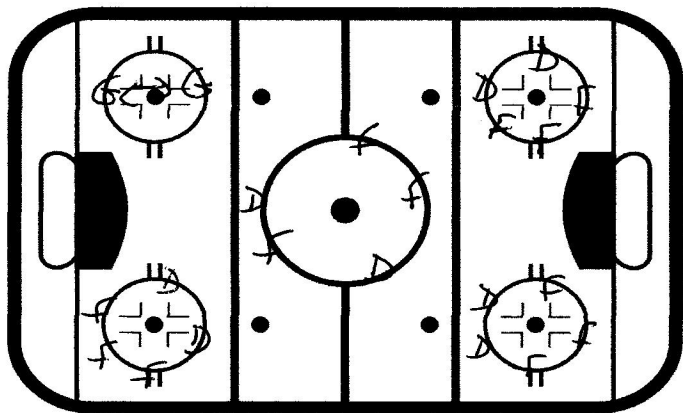
I am reading the Talent Code as recommended by another coach in this group...it is very good.

Favourite quote would be "Expect Success"

Chris Byrne

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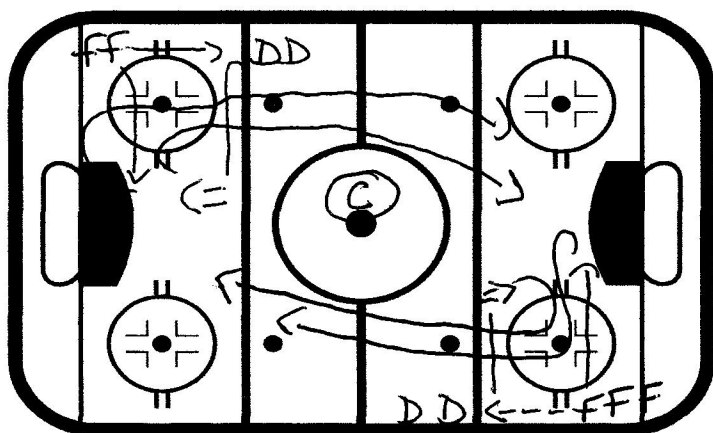
Website: www.ottawa67s.com



Drill Name: Warm up and Skill - one touch passes Time: 5

Execution: we want flat tape to tape passes here.

- A) Five players per circle with feet on line.
One touch flat passing to anybody on the circle
- B) Same set up with 2 pucks
- C) Same set up with one player in middle for monkey in middle
any bad pass or missed pass is a change of players to middle

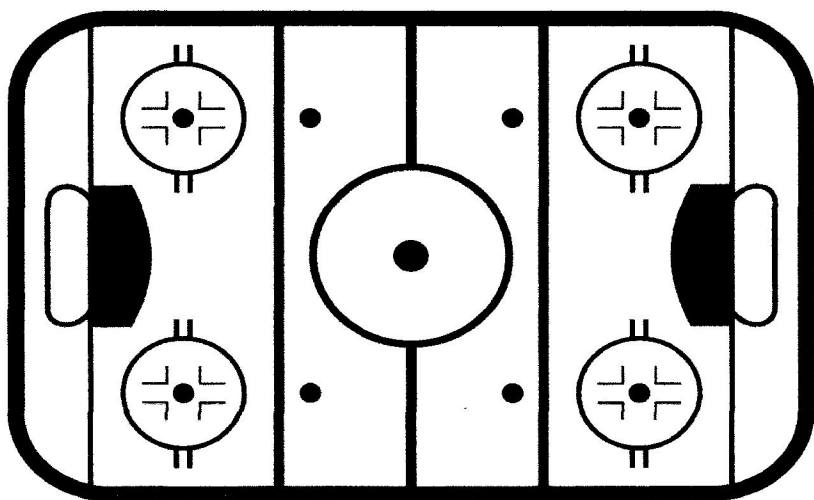


Drill Name: 1v1 D shot drill
working on d gaps, fwd to the net Time: 7

Execution: Players start on the whistle

- A) F from corner passes puck to Def at blueline
Forward goes to net, def walks the blue line and shoots.
- B) F hunts down the same puck that was shot by Def,
def gaps up and is mirror skating in front of forward
- C) F vs Def to far net for 1v1...For stay at net after 1v1 for d shot

Most important part of drill...Players must stay on the same side of the ice that they lined up on as players at the far end are doing the same drill at the same time...next group starts on whistle
D) Switch sides 3 minutes into drill



Drill Name: PP vs PK
pp break out, entries, sets Time: 7 to 10

Execution: A) We have 4 lines and 8 Def at practice usually so
we break into 4 groups - one line with 2 def
B) Each group gets to play 3 sets of power play and pk

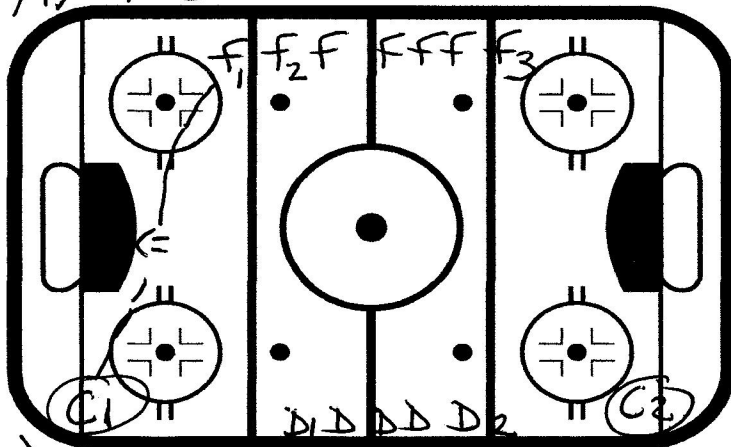
C) Group 1 or line 1 breaks out using pp break out,
enters the zone and sets up the power play, they keep going until
they score or the pk unit stops them

D) 4 players from group 2 (2 def and 2 fwd) pk vs group 1

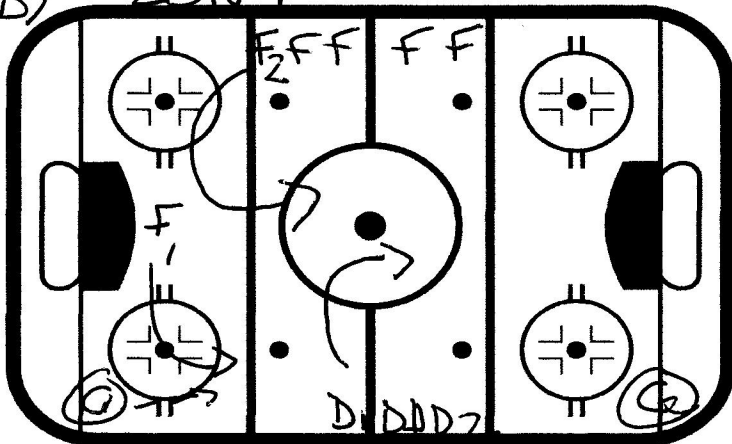
E) The catch is that at any time that the pk unit stops the
pp unit or turns the puck over their turn is over...this puts lots of
pressure on the pp unit to execute proper breakouts and entries...
if they do not do this they do not get a pp set in the zone.
This becomes a very competitive drill

NOT SURE If a diagram is
needed here or useful.

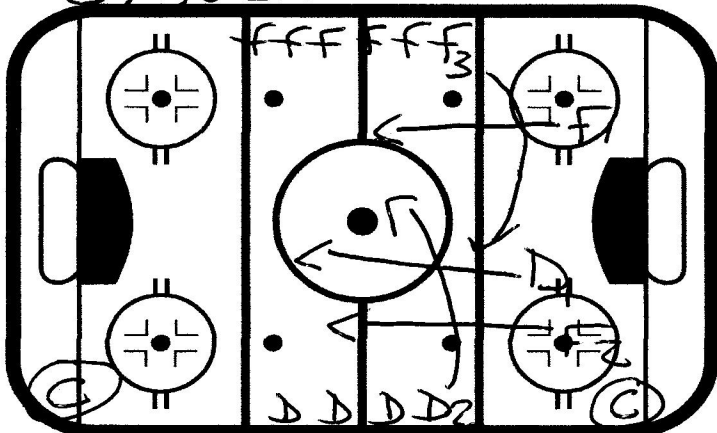
A) 1-0



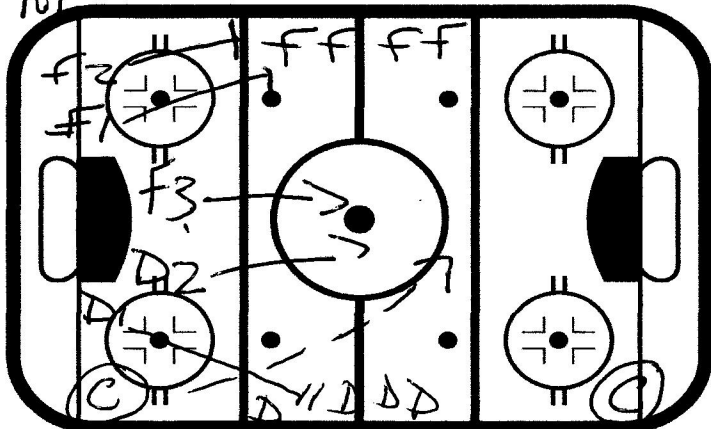
B) 2-0 N 1



C) 3v2



D) 1v1



Drill Name: 1-0 2v1 3v2 1v1 with hard changes

Time: 5 to 7

Execution: Forwards at one side def on other side of ice at centre
Coaches in Corners with pucks

A) F1 goes to net and gets pass from C1...shot

B) F2 joins F1 gets a pass from C1 and goes to far net vs D1 for 2v1

C) F3 joins F1 and F2 and goes on a 3 v 2

D) The last Forward and Def get a flipped breakaway puck to battle each other for a Breakaway.

E) Players have to sprint hard change back to their lines as they would in a game getting hard back to the bench for a line change

this is a hidden bag skate type of drill