



Okanagan Hockey Academy - Jared Wynia

Practice No: _____

Date : Nov. 12 / 19 Time : _____ Duration : _____

Version no : _____ Prepared by : _____

Objectives / Main tasks :

GOALIES	Left DEFENSE	Right DEFENSE	Left WING	Centers	Right WING

Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Title : DU Warm Up Category #1 : Category #2 :

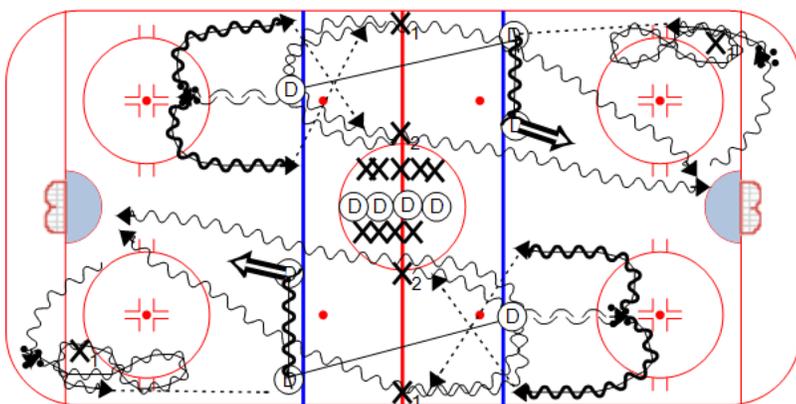
Description

D start on Blue - back for 1 puck, hit X1 swinging.
 D grabs 2nd puck, hit X2 swinging down.

X1 shot. Grabs new puck and delays until D man gets up ice to Blue.

X2 Shot. Stay in front.

D gets puck from X1, walks for shot with X1 going back to net.



Key points :

Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Title : Ricki Passing Seq. Category #1 : Category #2 :

Description

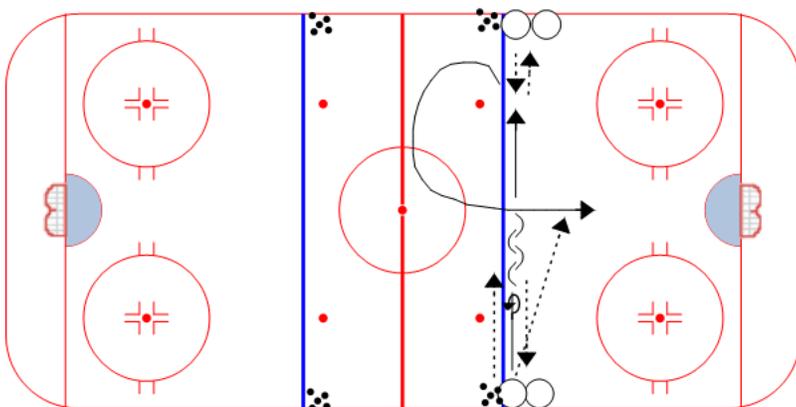
All 4 blue. X steps couple feet FWD and pivots for a quick catch and release pass from X next in line behind him.

Pivot and FWD across the blue, catch and release pass with opposite X.

Swing towards red - do not cross - and back through middle.

Receieve pass from original X.

Other side start when final pass has been made.



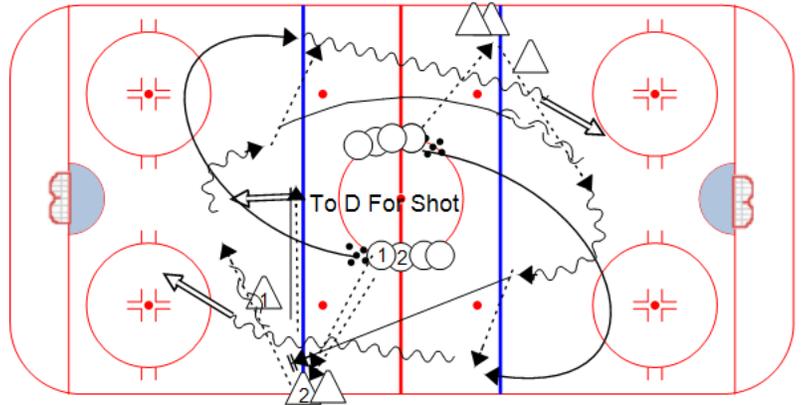
Key points :

Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Title : Lowry Transition Tactical: _____ Skills : _____

Description

Both ends at same time. D on boards. Start on whistle.
Options:
Open up direct
Wall pass indirect
2nd pass D gap up / fwd exchange with D at BL and re attack D 1 vs 1.



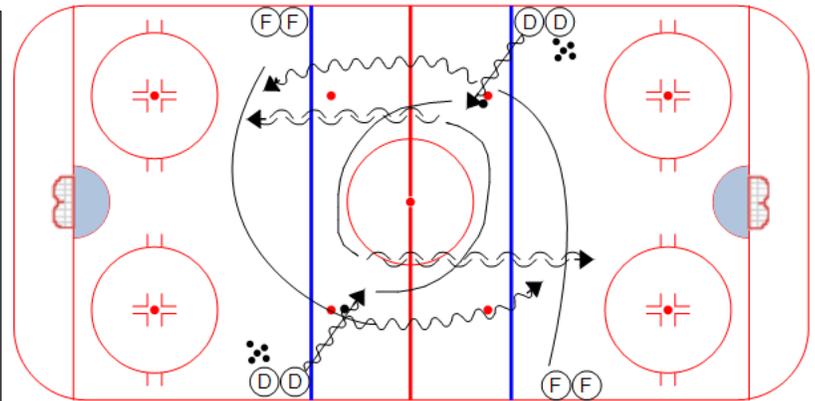
Key Points : Passing Accuracy Foot Work Shoot in Stride D Jump

Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Title : Pace 1v1 Category #1 : 1 vs 1 Category #2 : Battle

Description

On whistle, D skate up and leave puck on NZ Faceoff dot.
FWD swings across and takes puck wide for shot on net.
D gaps up and plays the 1 on 1 down.
Can progress to Surfing/Angling rather than 1 v 1 straight down.



Key points : Gap Footwork Battle Competition