



# Okanagan Hockey Academy - Jared Wynn

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 : Warm Up Category #2 : Transisition

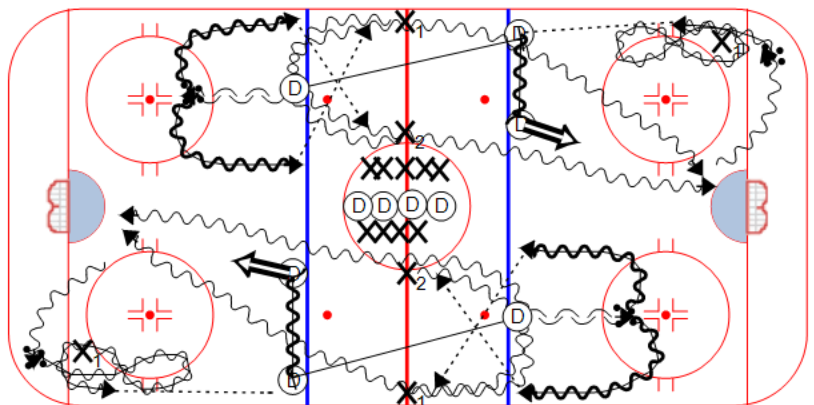
## Description

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 : passing Category #2 : Warm Up

## Description

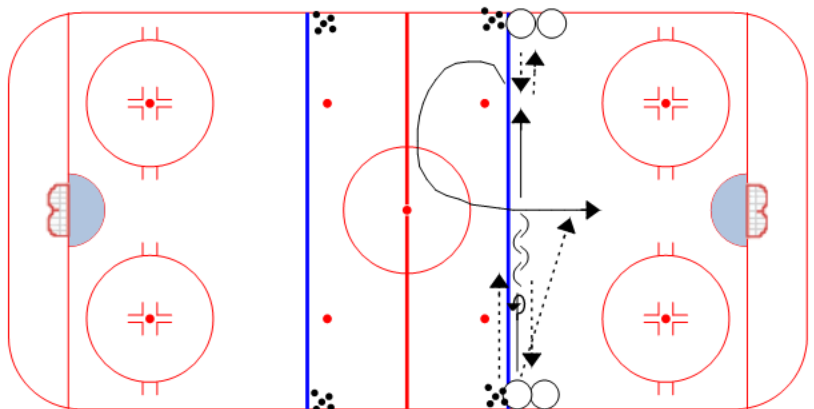
All 4 blue. X steps couple feet FWD and pivots for a quick catch and release pass from X next in line behind him.

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 : 

Passing

Footwork

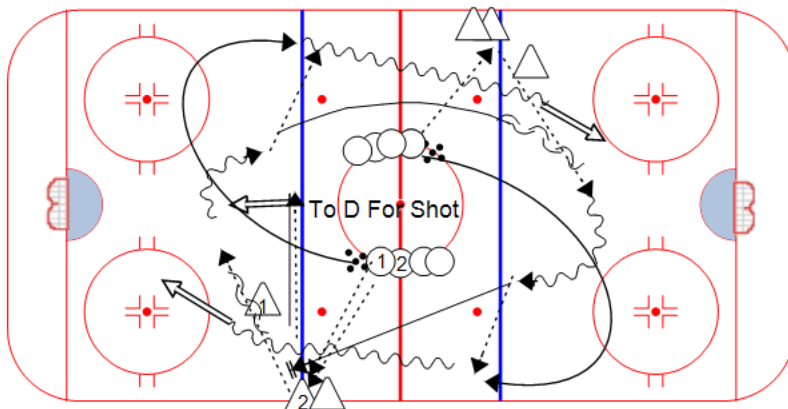
Communication

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

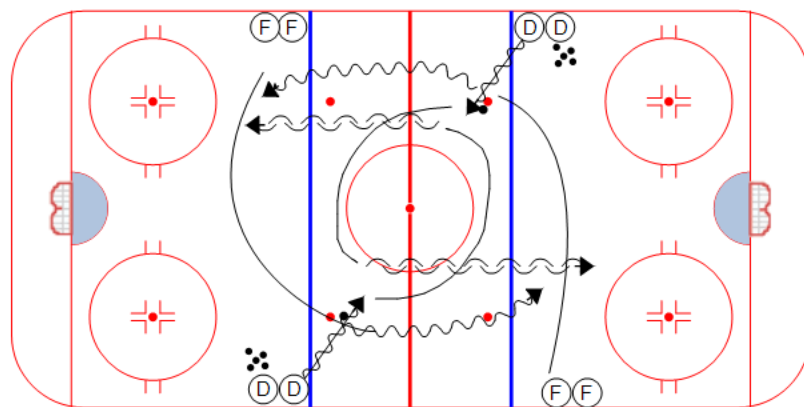
### Description

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