



OMHA DEVELOPMENT

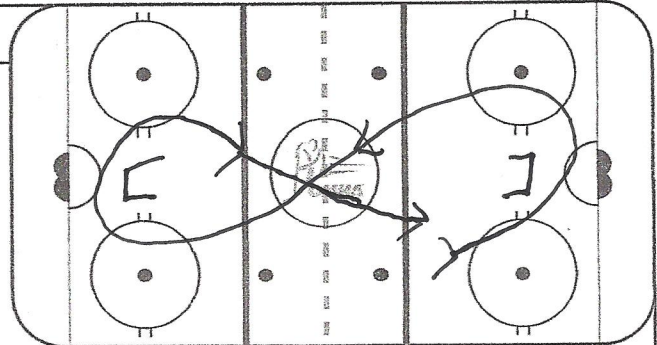
COACHING PROGRAM

COACH CLINIC

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

LEGEND	Ⓢ	Coach	→	Puck Carrying
	○ ●	Forwards	→	Shooting
	△ ▲	Defenders	→	Pass
	G	Goalie	→	Drop Pass
	—	Stop	→	Backward Skate
	X	Pylon		Lateral Movement
	●	Pucks	→	Defensive Pressure

Time: _____ Drill Name: **FIGURE 8**
FULL ICE - NETS IN
BOTH TEAMS DO THIS
AS SOON AS THEY GET ON
THE ICE.
THEN ADD PUCKS

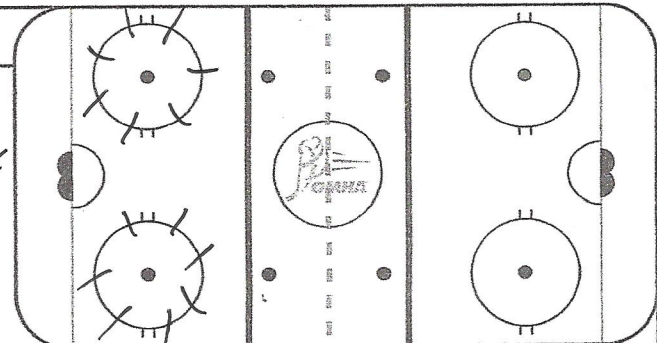


Key Teaching Points (KTP)

USE ALL EDGES
KEEP YOUR HEAD UP (ESPECIALLY THROUGH CENTRE CIRCLE)

Key Execution Points (KEP)

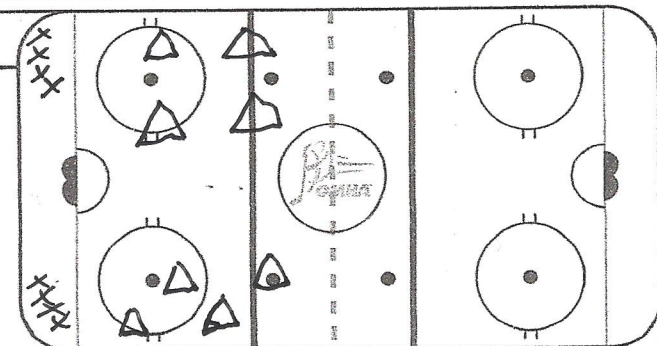
Time: _____ Drill Name: **CIRCLE PASS**
7 PLAYERS ON EACH CIRCLE
FACING IN.
PASS PUCK TO OTHERS ON CIRCLE
THEN TOUCH PASS IT
THEN ADD SECOND PUCK
(THIS ADD MOVEMENT)



Key Teaching Points (KTP)

Key Execution Points (KEP)

Time: _____ Drill Name: **4 PYLON**
FORM 2 LINES BELOW
GOAL LINE.
1 PLAYER FROM EACH LINE GOES
THROUGH PYLONS (STAGGERED START
IF YOU ARE FINISHING WITH SHOT
ON GOAL.



Key Teaching Points (KTP)

Key Execution Points (KEP)



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



HOCKEY CANADA

Practice Plan Template



DRILL: DUMP & CHASE	COACH:	TIME:
GOALIE PURPOSE:		WORK/REST RATIO:
DESCRIPTION: TWO LINES OUTSIDE BLUE LINE COACH W PUCKS COACH PUTS A PUCK NEAR CORNER PLAYER X RETRIEVES & AND SKATES AROUND NET AND MAKES A PASS TO PLAYER Y WHO TIMES HIS ENTRY KEY TEACHING & EXECUTION POINTS: SHOT. GET PLAYERS TO LOOK WHEN THEY GO FOR PUCK; PASS ONTO TAPE.		
SWITCH LINES AFTER EACH PLAY.		

DRILL: FIGURE 8 PASSING "GO"	COACH:	TIME:
GOALIE PURPOSE:		WORK/REST RATIO:
DESCRIPTION: SET 2 PYLONS UP 12 FT APART (2 STATIONS) PLAYER FROM EACH LINE DOES FIGURE 8 AROUND PYLONS; GETS & RETURNS PASSES TO COACH AFTER LONG PASSES COACH YELLS "GO" AND PLAYER GOES & SHOTS ON NET KEY TEACHING & EXECUTION POINTS: PASSING & RECEIVING PASSES TAPE TO TAPE		

DRILL: 3 ON 2 "CHANGE"	COACH:	TIME:
GOALIE PURPOSE:		WORK/REST RATIO:
DESCRIPTION: A FWD STARTS W PUCK AND RUSH IN ON 2 D PLAY CONTINUES TILL D FIRES IT OUT OF ZONE OR COACH YELLS "CHANGE" KEY TEACHING & EXECUTION POINTS: PUCK MOVEMENT 15-20 SECOND RUSH & RIBBON.		



HOCKEY CANADA

Practice Plan Template



DRILL: AROUND THE HORN	COACH:	TIME:
GOALIE PURPOSE:		WORK/REST RATIO:
DESCRIPTION: FOLLOW YOUR PASS FIRST PLAYER PASSES TO NEXT PLAYER. FOLLOWS PASS & LOOKS BACK. RECEIVES A PASS FROM WHILE THEY COME PLAYER OUT FRONT - TAKES SHOT.	SET PLAYER IN PLACE 	
KEY TEACHING & EXECUTION POINTS: PASS/RECEIVE/STICK DOWN FOR TARGET		

DRILL: NHL WARM UP	COACH:	TIME:
GOALIE PURPOSE:		WORK/REST RATIO:
DESCRIPTION: COACH FIRES PUCK IN ON GOAL. GOALIE PUTS IT TO CORNER. DEFENCE PASS 0 TO 0 THEN UP TO WINGIER TO CENTREMAN! THEY TOUCH UP BLUE LINE & GO 3 ON 2 ON 0.		
KEY TEACHING & EXECUTION POINTS: GAME SITUATION.		

DRILL: 141 LOW SHOOTING	COACH:	TIME:
GOALIE PURPOSE:		WORK/REST RATIO:
DESCRIPTION: FORM 2 LINES FACING NET PLAYER 1 RECEIVES A HIGH PASS IN SLOT & SHOOTS. THEY THEN CONTINUE TO NET & RCV A PASS FROM OTHER COACH LOW NEXT PLAYER FROM OTHER LINE GOES		
KEY TEACHING & EXECUTION POINTS: RCV. PASS SHOT - GO TO NET RCV PASS QUICK SHOT		



HOCKEY CANADA

Practice Plan Template



DRILL: 3 CORNER DRILL	COACH:	TIME:
GOALIE PURPOSE:		WORK/REST RATIO:
DESCRIPTION: 3 LINES COACH PASSES TO A LINE : THAT PLAYER ATTACKS NET. D IS DEFENDING. PASS TO ANOTHER LINE : D DEFENDS AND THEN COACH PASSES ANOTHER PUCK TO 3RD LINE AND PLAYER ATTACKS (1 ON 1)		
KEY TEACHING & EXECUTION POINTS: QUICK DRILL W/ 5-7 SECONDS PER 1 ON 1 ATTACK.		

DRILL: GRETZKY DRILL	COACH:	TIME:
GOALIE PURPOSE:		WORK/REST RATIO:
DESCRIPTION: LOW 3 ON 2 WITH PLAYER BEHIND NET STARTING DRILL. D DEFEND AS FWDs TRY TO GET OPEN THEN SHOOTING! GETTING RIBOUND.		
KEY TEACHING & EXECUTION POINTS: GETTING OPEN / PASSING		

DRILL:	COACH:	TIME:
GOALIE PURPOSE:		WORK/REST RATIO:
DESCRIPTION:		
KEY TEACHING & EXECUTION POINTS:		