



NCOHA  
PREDATORS  
FORWARD  
CAMP

**DATE: 23 August 1:00-2:30 pm**

**The Clinic has been organized by Pat Morris. Pat will be assisted by numerous, experienced people in providing this 90 minute session. The specific intention is to provide Atom and Pee wee age forwards with several skills required for game situations at the AAA level.**

**A synopsis of skills to be covered is provided below:**

- 1. WARM-UP and SKATING EXERCISES**
- 2. SKILL STATIONS – Set One**
  - a. Face-Offs**
    - i. Correct stance and strategy for forward and backhand draw**
    - ii. Blocking progress of opposing center**
    - iii. Utilizing foot movement**
    - iv. Discussion with winger**
    - v. Evolve toward draw, shot and screen/deflection**
  - b. Down-Low Cycle**
    - i. Puck possession down low / behind opposing net**
    - ii. Positioning to set-up give and go**
    - iii. Positioned for shot**

- c. Offensive Triangulation**
  - i. 3 on 2 scenario in offensive zone**
  - ii. Puck to outside**
  - iii. Recognizing options – staying high, going to net**
  - iv. Exploiting man advantage**

**3. SKILL STATIONS – Set Two**

- a. Utilizing Space**
  - i. Moving to Open Ice – recognizing options**
  - ii. Leaving position**
- b. Pivot/Cycle – Boards**
  - i. Board battles for possession**
  - ii. Puck control and body position**
- c. Goal Scoring – Reading Goalie**
  - i. One-on-one and two on 0**
  - ii. Making goalie commit**
  - iii. Head, body and stick fakes**

**4. Break-Outs**

- a. Offensive Cycles in Defensive End**

**5. SHOOT-OUT**