



OTA Floor Hockey Camp
Day 1 – Monday

8:45 – 9:10: Registration Check In

8:45-9:10: Free Play and Coaches Challenge

- Target Shooting (5 shots on goal)
- _____ (Fill In)

9:10 – 9:20: Welcome / Attendance Lines / AM Announcements

9:20 – 10:00: Warm Up Game

- Ice Monster
- Run and Rip
- Red Light, Green Light
- _____ (Fill In)

10:00 – 10:10: Water Break

10:10 – 10:45: Skill Stations & Fundamentals

- Stick Handling/Grip
- Shooting
- Passing
- _____ (Fill In)

10:45 – 11:00: Water Break

11:00 – 11:30: Practice Games

- NHL Scrimmage Games
- _____ (Fill In)

11:30 – 11:55: Blow Out Game

- NHL Shootout
- _____ (Fill In)

12:00 – 12:45: Lunch or Half Day Camp Dismissal

12:45 – 1:00: Attendance Lines / Make Teams w Coaches

1:00 – 1:30: Team Practice

1:30 – 2:45: Practice Games

- NHL Scrimmage Games

2:45 – 3:00: Wrap Up / Recap and Preview / Awards / Dismissal



OTA Floor Hockey Camp
Day 2 – Tuesday

8:45 – 9:10: Registration Check In

8:45-9:10: Free Play and Coaches Challenge

- Stick Handling Course (Timed)
- _____ (Fill In)

9:10 – 9:20: Welcome / Attendance Lines / AM Announcements

9:20 – 10:30: Warm Up Games

- Dribble Eliminator
- Numbers Game
- Give and Go
- _____ (Fill In)

10:30 – 10:40: Water Break

10:40 – 11:00: Skill Stations & Fundamentals

- Defense
- Shooting
- Stick Handling/Grip
- _____ (Fill In)

11:00 – 11:15: Contest

- Penalty Shootout
- _____ (Fill In)

11:15 – 11:45: Practice Games

- NHL Scrimmage Games
- _____ (Fill In)

11:45 – 11:55: Blow Out Game

- World Cup
- _____ (Fill In)

12:00 – 12:45: Lunch or Half Day Camp Dismissal

12:45 – 1:00: Attendance Lines / Make Teams w Assigned Coaches

1:00 – 1:30: Team Practice

1:30 – 2:45: Team Games – Schedule

- NHL Games

2:45 – 3:00: Wrap Up / Recap and Preview / Awards / Dismissal



OTA Floor Hockey Camp
Day 3 – Wednesday

8:45 – 9:10: Registration Check In

8:45-9:10: Freeplay and Coaches Challenge

- Relay Race w/Stick Handling and Shot
- _____ (Fill In)

9:10 – 9:20: Welcome / Attendance Lines / AM Announcements

9:20 – 9:30: Stretching

9:30 – 10:30: Warm Up Games

- Ground Ball Hogger
- Monkey in the Middle
- Egg Hunt
- _____ (Fill In)

10:30 – 10:40: Water Break

10:40 – 11:00: Demonstration

- OTA Coach Talk – Shooting Forms (Wrist Shot/Slap Shot)

11:00 – 11:45: Team Games – Schedule

- NHL Games
- _____ (Fill In)

11:45 – 11:55: Blow Out Game

- Numbers Game
- One on One
- _____ (Fill In)

12:00 – 12:45: Lunch or Half Day Camp Dismissal

12:45 – 1:00: Attendance Lines / PM Announcements

1:00 – 1:30: 2v2 Tournament (first round)

- _____ (Fill In)

1:30 – 2:45: Team Games – Schedule

- NHL Games
- _____ (Fill In)

2:45 – 3:00: Wrap Up / Recap and Preview / Awards / Dismissal



OTA Floor Hockey Camp
Day 4 – Thursday

8:45 – 9:10: Registration Check In

8:45-9:10: Freeplay and Coaches Challenge

- **Penalty Shots on Coach Goalie**
- _____ (Fill In)

9:10 – 9:20: Welcome / Attendance Lines / AM Announcements

9:20 – 9:30: Stretching

9:30 – 10:30: Team Games – Schedule

- **NHL Games**
- _____ (Fill In)

10:30 – 10:40: Water Break

10:40 – 11:15: Skill Stations & Fundamentals

- **Shooting**
- **Passing**
- **One-Time**
- _____ (Fill In)

11:15 – 11:45: Team Games – Schedule

- **NHL Games**
- _____ (Fill In)

11:45 – 11:55: Blow Out Games

- **Fireball**
- **Steal the Bacon**
- _____ (Fill In)

12:00 – 12:45: Lunch or Half Day Camp Dismissal

12:45 – 1:00: Attendance Lines / PM Announcements

1:00 – 1:30: 2v2 Tournament (2nd round & finals)

- _____ (Fill In)

1:30 – 2:45: Team Games – Schedule

- **NHL Games**
- _____ (Fill In)

2:45 – 3:00: Wrap Up / Recap and Preview / Awards / Dismissal



OTA Floor Hockey Camp
Day 5 – Friday

8:45 – 9:10: Registration Check In

8:45-9:10: Freeplay and Coaches Challenge

- **Coaches vs Campers Dribble Eliminator**
- _____ (Fill In)

9:10 – 9:20: Welcome / Attendance Lines / AM Announcements

9:20 – 9:30: Stretching

9:30 – 10:30: Tournament Playoff Games

- **NHL First Round Matchups**
- _____ (Fill In)

10:30 – 10:40: Water Break

10:40 – 11:15: Contests (First Rounds)

- **NHL Penalty Shootout**
- _____ (Fill In)

11:15 – 11:55: Tournament Playoff Games

- **NHL Second Round Games**
- _____ (Fill In)

12:00 – 12:45: Lunch or Half Day Camp Dismissal

12:45 – 1:00: Attendance Lines / PM Announcements

1:00 – 1:30: Contests (2nd Rounds & Finals)

- **NHL Penalty Shootout**
- _____ (Fill In)

1:30 – 2:45 Tournament Playoff Games

- **NHL Championship & Consolation Games**
- _____ (Fill In)

2:45 – 3:00 Wrap Up / Recap and Preview / Awards / Dismissal