



Skill Development & Focus Areas by Week (Oakville location)

- Week 1 - Full team practice run by an OHL Head Coach
- Week 2 - Skating & Edge Development led by Jeff Kyrzakos, Asst. Coach Mississauga Steelheads
- Week 3 - Overall Skills led by Power Edge Pro (P.E.P)
- Week 4 – Positional Skills led by Brendan Taylor, Asst. Coach Mississauga Steelheads
- Week 5 – Skating & Edge Development led by Jeff Kyrzakos, Asst. Coach Mississauga Steelheads
- Week 6 – Overall Skills led by Power Edge Pro (P.E.P)
- Week 7 – Positional Skills led by Brendan Taylor, Asst. Coach Mississauga Steelheads
- Week 8 – Skating & Edge Development led by Jeff Kyrzakos, Asst. Coach Mississauga Steelheads
- Week 9 – Overall Skills led by Power Edge Pro (P.E.P)
- Week 10 – Positional Skills led by Brendan Taylor, Asst. Coach Mississauga Steelheads
- Week 11 – Semi and Championship Finals

**Three in class seminars presented to the parents and players in the following areas:

- Week 2: Introduction to the OHL
- Week 5: Sports Nutrition
- Week 8: Mental Performance





3 VS 3 GAMES

OHL Alumni Coaches
Scores kept



**POWER
EDGE PRO**
HOCKEY

