



**Schedule –Ouellette & Poulin Hockey Camp
Gatineau – August 9 to 11, 2019
Location: Branchaud-Brière Complex
499 Boulevard Labrosse #100, Gatineau, QC J8P 4R1**

Friday August 9

- 4:30pm Arrival at rink and registration – **Regular Program**
- 5:30-7:00pm On ice session – **Regular Program**
Focus: Return to hockey & communication. Small space competitive games.
- 7:15-8:15pm Off ice training – **Regular Program**
- 5:00pm Arrival at rink and registration – **Elite Program**
- 5:30-6:30pm Off-ice training – **Elite Program**
- 7:00-8:30pm On ice session – **Elite Program**
Focus: Return to hockey & communication. Small space competitive games.

Saturday August 10

- 8:30am Arrival at rink – **Regular Program**
- 9:00-10:00 am On ice session – **Regular Program**
Focus : Skating technique & puck skills and dekes. Small space competitive games.
- 10:30-11:30am Off ice training – **Regular Program**
- 8:00am Arrival at rink – **Elite Program**
- 8:30-9:30am Off ice training – **Elite Program**
- 10:15-11:45 am On ice session – **Elite Program**
Focus : Skating technique & puck skills and dekes. Small space competitive games.
- 11:30-12:30pm Lunch
- 12:30-1:30pm In Class Session –
Viewing of the documentary from TSN: *Engraved on a Nation* series - *On the Line*
- 2:00-3:15pm On ice session – **Regular Program**
Focus : Individual Skills development : Shooting, passing, puck protection. Breakaway games & competitions.

2:00-2:45pm In Class Session – **Elite Program**
Conference about team performance and mental preparation

3:30-5:00pm On ice session – **Elite Program**
Focus : Individual Skills development : Shooting, passing, puck protection. Position specific drills.
Breakaway games & competitions.

Sunday August 11

8:30am Arrival at rink – **Regular Program**

9:00-10:00 am On ice session – **Regular Program**

Focus : Skating technique & puck skills and dekes. Small space competitive games.

10:30-11:30am Off ice training – **Regular Program**

8:00am Arrival at rink – **Elite Program**

8:30-9:30am Off ice training – **Elite Program**

10:15-11:45 am On ice session – **Elite Program**

Focus : Skating technique & puck skills and dekes. Small space competitive games.

11:30-12:30pm Lunch

12:30-1:30pm In class session – **Q & A on the Olympic Journey. Pictures & Autographs with our coaches Marie-Philip Poulin, Charline Labonté, Julie Chu et Caroline Ouellette.**

2:00-3:15pm On ice session – **Regular Program**

Focus : Individual Skills development : Shooting, passing, puck protection. Breakaway games & competitions.

2:00-2:45pm Off-ice Training Session – **Elite Program**
Collective Games & Competitions

3:30-5:00pm On ice session – **Elite Program**

Focus : Individual Skills development : Shooting, passing, puck protection. Position specific drills.
Breakaway games & competitions.

Important :

* Full hockey equipment including neck guard.

* You will receive a hockey jersey but you need to bring hockey socks.

* We will provide a Gatorade water bottle and snacks but participants must plan a lunch.

