

HOCKEYWISE

DEVELOPMENT CAMP

Camp date: 16th & 17th February 2019 **Camp location:** New Plymouth

GROUPS:

Group 1 - U12 & below - 2019 season

Group 2 - U14 & above -2019 season

*Unless otherwise specified

Schedule:

Saturday:

- 9:45am - Meeting
- 9:50am - Off rink warm up
- 10:30am - **ALL PLAYERS** - On rink
- SKATING & SKATING WITH PUCKS (1.5hrs)
- 12:00pm - **ALL PLAYERS** - Gear down / Cool down & Stretch
- 12:30am - **ALL PLAYERS - Lunch**
- 1:30pm - **ALL PLAYERS** - Off rink - ACTIVE SESSION - Speed/Reactions/Hand eye co-ordination (45m)
- 2:30pm - **GOALIES** - On rink (45m)
- 3:00pm - **Group 1** Off rink warm up
- 3:30pm - **Group 1** On rink - PASSING & PUCK CONTROL (1hr)
- 3:30pm - **Group 2** Off rink GAME (25m) then off rink warm up (15m)
- 4:30pm - **Group 2** On rink - PASSING & PUCK CONTROL (1hr)
- 4:30pm - **Group 1** Gear down / Cool down & stretch
- 5:00pm - **Group 1** FINISHED
- 5:30pm - **Group 2** Gear down / Cool down & stretch
- 6:00pm - **Group 2** FINISHED

Sunday:

- 8:30am - **ALL PLAYERS** - Meeting & off rink game
- 9:00am - **ALL PLAYERS** - Off rink - THEORY SESSION
- 9:30am - **Group 1** off rink warm up
- 9:30am - **Group 2** Off rink game & team building exercise (30m)
- 10:00am - **Group 1** On rink - HEADS UP HOCKEY & SHOOTING (1hr)
- 10:30am - **Group 2** off rink warmup
- 11:00am - **Group 1** Gear down /Quick cool down & stretch
- 11:00am - **Group 2** On rink - HEADS UP HOCKEY & SHOOTING (1hr)
- 11:15am - **Group 1** Lunch (45m)
- 12:00pm - **Group 2** Gear down/Cool down & stretch
- 12:00pm - **Group 1** Quick jog warm up (5m)
- 12:15pm - **Group 1** On rink - SHOOTING / FUN & GAMES
- 12:15pm - **Group 2** Lunch (45min)
- 1:00pm - **Group 2** Quick jog warm up (5m)
- 1:15pm - **Group 2** On rink - SHOOTING / FUN & GAMES
- 1:15pm - **Group 1** Gear down / Cool down & Stretch
- 1:45pm - **Group 1** FINISHED
- 2:15pm - **Group 2** Gear down / Cool down & stretch
- 2:30pm - **Group 2** FINISHED