

HOCKEYWISE

DEVELOPMENT CAMP

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

Schedule: **Group 2 - U14 & above -2019 season** *Unless otherwise specified

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)
- 3:30pm - **Group 2** Off rink GAME
(25m) then off rink warm up (15m)
- 4:30pm - **Group 2** On rink -
PASSING & PUCK CONTROL (1hr)
- 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 2** Off rink game &
team building exercise (30m)
- 10:30am - **Group 2** off rink warmup
- 11:00am - **Group 2** On rink - HEADS
UP HOCKEY & SHOOTING (1hr)
- 12:00pm - **Group 2** Gear
down/Cool down & stretch
- 12:15pm - **Group 2** Lunch (45min)

- 1:00pm - **Group 2** Quick jog warm
up (5m)
- 1:15pm - **Group 2** On rink -
SHOOTING / FUN & GAMES
- 2:15pm - **Group 2** Gear down / Cool
down & stretch
- 2:30pm - **Group 2** FINISHED