

HOCKEYWISE

DEVELOPMENT CAMP

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

Schedule: **Group 1 - U12 & below - 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)
- 3:00pm - **Group 1** Off rink warm up
- 3:30pm - **Group 1** On rink -
PASSING & PUCK CONTROL (1hr)
- 4:30pm - **Group 1** Gear down / Cool
down & stretch
- 5:00pm - **Group 1** 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
- 10:00am - **Group 1** On rink -
HEADS UP HOCKEY & SHOOTING
(1hr)
- 11:00am - **Group 1** Gear down
/Quick cool down & stretch
- 11:15am - **Group 1** Lunch (45m)

- 12:00pm - **Group 1** Quick jog warm
up (5m)
- 12:15pm - **Group 1** On rink -
SHOOTING / FUN & GAMES
- 1:15pm - **Group 1** Gear down / Cool
down & Stretch
- 1:45pm - **Group 1** FINISHED