

THURSDAY - 28th DECEMBER 2017

GROUP 1		GROUP 2		GROUPS 3 & 4	
ACTIVITY	TIME	ACTIVITY	TIME	ACTIVITY	TIME
Basic Skating exercises without ball Repeat exercises with ball Pass Exercises Far Post Finish & 1x1 Under Pressure <u>Goalkeeper Specific Training</u>	09:00	Individual Technique & Pass Exercises Pass Exercises Far Post Finish & 1x1 Under Pressure <u>Goalkeeper Specific Training</u>	09:00		
	09:15		09:15		
	09:30		09:30	ARRIVE SPORTS CENTRE	
	09:45		09:45		
	10:00		10:00	WARM UP	
	10:15		10:15		
	10:30		10:30		
	10:45		10:45		
Off the rink exercises	11:00	Off the rink exercises	11:00	Individual Technique Pass Exercises Transition Under Pressure with turn Lateral Transition 2x1 & 2x2 Exercises <u>Goalkeeper Specific Training</u>	
	11:15		11:15		
	11:30		11:30		
	11:45		11:45		
	12:00		12:00		
Pass Exercises Pass with 1x0 & 2x0 Shots <u>Goalkeeper Specific Training</u>	12:15	Pass Exercises Reaction Exercises - 1x0 & 2x0 Shooting Exercises <u>Goalkeeper Specific Training</u>	12:15		
	12:30		12:30	LUNCH	
	12:45		12:45		
	13:00		13:00	Off the rink exercises	
	13:15		13:15		
	13:30		13:30		
	13:45		13:45		
Lunch	14:00	Lunch	14:00	Individual Technique Pass Exercises Reaction Exercises - 1x0 & 2x0 Far Post Finish with Screens Shooting Exercises <u>Goalkeeper Specific Training</u>	
	14:15		14:15		
Off the rink exercises	14:30	Off the rink exercises	14:30		
	14:45		14:45		
	15:00		15:00		
GAMES	15:15	GAMES	15:15		
	15:30		15:30		
	15:45		15:45	Off the rink exercises	
	16:00		16:00		
	16:15		16:15		
	16:30		16:30		
Off the rink exercises	16:45	Off the rink exercises	16:45	GAMES	
	17:00		17:00		
	17:15		17:15		
	17:30		17:30		
	17:45		17:45		
	18:00		18:00		

RINK
 OFF RINK TRAINING
 REST TIME
 LUNCH