




FRIDAY - 29th DECEMBER 2017

GROUP 1		GROUP 2		GROUP 3 & 4	
ACTIVITY	TIME	ACTIVITY	TIME	ACTIVITY	TIME
Basic Skating exercises without ball Repeat exercises with ball Ball control - 1x0 1x0 Under Pressure <u>Goalkeeper Specific Training</u>	09:00	Individual Technique & Pass Exercises 1x0 Exercise - Far Post Finish 1x0 Under Pressure <u>Goalkeeper Specific Training</u>	09:00	Arrive Sports Centre	
	09:15		09:15		
	09:30		09:30		
	09:45		09:45		
	10:00		10:00		
	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 Shooting Exercises 1x0 Using Pass/Move 2x0 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		
Transition 1x0 Under Pressure Diagonal Pass/Move creating 1x0 Shooting Exercises <u>Goalkeeper Specific Training</u>	12:15	Transition 1x0 Under Pressure Diagonal Pass/Move creating 1x0 Shooting Exercises <u>Goalkeeper Specific Training</u>	12:15	LUNCH	
	12:30		12:30		
	12:45		12:45		
	13:00		13:00		
	13:15		13:15		
	13:30		13:30		
	13:45		13:45		
Lunch	14:00	Lunch	14:00	Individual Technique & Pass Exercises Far Post Finish with Screens SET UP MOVE Pass Exercises in the area with finalization <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	Off the rink exercises	
	15:30		15:30		
	15:45		15:45		
	16:00		16:00		
	16:15		16:15		
	16:30		16:30		
	16:45		16:45		
Off the rink exercises	17:00	Off the rink exercises	17:00	GAMES	
	17:15		17:15		
	17:30		17:30		
	17:45		17:45		
	18:00		18:00		

RINK 
 OFF RINK TRAINING 
 REST TIME 
 LUNCH 