



Hockey Development
September 2009 - March 2010

HOCKEY DEVELOPMENT PROGRAM SCHEDULE - MIDDLE GR 6 - 8

Classroom sessions 7:45 - 8:15 am - BH Moffat Lab	Ice-times @ WWC 2:45 - 3:45 pm (leave BH at 2:15 pm)
	September 30 th Balance, Edges & Leg-Leg, Ⓟ Push
October 7 th Intro & Skills video	October 14 th Transitional skate & Lateral Ⓟ Mvmt
October 21 st Lessons from Yoda	October 28 th Toes up & Toe Drag, Wide Narrow
No Class / ice due to Remembrance day No class	*November 4 th Skill combo's & Small area
November 18 th Nutrition for athletes	November 25 th Forward skills - Small area & combos
December 2 nd Forward positional specifics (1)	December 9 th Forward skills - Shots & S/H weaves
December 16 th Forward positional specifics (2)	January 6 th Defense skills - Mirror & Evasive
January 13 th Defense positional specifics (1)	January 20 th Defense skills - Transition & 1v1's
January 27 th Defense positional specifics (2)	February 3 rd Tight Turns & Long drags
February 10 th Dynamic warm-ups: What & Why?	February 17 th Passing & Sobchuk
February 24 th How a hockey player's body works	March 3 rd Passing ladders & Mvmt away from Ⓟ
March 10 th Lessons learned	March 17 th Small area mvmts & Ⓟ combo skills

* Combined session due to scheduling conflicts