



Hockey Development
September 2009 - March 2010

HOCKEY DEVELOPMENT PROGRAM SCHEDULE - SENIOR GR 9 - 12

Ice-times @ WWC 2:45 - 3:45 pm (leave BH at 2:15 pm)	Classroom sessions 7:45 - 8:15 am - BH Moffat Lab
September 23 rd Transitional skate & Attack personal Δ	September 30 th Intro & Skills video
October 7 th Advance W & Lateral ⊕ Mvmt	October 14 th Lessons from Yoda
October 21 st Toes up & Toe Drag, Wide Narrow	October 28 th Nutrition for athletes
*November 4 th Skill combo's & Small area	No class due to Remembrance Day No Class
November 18 th Forward skills - Small area & combos	November 25 th Forward positional specifics (1)
December 2 nd Forward skills - Shots & S/H weaves	December 9 th Forward positional specifics (2)
December 16 th Defense skills - Mirror & Evasive	January 6 th Defense positional specifics (1)
January 13 th Defense skills - Transition & 1v1's	January 20 th Defense positional specifics (2)
January 27 th Tight Turns & Long drags	February 3 rd Recovery for success
February 10 th Passing ladders & Sobchuk	February 17 th Dynamic warm-ups: What & Why?
February 24 th Adv Passing & Mvmt away from ⊕	March 3 rd How a hockey player's body works
March 10 th Small area mvmts & ⊕ combo skills	March 17 th Lessons learned

* Combined session due to scheduling conflicts