Girl Power Hockey

Sample Schedule

	Group 1		Group 2		Group 3		Group 4
7:00-7:30	Breakfast	7:00-7:30	Breakfast	7:30-8:00	Breakfast	7:30-8:00	Breakfast
7:45-8:45	Off Ice Training	7:45-8:45	Off Ice Training	8:15-8:45	Off Ice Shooting	8:15-8:45	Off Ice Shooting
9:00-10:00	On Ice	9:00-10:00	Yoga	9:00-10:00	Off Ice Training	9:00-10:00	Yoga
10:15-11:15	Yoga	10:15-11:15	On Ice	10:15-11:15	Yoga	10:15-11:15	Off Ice Training
11:30-Noon	Off Ice Shooting	11:30-Noon	Off Ice Shooting	11:30-12:30	On Ice	11:30- Noon	Lunch
Noon - 12:30	Lunch	Noon - 12:30	Lunch	12:30-1:00	Lunch	12:45-1:45	ON ice
12:45	Group 1 & 2 Activity			2:00	Group 3 & 4 leave for Activity		
3:15	Return			4:30	Return		
3:45-4:45	Group 1 & 2 on the ice			5:00-6:00	Group 3 & 4 on ice		
5:00	Dinner			6:00	Dinner		
6:30-8:30	3 on 3						
8:30	Showers						
9:00	Lights Out						
Folloing session are rotated into schedule during the week							
Pros of Rope (quick feet and eye hand coordination training)							
Plyometrics							
Off Ice Condiditioing							