

# Red Line Elite Hockey

## Sample Itinerary

\*Instruction for both on and off ice are based on age appropriate drills

### **Group A**

5:15-5:55- Arrival

6:00-6:30- Power Skating/Edge Work/Puck Handling

6:30-6:40- Skill Based Instruction

6:40-7:20- Skill Stations

7:20-7:40- Get Ready For Dryland Training

7:45-8:30- Dryland Training

8:30-8:40- Pick Up

### **Group B**

5:45-6:10- Arrival

6:15-7:00- Dryland Training

7:00-7:25- Get Ready for On Ice Training

7:30-8:00- Power Skating/Edge Work/ Puck Handling

8:00-8:10- Skill Based Instruction

8:10-8:50- Skill Stations

8:55-9:20- Pick Up