

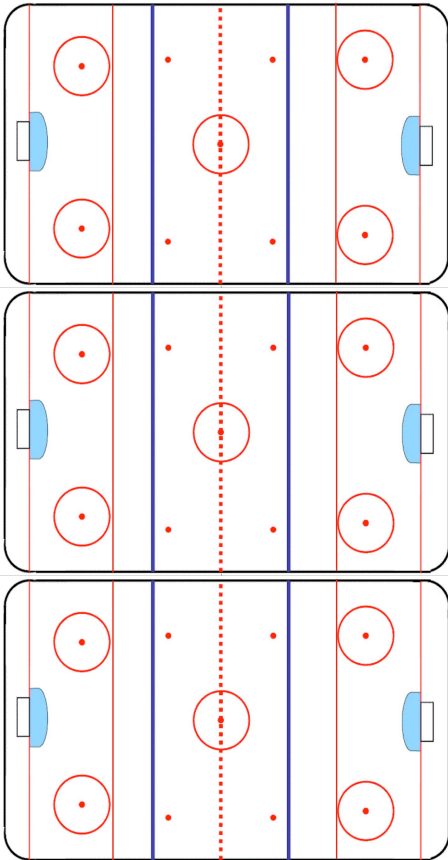
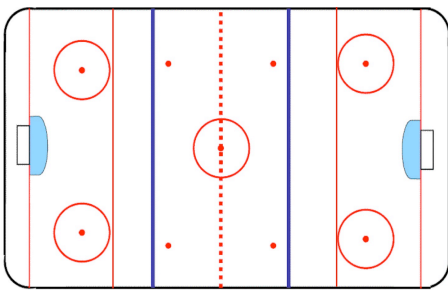


## Long Term Athlete Development Practices

Team: \_\_\_\_\_ Date: \_\_\_\_\_ Time: \_\_\_\_\_ to \_\_\_\_\_

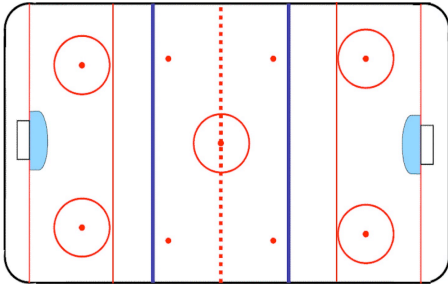
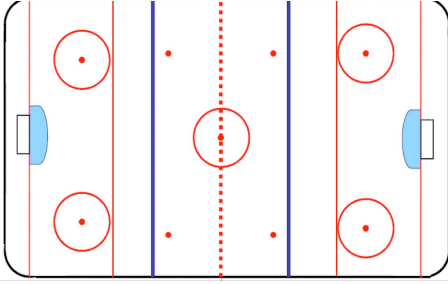
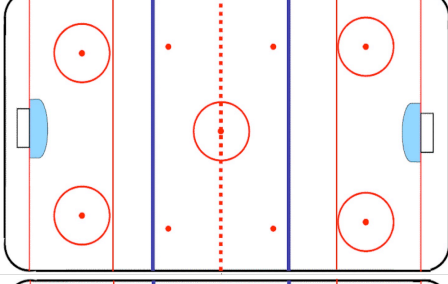
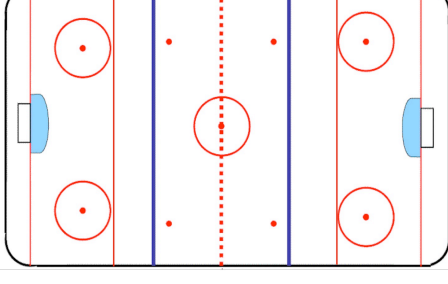
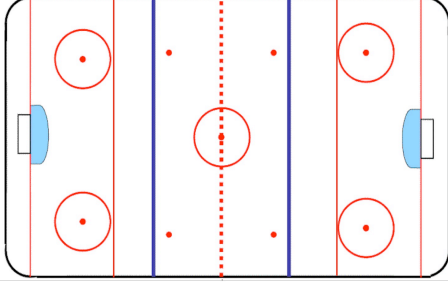
Arena: \_\_\_\_\_ Equipment Needed: \_\_\_\_\_

Goal(s): \_\_\_\_\_

Time	Activity	Diagrams
5min <i>Off-ice in dressing room</i>	Introduction	
10-15min	Warm-Up	
30-45min	Main Part	



## Long Term Athlete Development Practices

	Main Part cont'	   
5-10min	Cool-Down	
5min Off-ice in dressing room	Conclusion	