

# 10 Week Program



## Level 1 TESTING

			Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10
<b>Faking</b>	1-2 Fake Right	20 sec										
	1-2 Fake Left	20 sec										
	1-2 Fake Right/Left Combo	20 sec										
<b>Reach</b>	Reach Wide Two Hands	20 sec										
<b>Moves</b>	Front Fake Right	20 sec										
<b>Puck Tricks</b>	Puck Toss/Flip	(Max Reps)										
<b>TOTAL Minutes Training</b>												

**TESTING is done ONCE/Week. After entering your results on this sheet, you may also enter them on the Testing page online.**