Free Tryout

TRAINING MODULE 1

DAY 1 - 3

Training can be repeated more than once/day!

	Outside Puck Floor Taps (3 pucks)	**Side Fake**	**Backhand Between Feet**
	DRILL 1	**DRILL 2**	**DRILL 3**
DATE COMPLETED	3 sets of 15-30 sec 15 sec rest / set	3 sets of 15-30 sec 15 sec rest / set	3 sets of 15-30 sec 15 sec rest / set

LEFT-HAND COLUMN: Enter DATE/TIME of Drills Completed
ROW: Place Check Mark under each Drill when completed for that day.
If you do drills multiple times, just put check marks in same box.

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