

M2 Hockey Workout Plan

Workout:	Midget Major Dryland			
Date:	12/10/09			

Exercise	Reps	Sets	Weight	Notes
Game Tape Review - 11/06/09 vs. Monroe				
White Board Systems Review				Blue Line: 1-2-2 Forecheck Red Line: Power Play Breakout Defense: NZ Forecheck Goalies: D-Zone Coverage
Team Goals Review				
Individual Goal Setting Exercise	1			
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