

THE HOCKEY LIFE AUGUST PLAYBOOK

THE HOCKEY LIFE TRAINING CHECKLIST



Train with hockey's biggest creators this August.

👁️ GAME READS 🎯 SHOT TRACKING 🛡️ CREASE CONTROL ⌚ REACTIONS ✅ GAME IQ

THE HOCKEY LIFE CHECKLIST

✓	TRAINING PLAN	KEY SKILL
☐	Nasher - Mix of Shots	Track different shot types and unexpected releases.
☐	Little Caesars - Game Flow	Read real U16 shooters in live game situations.
☐	Pavel Barber Dangle Sense	Focus in on technical skills and efficient puck control.
☐	Complex 360 Video Warm-Up	Warm up your vision, tracking, and reactions.
☐	Maria Mountain MSC	Build strong habits that last under fatigue.
☐	Eli Wilson Training Plan	Improve shot release recognition and anticipation.
☐	Dave Stathos Training Plan	Read the play faster and make smarter saves.

YOUR PROGRESS



7 PLANS = CHALLENGE COMPLETED

KEEP YOUR OFFSEASON GOING

Keep building your game with The Hockey Life Training Challenge.

This month's Training Plans feature drills inspired by hockey's biggest creators and trusted coaches, helping you sharpen your reads, improve your movement, and build game-ready habits.

Complete every challenge to unlock your exclusive The Hockey Life badge.

THIS MONTH'S FOCUS AREA



SOFT SCANNING

Improve your ability to read developing plays before the shot.



SHOT RECOGNITION

Recognize release cues earlier and react with confidence.



CREASE MOVEMENT

Stay balanced, efficient, and controlled in every situation.



GAME READS

Track the puck and anticipate what happens next.



FINISHED ALL

7

TRAINING PLANS?

KEEP TRAINING. EARN BONUS ENTRIES.

Continue with your G.A.P. Angles Plan to earn extra entries for a chance to win 2 FREE months of NHL Sense Arena.

TRAIN SMARTER, PLAY FASTER.

brought by  **SENSE ARENA**