

THE HOCKEY LIFE AUGUST PLAYBOOK

THE HOCKEY LIFE TRAINING CHECKLIST



Train with hockey's biggest creators this August.

👁️ READS ⚡ REACTIONS ⚙️ PRE-SCANNING 💡 OFFENSIVE AWARENESS ⏱️ DECISION-MAKING

THE HOCKEY LIFE CHECKLIST

✓	TRAINING PLAN	KEY SKILL
☐	Pavel Barber Dangle Sense	Focus in on technical skills and efficient puck control.
☐	Player Tracking Level 1	Improve multiple-object tracking and awareness.
☐	Elev802 Training Plan	Build faster reads and slot-area decisions.
☐	Pavel Barber Flow 5	Develop fast hands and better anticipation.
☐	Gretzky's Office	Recognize playmaking opportunities below the goal line.
☐	Scoring Area Skills – BU	Improve scanning, timing, and net-front reads.
☐	D-Zone Reads – BC	Master shoulder checks and breakout decisions.

YOUR PROGRESS



7 PLANS = CHALLENGE COMPLETED

KEEP YOUR OFFSEASON GOING

Keep building your game with The Hockey Life.

This month's creator-inspired Training Plans help you improve your technical skills and hockey sense and finishing skills to develop the habits that translate directly to game situations.

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

THIS MONTH'S FOCUS AREAS



HEADS-UP HANDLES

Control the puck while scanning and processing the play.



OFFENSIVE AWARENESS

Recognize scoring opportunities and create more dangerous plays.



FAST HANDS

Develop quicker puck control and smoother stickhandling.



D-ZONE READS

Improve shoulder checks and make smarter breakout decisions.

FINISHED ALL

7

TRAINING PLANS?

KEEP TRAINING. EARN BONUS ENTRIES.

Continue with your P.A.S. Reading Your Opponent Plan to earn extra entries for a chance to win 2 FREE months of NHL Sense Arena.



TRAIN SMARTER, PLAY FASTER.

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