

BUILD ELITE HABITS. TRAIN TO THE STANDARD.

TEAM USA OFFSEASON TRAINING CHECKLIST

Train like the **US National Team** this summer.

👁️ READS 🎯 TRACKING 🛡️ POSITIONING ⌚ REACTION TIME ✅ DECISION CONTROL



COMPLETE ALL 8 TRAINING PLANS

✓	TRAINING PLAN	FOCUS
☐	Play Tracking Video Warm-Up	Track the play in layers as it develops in front of you
☐	Stars and Stripes Training Plan	Improve release reads and work on seeing shots through screens
☐	Game Flow NTDP	In-zone game action from USA Hockey NTDP
☐	Active Hands and Puck Tracking	Get your hands ready and track the pucks to make more saves
☐	Box Control	Control the crease with better body and gloves positioning
☐	Position Warm-up - Deflection Reflex	Prepare your reflexes with high and low deflections
☐	Transferable Skills	Improve hand-eye coordination and decision-making speed
☐	Release Reading	Read shots off the opponent's stick for better anticipation

YOUR PROGRESS

8 PLANS = CHALLENGE COMPLETED



FINISHED ALL
8
TRAINING
PLANS?

KEEP TRAINING. EARN BONUS ENTRIES.

Continue with our 8-Day Release Reading Course in the G.A.P. and earn extra entries for a chance to win 2 months FREE of NHL Sense Arena!

KEEP YOUR OFFSEASON GOING

Keep the momentum going with the USA Hockey Training Pack.

This month's checklist features drills and training plans approved and developed with the help of USA Hockey to maximize your training sessions.

Complete each task throughout the month to continue to fuel your Hockey IQ!

THIS MONTH'S FOCUS AREA



SOFT SCANNING

Improve your ability to scan the ice in layers for play tracking.



READING RELEASES

Learn to identify player's shooting cues for different types of shots.



BOX CONTROL

Learn to have active hands, but control your positioning



GAME FLOW READS

Anticipate plays and react to in-game situations.

TRAIN SMARTER, PLAY FASTER.

brought by  **SENSE
ARENA**