

BUILD ELITE HABITS. TRAIN TO THE STANDARD.

TEAM USA OFFSEASON TRAINING CHECKLIST

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

 **READS**  **REACTIONS**  **PRE-SCANNING HABITS**  **OFFENSIVE AWARENESS**  **DECISION MAKING UNDER PRESSURE**



COMPLETE ALL 8 TRAINING PLANS

✓	TRAINING PLAN	FOCUS
☐	DanglePro - Progressive Flow Warm Up	DanglePro warm ups get progressively more difficult
☐	Breakout Strategies	Top strategies to train to create effective breakouts
☐	Lindsey Fry - Scoring Around the Net	Drills to enhance scoring skills awareness around the net
☐	Transferable Skills Plan	Improve hand-eye coordination and decision-making speed
☐	DanglePro - Warm-Up Drill Pack	Warm up drills designed to get your hands and mind primed
☐	Scan, Tip, and Score Drill Pack	Drills designed to help enhance your deflection and scoring skills
☐	Prescan Drills	Learn to pre-scan during retrievals for better, faster decision-making
☐	Game Reads	Develop better on-ice reads to help awareness and decision-making

YOUR PROGRESS



8 PLANS = CHALLENGE COMPLETED



FINISHED ALL

8

TRAINING
PLANS?

KEEP TRAINING. EARN BONUS ENTRIES.

Continue with our 8-Day Puck Retrievals - DZ P.A.S. Training Plan 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 AREAS



HEADS-UP HANDLES

Learn to control the puck while scanning to gather information.



OFFENSIVE AWARENESS

Recognize opportunities sooner and make smarter plays.



FAST HANDS

Train fun, skilled stick handling drills to increase your hand speed.



D-ZONE READS

Identify threats faster and improve defensive positioning.

TRAIN SMARTER, PLAY FASTER.

brought by  **SENSE
ARENA**