



CDH 2019 GIRLS SUMMER TRAINING CAMP



CDH Head Coach
Brooke White-Lancette

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Guest Coach:
Former MN WILD, Kirk Olson
Strength & Conditioning



RAIDERS GIRLS HOCKEY

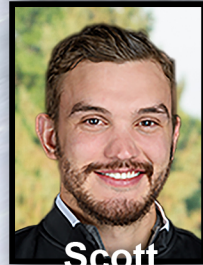
WELCOME NEW AND RETURNING PLAYERS! KEY AREAS OF DEVELOPMENT INCLUDE VIDEO ANALYSIS OF: STRIDE BREAKDOWN & POWER SKATING • DEFENSIVE & OFFENSIVE SPECIFIC TRAINING • PLAY MAKING AWARENESS • BATTLE THROUGH TRAFFIC • SCORING ACCURACY • ANGLING & PINNING



Brooke



Jenna



Scott



Riley

June 2019

Sunday	Monday	Tuesday	Wednesday
9	GOLD OFF) 1:20 - 2:35 ON) 3:00 - 4:00 PURPLE OFF) 2:40 - 3:55 ON) 4:10 - 5:10	11	GOLD OFF) 1:20 - 2:35 ON) 3:00 - 4:00 PURPLE OFF) 2:40 - 3:55 ON) 4:10 - 5:10
16 SCRIMMAGE 5:40 - 6:40 6:50 - 7:50	GOLD OFF) 1:20 - 2:35 ON) 3:00 - 4:00 PURPLE OFF) 2:40 - 3:55 ON) 4:10 - 5:10	18	GOLD OFF) 1:20 - 2:35 ON) 3:00 - 4:00 PURPLE OFF) 2:40 - 3:55 ON) 4:10 - 5:10
23 SCRIMMAGE 5:40 - 6:40 6:50 - 7:50	GOLD OFF) 1:20 - 2:35 ON) 3:00 - 4:00 PURPLE OFF) 2:40 - 3:55 ON) 4:10 - 5:10	25	GOLD OFF) 1:20 - 2:35 ON) 3:00 - 4:00 PURPLE OFF) 2:40 - 3:55 ON) 4:10 - 5:10

July 2019

Sunday	Monday	Tuesday	Wednesday
7	GOLD OFF) 1:20 - 2:35 ON) 3:00 - 4:00 PURPLE OFF) 2:40 - 3:55 ON) 4:10 - 5:10	9	GOLD OFF) 1:20 - 2:35 ON) 3:00 - 4:00 PURPLE OFF) 2:40 - 3:55 ON) 4:10 - 5:10
14 SCRIMMAGE 6:50 - 7:50	GOLD OFF) 1:20 - 2:35 ON) 3:00 - 4:00 PURPLE OFF) 2:40 - 3:55 ON) 4:10 - 5:10	16	GOLD OFF) 1:20 - 2:35 ON) 3:00 - 4:00 PURPLE OFF) 2:40 - 3:55 ON) 4:10 - 5:10
21 SCRIMMAGE 6:50 - 7:50	GOLD OFF) 1:20 - 2:35 ON) 3:00 - 4:00 PURPLE OFF) 2:40 - 3:55 ON) 4:10 - 5:10	23	GOLD OFF) 2:20 - 3:35 ON) 4:00 - 5:00 PURPLE OFF) 3:40 - 4:55 ON) 5:10 - 6:10