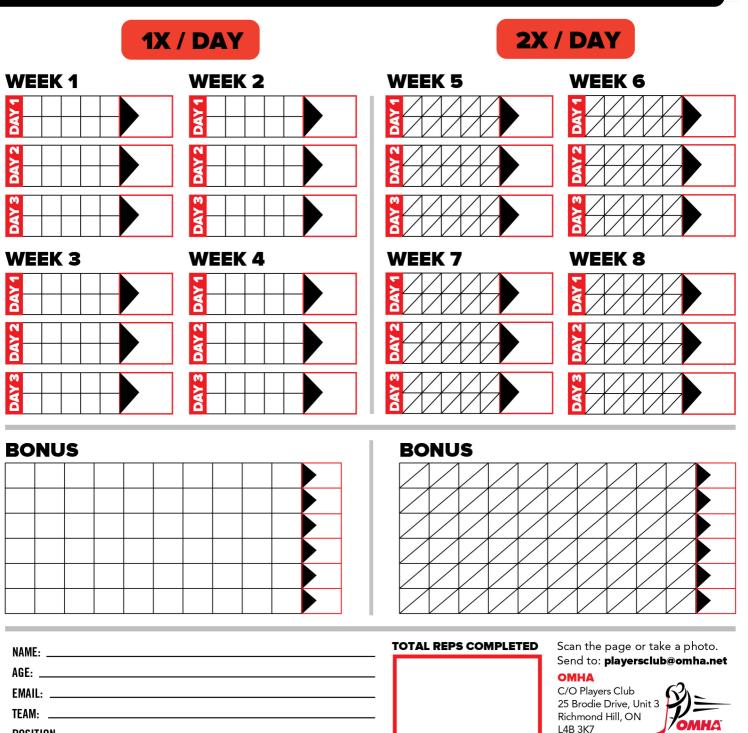


CAN YOU IMPROVE YOUR AGILITY, BALANCE, COORDINATION AND SPEED CAN IMPROVE OVER AN 8 WEEK PERIOD? GOAL: Improved physical literacy and fundamental movement skills PLAN: Develop physical literacy skills using age-appropriate exercises WEEKLY GOAL: 3-5 days per week, 30-100 minutes per week DAILY GOAL: 10-20 minutes per day



Track your individual reps for each exercise and add them up at the end of the circuit once you have finished. Submit your tracking sheet to collect your prize.



For more information on the Long term Player Development (LTPD) model and other Development programs offered by the OMHA - visit **www.omha.net**

POSITION: ____



Visit youtube.com/ontariominorhockey to watch how it is done