

O - Off ice Training on Ground and Fence - College M

This was a camp for college aged players I helped Curtis Brackenbury with in the USA. Lots of partner work using elastics and plyo's standing on a fence. A lot more exercises were done on hills and with a slide board.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20210516161807556>

<https://youtu.be/LWix9YogbqQ>