
Underwater Hockey Workout #1

	Descending	1:30	1:45	2:00v	
1.	0:00	0:00	0:00	0:00	
2.	1:40	1:30	1:45	2:00	
3.	3:10	3:00	3:30	3:50	
4.	4:30	4:30	5:15	5:30	
Intervals	5.	5:46	6:00	7:00	7:10
	6.	7:00	7:30	8:45	8:30
	7.	8:12	9:00	10:30	9:40
	8.	9:22	10:30	12:15	11:00
	9.	10:30	12:00	14:00	12:30
	10.	11:36	13:30	15:45	12:45

- Kicks : Flutter, Porpoise
- Two On Ones
- Two On Twos
- Three Person Passing
- Puck Work
- Curling
- Figure 8 Drill
- Puck Rolling

- 'V' Drill
- Shooting
- 3-5's (fast or slow)
- Murder Curl
- Shoot and Chase