


PLZEŇ 14.-17.July 2025 - PRO CAMP

	LEADER	FOCUS	MORNING	AFTERNOON
	Monday 14.7.	Tuesday 15.7.	Wednesday 16.7.	Thursday 17.7.
m o r n i n g	L.Zdrha/ O.Zdrha	L.Zdrha/ O.Zdrha	L.Zdrha/ O.Zdrha	L.Zdrha/ O.Zdrha
	Individual skills	unpredectable play	powerplay/ penalty kill	whole field training
	small area	change directi. (open,close)	individual skills for PP	long skating
	under pressure	manage game by eyes	different scoring chance	long passing
		two touch principle	passing	2 on 2 drills
		open position	managing by your eys	zone entries
A f t e r n o o n	L.Zdrha/ J.Vachal	L.Zdrha/ J.Vachal	L.Zdrha/ O.Zdrha	L.Zdrha/ O.Zdrha
	Defenders	Defenders	Whole field training	GAME 5 on 5
	D individual skills	body contact	long skating	
	blue line offense	defense skating	timing	
	under pressure position	stealing puck	cooperation D and F	
	unpredictable shot		game 1-1/2-2	
	O.Zdrha/ L.Zdrha	O.Zdrha/ L.Zdrha		
	Forwards	Forwards		
	inside slot	time and space pressure		
	outside slot	manage game after shot		
	under pressure position	rebounding		
	unpredictable shot	move without puck		