

Off Ice (2/06) 5:15-7:00

- Highs and lows (7 min)
- Warm up (10-15)
- Agility (10 mins x 2 w break)
 - 3 t's jog then sprint (5x)
 - Mirror run then sprint
- 4 corners (30 sec per corner) x4 (sprint in between corners) (8 min)
 - Jump Squats
 - Tri dip
 - Planks w high fives
 - Hip thrusts
- 3 lined sprints while their group jogs (x5 15mins)
- Stretch

Off Ice (1/30) 5:15-7:00

- Highs and lows (7 min)
- Warm up (10-15)
- Buddy Run (5 reps ~10 mins)
- Paired Pain (10mins)
 - Toe touches / Sideways crab walk x2
 - Push-ups / skips distance, skip height x2
 - Wall sits / forward sprint, backpedal x2
- Circuit (each section for 30 sec on/10 sec off) x5 (10 min)
 - triceps-dips
 - Bear touches
 - High-five plank
- Stairs (40s on 20 off)
 - Normal, one foot, other foot, two feet, skip step

Off Ice (12/12) 5:15-7:00

- Highs and lows (7 min)
- Warm up (10-15)
- Mirroring Drill (30 seconds x 10 times) (Each person should lead 5 times) - 5 minutes
- Circuit (each section for 30 sec on/10 sec off) x5 (10 min)
 - triceps-dips
 - push-ups
 - Jump squats
- Stick Stuff (20 minutes)
 - Shooting front and back
 - Nock-out game
- Relays (15)
 - Hand-Eye Coordination
 - Both hands

- One hand
- Other hand
- Speed
 - Sprint
 - Backward running
 - Sprint
- Strength
 - Broad Jumps
 - Karaoke
 - Skip 4 Joy
- Soccer (20)

Off Ice (12/8) 5:15-7:00

- Highs and lows (7 min)
- Warm up (10-15)
- 3 lined sprints while their group jogs (x5 15mins)
- 4 corners (30 sec per corner) x4 (sprint in between corners) (8 min)
 - Jump Squats
 - Tri dip
 - Planks w high fives
 - Donkey kicks
- Agility (10 mins x 2 w break)
 - 7's shuffle
 - Line hops (front, sideways, one leg forward, side hops x20sec)
- Skating Specific movement (x5 20 mins)
 - Skating steps 4 steps forward, 4 steps backward x 5
 - Stater touches 3 taps at each spot on both sides x 5
 - Crossover walk 4 steps left, 4 steps right x 5
- Stretching :)

Off Ice (11/28) 5:15-7:00

- Highs and lows (7 min)
- Warm up (10-15)
- Agility (10 mins x 2 w break)
 - 3 t's jog then sprint
 - Mirror run then sprint to hurdles
- Circuit (each section for 30 sec on/10 sec off) x5 (10 min)
 - triceps-dips
 - Jumping Lunges
 - Up down planks
- Stairs: (40 sec on/20 off) x 10
- Stickhandling

- Moving pass (5 mins)
- Star passing (5mins)
- Knock out (10 minutes)

Off Ice (11/14) 5:00-7:00

- Highs and lows (7 min)
- Warm up (10-15)
- 4 corners (30 sec per corner) x4 (sprint in between corners) (8 min)
 - Squats
 - Tri dip
 - Planks
 - Line jumps
- 20 min:
 - Cones: Iron cross (40 sec on/20 off)
 - Sprint forward, backpedal, side shuffle, backpedal
 - Stairs: (40 sec on/20 off) x 10
- Paired Pain (15 min)
 - Wall sit / lunge down gym, sprint back x3
 - Push ups / broad jumps, sprint back x3
 - Bear touches / skips distance, skip height x3
- Cool down (10 min)
- Chalk talk (15 min)

Off Ice (11/05) 5:00-7:00

- Highs and lows (7 min)
- Warm up (10-15)
- Stickhandling (15 min)
 - Around the world (4 min)
 - Around water bottles (4 min)
 - Hop with one foot (4 min)
 - Weave (6 min)
- Cones: Iron cross (40 sec on/20 off)
 - Sprint forward, backpedal, side shuffle, backpedal
- Stairs: (40 sec on/20 off) x 10
- Series of exercises x5 (10 min)
 - 20 steps out: dead man's walk
 - 10 burpees
 - 10 push ups
 - 10 russian twists
 - Walk back
- Partner cool down/stretching (5 min)
 - Arm pull back

- Hamstrings
- Hunched arm pull

Off Ice (10/31) 5:00-7:00

- Highs and lows (7 min)
- Warm up (10-15)
- Cross-gym-run-exercise (20 minutes)
 - Squats (10)
 - Single leg deadlifts (10 per leg)
 - Skaters (10 per leg)
 - Russian twists (10 each side)
- Stairs (40 sec on/20 sec off) x5 (10 minutes)
- Circuit (each section for 30 sec on/10 sec off) x5 (10 min)
 - Jump Lunges
 - Planks
 - Tri-dip
- Paired Pair
 - Wall sit / lunge down gym, sprint back x3
 - Push ups / broad jumps, sprint back x3
 - Bear touches / skips distance, skip height x3
- Cool Down

Off Ice (10/24) 6:20-8

- Highs and lows (7 min)
- Warm up (10-15)
- Basketball Court Workout - 3x 30 minutes
 - Accelerate-Decelerate - Run half speed from end line to first foul line, sprint to opposite foul line, half speed to end line
 - Single-Leg Jumps - Do three hops on right leg, then three on left, alternate to end line
 - Skip for height
 - Skip for length
 - Dead Man's Walk - go into squat and walk
 - Side-Shuffle - pivot at mid court
 - Walking Lunge - alternate lunges for length of court
 - Broad jumps - two footed jumps all the way down
 - Suicide (there and back)
 - Rest for three minutes

Skating specific movements 20 minutes

- Skating steps 4 steps forward, 4 steps backward x 5

- Stater touches 3 taps at each spot on both sides x 5
- Crossover walk 4 steps left, 4 steps right x 5
- Mirroring Drill (30 seconds x 10 times) (Each person should lead 5 times) - 5 minutes

Off Ice (10/17) 6:20-8

- Highs and lows (7 min)
- Warm up (10-15)
- Cross-gym-run-exercise (20 minutes)
 - Tricep Dips (10)
 - Single leg deadlifts (10 per leg)
 - Skaters (10 per leg)
 - Bear touches (10 each side)
- Partner Circuit - 10 minutes
 - Front crawl (5 yds), throwing legs down abs (10 reps), partner high five planks (30 seconds) x 3
- Stairs (40 sec on/20 sec off) x5 (10 minutes)
- Circuit (each section for 30 sec on/10 sec off) x5 (10 min)
 - One-legged hip thrust
 - Superperson
 - Push-ups

Off Ice (10/10) 5:15-7

- Highs and lows of the week and introductions
- Warm up (10-15)
 - Dynamic stretching
- Skating specific movements 20 minutes
 - Skating steps 4 steps forward, 4 steps backward x 5
 - Stater touches 3 taps at each spot on both sides x 5
 - Crossover walk 4 steps left, 4 steps right x 5
- Circuit (each section for 30 sec on/10 sec off) x5 (30 min)
 - Legs
 - Donkey kicks
 - Lunge jumps
 - Squats
 - Core
 - Up-down planks
 - One-legged hip thrust
 - Superperson
 - Arms
 - Tricep dips
 - Calf-Raises
 - Push ups

- Pick up bball (30 min)
- Debrief/announcements
 - HIKING (14th) AND EQUIPMENT PICKUP THIS WEEKEND (13th)
 - BERTELLI'S TRIP (21st)
 - Cheer of the week!!
- CHALK TALK (6:30-7)
 - Ice surface basics: <https://www.omnitv.ca/on/en/videos/3827744780001/>
 - Icing: <https://www.youtube.com/watch?v=29OWglK8yX4>
 - Line Changes: <https://www.youtube.com/watch?v=U56PX9Q1lbs>
 - Off sides: <https://www.youtube.com/watch?v=pTjopR15Jq0&t=2s>