

10/05/2017 4:30-6

Warm Up/Introductions with High/Lows 15 minutes

Name Game 5 minutes

Pre Season Testing to start practice 10 minutes

- Half court back and forth how many in a minute
- Jump squats how many in a minute
- Sit ups how many in a minute
- Push ups how many in 30 seconds
- Optional timed mile (self report)

Group workouts 15 minutes

Hurdle Group

- Each person gets a hurdle, forward jumping, backward jumping & then side to side
 - 30 seconds each exercise then switch exercise then switch group

Agility Group

- Sprint, backpedal, shuffle, karaoke drill & mirror drill

Strength Group

- Hip lifts & SLDL

Skating specific movements 30 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

10/15/2017 4:00-5:30

Warm Up, High/Lows - 15 minutes

Hill sprints with a partner 45 seconds (3x) - 6 minutes

Arm/Core circuit (5x) - 10 minutes

- Pushups - 30 seconds w/ 10 second breaks
- Tricep dips
- Bicycles

Hill sprints again - 6 minutes

Jog - 30 minutes

Stretch/walk back - 15/20 minutes

10/16/2017 4:30-6:00

Warm Up, High/Lows - 15 minutes

Agility drill (karaoke, sprint, karaoke, sprint) (6x) - 15 minutes

Core circuit (5x) - 10 minutes

- Reverse crunches
- Russian twists
- Plank

Leg circuit (5x) - 10 minutes

- Donkey kicks
- Squats

- High knees

Stairs (5x) - 10 minutes

- 30 second set w/ partner

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

Stretch - 5/10 minutes

10/18/17 ITT

Warm Ups/High Lows - 15 minutes

Sprint, Leg Raises (15 reps), Sprint, Single Leg Deadlift (12 reps) - x 6 10 minutes

Shuffle, Chair squats (10 reps), Shuffle, Arm raises (20 reps) - x 6 10 minutes

Get-up tag - 10 minutes

Mirroring Drill (30 seconds x 10 times) (Each person should lead 5 times) - 5 minutes

Ab circuit with people's favorite exercises

Jog - 30 minutes

10/22/17 Outside

Warm Ups/High Lows - 15 minutes

Sprints (with partner 30 seconds on 5 times each) - 10 minutes

10 Minute Circuits (30 second on/10 seconds off for 5 sets) 30 minutes

- Push Ups, Jump Squats, Jumping Jacks
- Spiderman Lunges, Bounce Squats, Calf Raises
- Up/Down Planks, Cross body mountain climbers, Star jumps

Soccer - 30 minutes

10/23/17 ITT

Warm Ups/High Lows - 15 minutes

Stairs - 10 minutes

- 30 seconds w/ partner (8 x)

Around the box x 3 each 10 minutes

- Fire hydrants, burpees, inchworms, shoulder touches in plank

Lines of hurdles - 10 minutes

- Jump forward, single leg, bunny hops, sideways

Jog - 20 minutes

Intensive Stretch & Question Time

Basic Hockey Intro (positions, zones, ice geography, shifts)

10/25/17 "VARSITY" WEIGHT ROOM

Meet at 6:45 for warmup

Overview of room safety - 5 minutes

Explanation of back squat, RDL, and single arm overhead raise - 5 minutes

Circuit 1(x 3): 10 minutes
8 Squats, 6 RDL, 8 SA OR (each arm)

Explanation of kettlebell deadlift, eccentric pull-ups, goblet split squats - 5 minutes

Circuit 2 (x 3) - 10 minutes
8 kettlebell DL, 6 eccentric pull-ups, 8 goblet split squats (each leg)

Explanation of TRX rows, yoga ball hamstring curls - 5 minutes

Circuit 3 (x 3) - 8 minutes
10 rows, 8 hamstring curls

Explanation of bench press and spotting (bar or kettlebell optional)
8 bench press (x 3)

10/29/17
Run on 30 minutes
Reference email for weight instructions

11/6/17
Warm Ups/High Lows - 15 minutes
Sprint/slow jog circuit x 5 - 10 minutes
Stick stuff - 25 minutes

- Stickhandling - Shifting weight (30 times), North/South (30 times each side), Standing on one foot (30 times each side), Hopping on one foot (30 times each side), Lateral jump (30 times)
- Weave x 4
- Knockout x 3
- Partner Knockout x 2

Partner Circuit - 10 minutes

- Front crawl (5 yds), throwing legs down abs (10 reps), partner high five planks (30 seconds) x 3

Cone Scramble - 5 minutes - each partner in for 2 and a half minutes
Rabbits Runs - 10 minutes - do 10 push ups if back partner catches up to front partner, and restart.
Extended stretching

11/8/17
Circuit 1: Explanation of TRX rows, Bulgarian split squats, back squats x 3
10 rows, 8 split squats, 8 back squats

Circuit 2: Yoga ball hamstring curls, eccentric pull ups, trap bar deadlifts x 3
8 hamstring curls, 6 pull ups, 6 deadlifts

Explanation of bench press and spotting (bar or kettlebell optional)

8 bench press (x 3)

11/13/17

Warm Ups/High Lows - 15 minutes

Sprint/slow jog circuit x 5 - 10 minutes

Circuit 1: front crawl, stairs, stairs, tricep dips (30 second sets) (x4) - 10 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

Jumping/Hurdle Circuit - most people get hurdle, everyone else at line - 10 minutes

- Forward/Backward, Side to Side, One Foot (forward/backward), Other Foot, Lateral Jump x 3 for 30 sec each

Circuit 2: SLDL, Fire Hydrants, Russian Twists - 10 minutes

Extended Stretch - 15 minutes

11/15/17

Circuit 1: Explanation of TRX rows, Bulgarian split squats, back squats x 3

10 rows, 8 split squats, 8 back squats

Circuit 2: Yoga ball hamstring curls, eccentric pull ups, trap bar deadlifts x 3

8 hamstring curls, 6 pull ups, 6 deadlifts

Explanation of bench press and spotting (bar or kettlebell optional)

8 bench press (x 3)

11/20/17 (optional, but super fun)

Warm Ups/High Lows - 15 minutes

Kick Ball - 20 minutes

Informal Lift/Circuit - 40 minutes

Circuit 1: push ups, SLDL, bounce squats

Circuit 2: fire hydrants, tricep dips, mountain climbers

Soccer - 20 minutes

11/27/17

Warm Ups/High Lows - 15 minutes

Agility - 20 minutes

Iron Crosses 30 sec x 4

Agility Box (sprint forward, karaoke, back pedal, karaoke) x 4

Mirroring Drill 45 sec x 6 (3 times per partner)

Diagonals (shuffle forward, sprint corner, shuffle corner, sprint back) x 4

Circuit - 20 minutes (30 sec each, 10 sec break)

Push ups, squats, high knees
Spiderman lunges, planks, donkey kicks w/ crossover
Sprint/Strength Circuit - 20 minutes
SLDL (5 each leg), sprint, split squats, sprint (5 each leg) x 5
Jump squats (10 times), shuffle, russian twists (20 times), shuffle x 5
Extended Stretch - 15 minutes

11/29/17

Circuit 1: Back squats, RDL, SA OR x3
8 Squats, 6 RDL, 8 SA OR (each arm)

Circuit 2: Eccentric Pull Ups, Farmer's Walk, lifted hip lift
6 pull ups, down the hallway, around the corner, and back, 8 lifts

Circuit 3: TRX Rows, kettlebell deadlift
8 rows, 8 deadlifts

12/4/17

Warm Up/High Lows - 15 minutes
Sprint/slow jog circuit x 5 - 10 minutes
Ab circle - 10 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
4 corner circuit x 3 - 20 minutes
Inchworms, sumo squats, plank, lunges
Push ups, fire hydrants, high knees, hamstring pull and reach stretch
Chalk Talk - 15 minutes

12/6/17

Circuit 1: Trap bar deadlifts, eccentric pull ups, raised hip lifts
8 deadlifts, 6 pulls ups, 8 hip lifts x 3

Circuit 2: Back squat, weighted rows, farmer's walk
8 squats, 8 rows, down the hall and back x 3

Circuit 3: Bulgarian split squats, medicine ball slams, bicep curls
8 split squats, 8 slams, 8 curls x 3

1/8/18

Warm Up/ High/Lows 15 minutes
Pre Season Testing to start practice 20 minutes

- Half court back and forth how many in a minute
- Jump squats how many in a minute
- Sit ups how many in a minute
- Push ups how many in 30 seconds

Skating specific movements 30 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

Timed Mile in Gym for remainder of prac

1/10/18

Circuit 1: Back squats, RDL, SA OR x3

8 Squats, 6 RDL, 8 SA OR (each arm)

Circuit 2: Eccentric Pull Ups, Farmer's Walk, lifted hip lift

6 pull ups, down the hallway, around the corner, and back, 8 lifts

Circuit 3: TRX Rows, kettlebell deadlift

8 rows, 8 deadlifts

1/15/18

Warm Up/High Lows - 15 minutes

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
- Rest for three minutes

Stick stuff - 35 minutes

- Stickhandling - Shifting weight, North/South, Standing on one foot, Hopping on one foot, Lateral jump - 1 minute each -7 mins
- Knockout x 3
- Partner Knockout x 2
- Shooting - focusing on form - 3 people at a time, other people pass during that

1/17/18

Circuit 1: Back squat, Bulgarian split squats, skull crushers
8 squats, 8 split squats, 8 skull crushers

Circuit 2: Eccentric pull ups, shoulder raises, medicine ball hamstring curls
6 eccentric pull ups, 8 shoulder raises, 8 hamstring curls

Circuit 3: Bench press, medicine ball slams, trap bar deadlift
8 bench press, 8 slams, 8 trap bar deadlifts

1/22/18

Warm Up/High Lows - 15 minutes

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
- Carioka (karaoke) - pivot at mid court
- Broad jumps - two footed jumps all the way down
- Suicide
- Rest for three minutes

Circuit 1: tricep dips, front crawl, butt kicks (30 second sets) (x5) - 10 minutes

Circuit 2: pushups, burpees, calf raises (30 second sets) (x5) - 10 minutes

favorite ab circuit - 10 minutes

stretchy stretch

1/24/18

Circuit 1: Back squat, Bulgarian split squats, skull crushers
8 squats, 8 split squats, 8 skull crushers

Circuit 2: Eccentric pull ups, shoulder raises, medicine ball hamstring curls
6 eccentric pull ups, 8 shoulder raises, 8 hamstring curls

Circuit 3: Bench press, medicine ball slams, trap bar deadlift
8 bench press, 8 slams, 8 trap bar deadlifts

1/29/18

Warm Up/High Lows - 15 minutes

Shuffle-sprint agility box (4 times each side) - 10 minutes

Mirroring Drill (30 seconds x 10 times) (Each person should lead 5 times) - 7 minutes

Core circuit (5x) - 10 minutes

- Mountain climbers
- Russian twists
- Plank

Leg circuit (5x) - 10 minutes

- Donkey kicks
- Squats
- Pushups

Stairs (45 seconds / 15 second rest) (10x) - 10 minutes

Sticks

- Give and go drill (3 people stationary each side) - 10 minutes
- Passing knockout - 10 minutes

1/31/18

Circuit 1: Calf raises on plates, Scapula pulls, Back squat

20 calf raises, 8 scap pulls, 8 back squats

Circuit 2: Bulgarian split squats, Farmers walk, Raised hip lifts

8 B. squats, 8 hip lifts

Circuit 3: Eccentric pull-ups, Roll out

6 pull-ups

Bench press

02/05/18

Warm Up/High Lows - 15 minutes

Sprint/slow jog circuit x 5 - 10 minutes

Leg circuit (5x) - 10 minutes

- Donkey kicks
- Squats
- Pushups

[SL Deadlift (x10) - sprint - Tricep dips (x10)] x5 - 10 minutes

Mirroring Drill (30 seconds x 10 times) (Each person should lead 5 times) - 7 minutes

Skating specific movements - 30 minutes

- Skating steps 4 steps forward, 4 steps backward x 8 (break at 4)
- Stater touches 3 taps at each spot on both sides x 8
- Crossover walk 4 steps left, 4 steps right x 8

Stretchy stretch

2/12

Warm Up/High Lows - 15 minutes

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
- Carioka (karaoke) - pivot at mid court
- Broad jumps - two footed jumps all the way down
- Suicide
- Rest for three minutes

Circuit 1: pushups, burpees, calf raises - 10 minutes

Circuit 2: SLDL, Fire Hydrants, Russian Twists - 10 minutes

2/14

Circuit 1: back squat, farmers walk, bouncy step downs.

- 8 squat, down the hall and back, ? Step downs

Circuit 2: Eccentric pull ups, rolling hamstring curls, slide lunges.

- 6 pull up, 8 rolling curls, 8 slide lunges

Circuit 3: Band pull downs, trx chest press, and like a leg roll of some kind.

- ? Band pull downs, 8 trx chest press, 30 sec roll each side