




Hockey Speed and Cond.1

Image	Exercise	Set	Reps	Weight/ Resistance	Tempo	Time
	<p><u>Seated Fast Arms</u> Starting Position: Seated on the floor with the legs straight out in front of you. Swing arms in a sprinting motion. Elbows should be kept at 90 degrees and keep hands relaxed. Your hands should come up to about shoulder height and should go past your hips in the back. Be careful to not bounce off of the floor as you swing your arms faster.</p> <p>Trainer's comments: Rest for 30 sec between each set.</p>	1 2	30 sec 30 sec			



Ankle Bounces

1. Stand with feet shoulder-width apart and knees slightly bent. Arms should be at sides and bent up to 90°.
2. Hop continuously on both feet using only the ankles to project body up.
3. Remember to extend the ankles to their maximum range on each hop to ensure proper mechanics (or full plantar flexion).

Trainer's comments:
Same as above.

1	30			
2	sec			
	30			
	sec			



High Knee Drill

1. Stand in place with feet hip width apart.
2. Drive knee up towards chest and quickly place the foot back on the ground.
3. Drive other knee up in a moderate to fast jog with minimal ground contact time.

Trainer's comments:
same as above.

1	20			
2	yards			
	20			
	yards			



Butt Kick

Start with a light jog
 Pull the heel of the lower leg up to and bounce off the butt.
 Your knee should come forward and up during the movement.

1 20
 2 yards
 20 yards

Trainer's comments:

same as above.



Skip (A-Rhythm)

Start with both feet together and begins by driving your left leg up into the air and explode off the ground using the right ankle (like a toe raise) keeping the right leg straight.
 Instead of staying in place extend the right foot so that you land 1-2 feet in front of the starting position with the right foot landing.
 Place left foot on the ground in a skipping motion.
 Now drive the right leg up and extend the left ankle in a skipping motion.
 Repeat until desired repetitions or

1 20
 2 yards
 20 yards



distance is met.

Trainer's comments:
same as above.

Skip (B-Rhythm)
Start with both feet together and begins by driving your left leg up into the air and explode off the ground using the right ankle (like a toe raise) keeping the right leg straight. Extend the left leg out into an extended horizontal position and then paw down with the foot and dive the hips through. Instead of staying in place extend the right foot so that you land 1-2 feet in front of the starting position with the right foot landing. Place left foot on the ground in a skipping motion. Now drive the right leg up and out while extending the left ankle in a skipping motion. Repeat until desired repetitions or distance is met.

1	20			
2	yards			
	20			
	yards			



Trainer's comments:
same as above.

Straight Leg Quick Feet
Run keeping your legs straight and the feet pointed toward the ground
Focus on minimizing ground contact with the foot and pull through with the leg.
Steps should only be approximately 1 foot apart.

1	20
2	yards 20 yards

Trainer's comments:
same as above.



Bounding
1. Jog into the start of the drill for forward momentum.
2. After a few feet, forcefully push off with the left foot and bring the leg forward. At same time drive your right arm forward.
3. Repeat with other leg and arm
4. This exercise is an exaggerated running motion focusing on foot push-off and air time.

1	20
2	yards 20 yards



Trainer's comments:
same as above.

Toe Bounce Walks

Start on the balls of your feet.
Bounce up and down using only your ankles extending to propel you off the ground. Stay on the balls of your feet at all times. This should be a light quick bounce to your walk while staying on the balls of your feet.

1 20
2 yards
20 yards

Trainer's comments:
same as above.

Heel Sprints

Run keeping the legs straight and the foot plantar flexed (toes curled up) so that you are on your heels. Focus on minimal ground contact and pull through with the heel.

1 20
2 yards
20 yards

Trainer's comments:
same as above.

