

Station 1 (Dry-land room): 18 minutes

Slide boards: 3 x 25 times and switch with a partner when done. Emphasis is on a good knee bend and a powerful push. **Have kids wear their helmets and Gloves**

Agility Ladder: (2) foot jump from side to side hitting each hole in the ladder. (down and back)
(1) Foot cross-over (down and back) looking for explosion as they work across the ladder.

Touch each foot inside the ladder going in a straight line. Work their footwork and get them to get up and get down with speed (down and back)

(1) Foot in the ladder at a time working side to side. Work quick feet and don't allow them to cross their feet over (down and back)

Pushups: 3 sets of 15 (Then work up to sets of 30 – 50)

Set ups: 3 sets of 15 (Then work up to sets of 30 – 50)

Station 2 (Bleachers): 18 minutes

Squats: Standing and squatting – 3 sets of 20

Squat Jumps: Squat and jump bring your knees to your chest – 3 sets of 20 emphasis explosion!

Forward Lunges: Big steps and touch your back knee to the ground, hands off the front knee
3 sets of 10 steps

Reverse Lunges: same as forward but walking backwards – 3 sets of 10 steps

Lateral Lunges: face the ice and step to the side - same as forward but the lead leg bends and back leg stays straight – 3 sets of 10 steps

Wall sits: 5 sets – have them hold it as long as they can (by this time their legs are getting tired)

Sprints: (6) sprints of approx 20 yards across the top of the bleachers

Or

Stairs: Have them run up and down the stairs

Station 3 (by boys Varsity Locker Room): 18 minutes MAKE THEM WEAR GLOVES AND HELMET!!!

Stationary stick handling: keep head up and focus on the coach while stick handling.

Make them stick handle on each of their sides

Work their stick handling from side to front to other side and then back while keeping their head looking straight ahead.

Quick hands: Place 10 pucks in a straight line about 1' apart. Have them stick handle through the pucks with their heads up looking at you in front of them. This will take some time but will make them better fast.

Passing: Have them pick a partner and stand 6' apart and work on their passing both fore hand and back hand. Make sure there are working soft hands and cupping the ball. Heads are up and looking at the target before they make the pass. As they get better have them pick up the pace.

Have the kids each bring a tennis ball, stick handling ball, and a golf ball. Each of these will give the kid a different feel while working

At first have the kids go slow to get the drill down and to get comfortable keeping their heads up at everything they are doing then work into having them pick the pace up. I would work these drills each week for a better part of the season and maybe mid January we can get some other drills.