

# DISTRICT 9 HOCKEY

## Dryland Stations

- **Warm-ups** after a five-minute jog or bounce
  - Butt-kicks
  - Striders
  - Side shuffles
  - High-knee skips
  - Carioca
  - Over/under the fence
  - Quick knees
- **Agility**
  - Ladders—lckey Shuffle, Scissors, 2-foot hops f&b, 1-foot hops f&b, 90-degree jump turns, 180s, etc. ([Additional videos on youtube](#))
  - 5-Dots (1-foot or two, work for quickness, no more than 20 seconds) —hourglass, hourglass flip, figure-8 (both ways), triangle, square (both ways), L, M, N, center/out star, pivot triangle, etc. ([Additional videos on youtube](#))
  - Jump ropes—side-to-side, front-back, crossovers, hot peppers, double-jumps ([Additional videos on youtube](#))
  - Sprint Squares—quickness, agility, lateral movement, change of direction
- **Core Strength**
  - Crunches
  - Suitcases—on back, bend at waist to bring straight legs and straight arms up to meet
  - Pendulum—on back, up partner stands with feet on either side of down partner's head; down partner holds up partner's ankles and lifts straight legs to up partner's chest; up partner pushes away down partner's legs, and down partner returns them to up position
  - Superman—on belly, lift straight arms and straight legs off the ground, hold six inches off ground
  - Roman chair
  - Exercise balls
  - Medicine balls
  - Balance balls
  - Wheels
- **Speed**
  - Sprints—10 yds, 20 yds, etc.—short and quick, 30-seconds rest
  - Plyometric boxes—20-30 seconds
  - Russian boxes—20-30 seconds
  - Stride boards—20-30 seconds
- **Puckhandling**
  - Balls—[Cullen sequences](#), puckhandling sequence
  - Shooting
  - Box hockey
  - Short-blade sticks—cut off the last couple inches of the blade of an old stick—helps players learn to use heel for reception and control, which is especially important with one-piece sticks
- **Eye-hand Coordination**
  - Ping-pong
  - Juggling
  - Heavy bag
  - Team Handball
- **Strength**—stick to body weight until growth plates are closing—perfect technique, light weight
  - Squat rack
  - Bench press
  - Wrist rollers
  - Pull-up bar
  - Dumbbells & Barbells
- **Game Concepts**—find open space/take away open space
  - Keepaway (use a ball, beanbag, or puck, and pass by hand): 3 in a square, 1 in the middle— 1 player with the ball at one corner of the square, 2 players support to either adjacent corner, keeping it away from 4<sup>th</sup> player in the middle; no diagonal passes across the square, only passes to either adjacent corner. When a pass is completed, the player away from the ball has to move to support at an adjacent corner to the new passer. Players learn to use the 90 degrees of forehand passing options.
  - Team Handball—set up nets at either end, pick teams, try to throw ball into other team's net. Some different rules to teach different concepts:
    - Ball carrier stationary—others learn to move to open space and support the carrier
    - Ball carrier moving, tag for turnover—learn to look while moving, and handle quick transitions