

10U/12U PHASE II - UPPER & LOWER BODY

## ROLL UPS & ROLL DOWNS

### SETUP

- Use a cut off hockey stick between 12-18 inches long.
- Drill a hole into the middle of the stick.
- Thread a skate lace 30 inches in length into the hole.
- Add a puck, 2 pucks or 1-3 lb weights and tie a secure knot.

### MOVEMENT

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  - Extend arms holding stick with weight out away from body.
  - Stand in athletic position (knees slightly bent).
  - Roll wrist down wrapping the lace around the stick until puck or weight touch stick.
  - Roll wrists up to unravel the weight to original starting position for one complete repetition.
  - Perform 2-3 repetitions.

*Divide players into teams.*

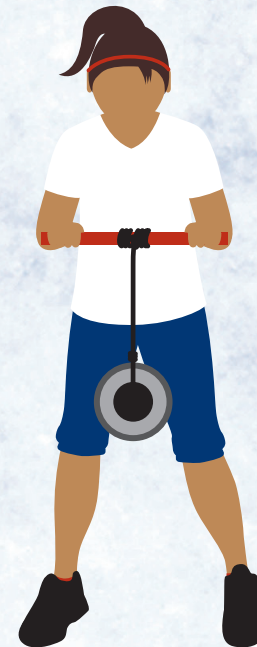
*Each player performs 2 repetitions and hands it off to a teammate.*

*First team to complete all repetitions wins.*



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