



## The Hockey Academy Off-Ice Challenge 2020 - Week 5

### Warm Up: (5 minutes)

1. Standing Quad Stretch x 3/side
2. Alternating Spiderman x 5/side
3. Alternating Pigeon x 3/side
4. In -Place "A" Skip x :20 seconds
5. Pogo Jumps x :20 seconds
6. Base Rotation x :20 seconds

### Phase 1- Foundation

Ages Mite - Squirt					
Week 5	Exercise	Muscle Group	Tempo	Monday	Thursday
Block 1	1a. Lateral Bound to Broad Jump	Lower Body Power	Explosive	2x3/side	2x3/side
	1b. Rotating Side Plank	Core / Upper Body	SLOW	2x4/side	2x4/side

**Note:** go from 1a right into 1b. Rest :30-:60 seconds then repeat for the number of sets listed

Block 2	2a. Alternating Back Lunge + Squat Hold	Lower Body Strength	HOLD	2x8/side + :20	2x8/side + :20
	2b. Bear Crawl Push Up	Upper Body Strength - Push	:02 down :02 up	2x5-8	2x5-8

**Note:** go from 2a right into 2b. Rest :30-:60 seconds then repeat for the number of sets listed

Block 3	3a. Lateral Lunge	Lower Body - Strength	SLOW	2x8/side	2x8/side
	3b. Partner Core (Perturbations) w/ Stick	CORE	SLOW	2x:30	2x:30

**Note:** go from 3a right into 3b. Rest :30-:60 seconds then repeat for the number of sets listed

	Speed/Agility			Reps	Reps
Block 4	1a. 5yd Partner Resisted Sprint to 10yd Sprint Out 1b. 1/2 Kneeling Start to 10yd Sprint	Full Body	FAST	4x's x2/side	4x's x2/side
	2. Pro Agility Drill (5-10-5)	Full Body	FAST	x2/side	x2/side
	Conditioning		Work/Rest	Reps	Reps
Block 5	200yd Shuttle Run	cones 25yards apart	1:2	2x	2x
	Note: Cones are 25 yards apart. Sprint down and back 8 times (4 round trips). How ever long it takes you to do the interval rest your rest is double the time.				

Ages Pee Wee - Midgets						
Week 5	Exercise	Muscle Group	Tempo	Monday	Wednesday	Friday
Block 1	1a. Lateral Bound to Broad Jump	Lower Body Power	Explosive	2x3/side	2x4/side	2x3/side
	1b. Rotating Side Plank	Core / Upper Body	SLOW	2x5/side	2x6/side	2x5/side

**Note:** go from 1a right into 1b. Rest :30-:60 seconds then repeat for the number of sets listed

Block 2	2a. Alternating Back Lunge + Squat Hold	Lower Body Strength	HOLD	2x8/side +:30	2x10/side +:30	2x8/side +:30
	2b. Bear Crawl Push Up	Upper Body Strength - Push	:02 down :02 up	2x5-8	2x5-8	2x5-8

**Note:** go from 2a right into 2b. Rest :30-:60 seconds then repeat for the number of sets listed

<b>Block 3</b>	3a. Lateral Lunge	Lower Body - Strength	SLOW	2x8/side	2x10/side	2x8/side
	3b. Partner Core (Perturbations) w/ Stick	CORE	SLOW	2x:30	2x:30	2x:30

**Note:** go from 3a right into 3b. Rest :30-:60 seconds then repeat for the number of sets listed

	<b>Speed/Agility</b>			<b>Reps</b>	<b>Reps</b>	<b>Reps</b>
<b>Block 4</b>	1a. 5yd Partner Resisted Sprint to 10yd Sprint Out	Full Body	FAST	4x's x2/side	4x's x2/side	4x's x2/side
	1b. 1/2 Kneeling Start to 10yd Sprint					
	2. Pro Agility Drill (5-10-5)	Full Body	FAST	x2/side	x3/side	x2/side
	<b>Conditioning</b>		<b>Work/Rest</b>	<b>Reps</b>	<b>Reps</b>	<b>Reps</b>
<b>Block 5</b>	200yd Shuttle Run	cones 25yards apart	1:2	3x	2x	3x
	Note: Cones are 25 yards apart. Sprint down and back 8 times (4 round trips). How ever long it takes you to do the interval rest your rest is double the time.					