



The Hockey Academy Off-Ice Challenge 2020 - Week 10

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 10	Exercise	Muscle Group	Tempo	Monday	Wednesday
Block 1 Plyo/Speed	1a. Diagonal Bounds (<i>Quick & Stick</i>)	Lower Body Power	Explosive	3x5/side	2x5/side
	1b. Split Stance Drop to Sprint Out	Speed	FAST	x3/side	x2/side

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

Block 2 Plyo/Agility	2a. Split Squat Jumps	Lower Body Power	Explosive	2x5/side	1x5/side
	2b. "X" Patter Drill (<i>w/ Crossover Run</i>)	Agility	FAST	x3/side	x3/side

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

				Reps	Reps
Block 3 "GRID"	Squats	Lower Body - Strength	Controlled	50	30
	Push Ups	Upper Body - Strength	Controlled	25	20
	Lunges	Lower Body - Strength	Controlled	30 (15/side)	20 (10/side)
	Bear Crawl	Core	Controlled	20yds	10yds
	Inverted Rows	Upper Body - Strength	Controlled	30	25

Note: set a timer for 5 minutes, try to do as many sets as possible in the time allowed. Write down how many sets you were able to get in each workout.

	Conditioning	Work/Rest	Reps	Reps
Block 5 Conditioning	300yd Shuttle Run	cones 25yards apart	1:2	n/a
	150yd Shuttle Run	cones 25yards apart	1:3	3x
	Note: Cones are 25 yards apart. Sprint down and back 12 times (6 round trips). How ever long it takes you to do the interval rest your rest is double the time.		450 yards	600 yards

Ages Pee Wee - Midgets						
Week 10	Exercise	Muscle Group	Tempo	Monday	Wednesday	Friday
Block 1 Plyo/Speed	1a. Diagonal Bounds (<i>Quick & Stick</i>)	Lower Body Power	Explosive	3x5/side	1x5/side	2x5/side
	1b. Split Stance Drop to Sprint Out	Speed	FAST	x4/side	x2/side	x3/side

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

Block 2	2a. Split Squat Jumps	Lower Body Power	Explosive	3x5/side	1x5/side	2x5/side
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Plyo/Agility	2b. "X" Patter Drill (<i>w/ Crossover Run</i>)	Agility	FAST	x4/side	x2/side	x3/side
	Note: go from 2a right into 2b. Rest :30-:60 seconds then repeat for the number of sets listed			Reps	Reps	Reps
Block 3 "GRID"	Squats	Lower Body - Strength	Controlled	100	25	50
	Push Ups	Upper Body - Strength	Controlled	50	25	30
	Lunges	Lower Body - Strength	Controlled	60 (30/side)	30 (15/side)	40 (20/side)
	Bear Crawl	Core	Controlled	30yds	10yds	20yds
	Inverted Rows	Upper Body - Strength	Controlled	50	20	30

	Conditioning		Work/Rest	Reps	Reps	Reps
Block 5 Conditioning	300yd Shuttle Run	cones 25yards apart	1:2	n/a	3x	x
	150yd Shuttle Run	cones 25yards apart	1:3	n/a	x	4x
	Note: Cones are 25 yards apart. Sprint down and back 12 times (6 round trips). How ever long it takes you to do the interval rest your rest is double the time.				900 yards	600yds