

The Hockey Academy Off-Ice Challenge 2020 - Week 2

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 2	Exercise	Muscle Group	Tempo	Monday	Thursday
Block 1	1a. Squat Jump	Lower Body Power	Explosive	2x10	3x8
	1b. Backwards Inchworm	Core / Upper Body	SLOW	2x10	3x8
Note: go from 1a right into 1b. Rest :30-:60 seconds then repeat for the number of sets listed					
Block 2	2a. Squats	Lower Body Strength	:02 down :01 up	2x20	3x15
	2b. Push Ups	Upper Body Strength - Push	:03 down :01 up	2x10	3x10
Note: go from 2a right into 2b. Rest :30-:60 seconds then repeat for the number of sets listed					
Block 3	3a. 1-Arm Partner Towel Row	Upper Body Strength - Pull	SLOW	2x12/side	3x12/side
	3b. Bear Crawl (5yd Square)	Full Body	SLOW	2x	3x
Note: go from 3a right into 3b. Rest :30-:60 seconds then repeat for the number of sets listed					
Sprints				Reps	Reps
Block 4	x15yds	Full Body	FAST	8x	8x
	Note: walk back for recovery				
Conditioning			Work/Rest	Reps	Reps
Block 5	150yd Shuttle	cones 25yards apart	:30/:90	3x	3x
	Rest: 90 seconds	up and back 6 times			

Ages Pee Wee - Midgets						
Week 2	Exercise	Muscle Group	Tempo	Monday	Wednesday	Friday
Block 1	1. Squat Jump	Lower Body Power	Explosive	4x8	2x8	3x8
	2. Backwards Inchworm	Core / Upper Body	SLOW	4x8	2x8	3x8
Note: go from 1a right into 1b. Rest :30-:60 seconds then repeat for the number of sets listed						
Block 2	3. Squats	Lower Body Strength	:02 down :01 up	3x20	2x20	3x20
	4. Push Ups	Upper Body Strength - Push	:03 down :01 up	3x10	2x10	3x10
Note: go from 2a right into 2b. Rest :30-:60 seconds then repeat for the number of sets listed						
Block 3	5. 1-Arm Partner Towel or Db Row	Upper Body Strength - Pull	SLOW	3x12/side	2x12/side	3x12/side
	6. Bear Crawl (5yd Square)	Full Body	SLOW	3x	2x	3x
Note: go from 3a right into 3b. Rest :30-:60 seconds then repeat for the number of sets listed						
Sprints						
Block 4	x15yds	Full Body	FAST	12x	10x	8x
	Note: walk back for recovery					
Conditioning			Work/Rest	Reps	Reps	Reps
Block 5	150yd Shuttle	cones 25yards apart	:30/:90	3x	5x	4x
	Rest: 90 seconds	up and back 6 times				

