



## The Hockey Academy Off-Ice Challenge 2020 - Week 3

### 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 3	Exercise	Muscle Group	Tempo	Monday	Thursday
Block 1	1a. Lateral Bound	Lower Body Power	Explosive	2x5/side	2x5/side
	1b. Plank Up/Downs	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. Split Squat Hold	Lower Body Strength	HOLD	2x:20/side	2x:20/side
	2b. Push Up w/ Shoulder Tap	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. Partner Inverted Row	Upper Body Strength - Pull	SLOW	2x:20+10	2x:20+10
	3b. Suitcase Carry w/ Hockey Back	Full Body	SLOW	2x20yds	2x20yds

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

Sprints			Reps	Reps
Block 4	1. High Knees w/ Hockey Stick Overhead	Full Body	FAST	4x10yds
	2. 10yd Jog to 10yd Sprint	Full Body	FAST	4x
Conditioning			Work/Rest	Reps
Block 5	30yd Sprint w/ Jog Back	cones 30yards apart	1:1	1x5
	Note: Sprint 30yds then Jog back. As soon as you get back to the starting line repeat that same sequence 4 more times for a total of 5 reps. Rest :60-:90 seconds and repeat for the listed number of sets	Rest: :60-90 seconds		

Ages Pee Wee - Midgets						
Week 3	Exercise	Muscle Group	Tempo	Monday	Wednesday	Friday
Block 1	1a. Lateral Bound	Lower Body Power	Explosive	2x5/side	3x5/side	2x5/side
	1b. Plank Up/Downs	Core / Upper Body	SLOW	2x4/side	3x4/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. Split Squat Hold + Split Squat	Lower Body Strength	HOLD	2x:20+8/side	3x:20+8/side	2x:20+8/side
	2b. Push Up w/ Shoulder Tap	Upper Body Strength - Push	:02 down :02 up	2x6-8	3x6-8	2x6-8

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

Block 3	3a. Partner Inverted Row	Upper Body Strength - Pull	SLOW	2x:20+10	3x:20+10	2x:20+10
	3b. Suitcase Carry w/ Hockey Back	Full Body	SLOW	2x20yds	3x20yds	2x20yds

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

	Sprints			Reps	Reps	Reps
Block 4	1. High Knees Drill w/ Hockey Stick Overhead	Full Body	FAST	4x10yds	4x10yds	4x10yds
	2. 10yd Jog to 10yd Sprint	Full Body	FAST	6x	4x	6x
	Conditioning		Work/Rest	Reps	Reps	Reps
Block 5	30yd Sprint w/ Jog Back	cones 30yards apart	1:1	2x5	2x	2x5
	Note: Sprint 30yds then Jog back. As soon as you get back to the starting line repeat that same sequence 4 more times for a total of 5 reps. Rest :60-:90 seconds and repeat for the listed number of sets	Rest: :60-90 seconds				