



The Hockey Academy Off-Ice Challenge 2020 - Week 4

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 4	Exercise	Muscle Group	Tempo	Monday	Thursday
Block 1	1a. Lateral Bound (<i>Continuous</i>)	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	NEW Drill: 2a. Split Squat Hold + Split Squat	Lower Body Strength	HOLD	2x:20+8/side	2x:20+8/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	NEW Drill: 1. High Knees Drill (w/ Hockey Stick Overhead) to Sprint Out	Full Body	FAST	4x5+10yds	4x5+10yds
	NEW Drill: 2. Crossover & Stick	Full Body	FAST	2x5/side	2x5/side
Conditioning			Work/Rest	Reps	Reps
Block 5	30 yd Sprint w/ Jog Back	cones 30 yards apart	1:1	2x5	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			

Ages Pee Wee - Midgets						
Week 4	Exercise	Muscle Group	Tempo	Monday	Wednesday	Friday
Block 1	1a. Lateral Bound (<i>Continuous</i>)	Lower Body Power	Explosive	3x5/side	2x5/side	3x5/side
	1b. Plank Up/Downs	Core / Upper Body	SLOW	3x4/side	2x5/side	3x4/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	3x:20+10/side	2x:30+10/side	3x:20+10/side
	2b. Push Up w/ Shoulder Tap	Upper Body Strength - Push	:02 down :02 up	3x6-8	2x6-8	3x6-8

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	3x:20+10	2x:20+10	3x:20+10
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Block 3	3b. Suitcase Carry w/ Hockey Back	Full Body	SLOW	3x20yds	2x20yds	3x20yds
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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	NEW Drill: 1. High Knees Drill (w/ Hockey Stick Overhead)	Full Body	FAST	4x5+10yds	4x5+10yds	4x5+10yds
	NEW Drill: 2. Crossover & Stick	Full Body	FAST	2x5/side	2x5/side	2x5/side
	Conditioning		Work/Rest	Reps	Reps	Reps
Block 5	30yd Sprint w/ Jog Back	cones 30 yards apart	1:1	2x5	3x5	2x5
	Note: Sprint 30 yds 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				