

LS Girls Hockey

Train Together, Learn Together, Win Together



Week 2

Workout 1	Workout 2
<p>Warm up 2x20 seconds <u>Skiers</u> Crunches Squat Jumps Leg Lifts Jumping Jacks <u>Penguins</u> Butt Kicks</p> <p>Circuit 1 2x20 seconds <u>Plank Up Downs</u> Push-ups Plank Side Plank Chair Tricep Dips</p> <p>Circuit 2 2x20 seconds <u>Plié squat</u> Side Lunge Alternating forward lunges <u>Hip lift bridge</u> <u>Single leg RDLs</u></p>	<p>Warm up 2x20 seconds Jumping jacks Squats Leg swings Mountain climbers <u>Skater lunges</u></p> <p>Circuit 1 2x20 seconds <u>Pause squats</u> <u>Plank Up Downs</u> Push up Wall sit</p> <p>Circuit 2 2x20seconds Alternating forward lunges <u>Pike push-up</u> <u>Russian twist</u> <u>Sit up toe touch</u></p>

Additional Videos

Stick handling

<https://www.youtube.com/watch?v=X8rZTZMBIP4>

Agility Drills pick 5-7 drills 2-3x 10seconds ea.

<https://www.youtube.com/watch?v=uNhPDIJOQBw>

Cardio: Need a jump rope? Contact Coach Morris

<https://www.youtube.com/watch?v=1BZM2Vre5oc>

Daily edge work routine

<https://www.youtube.com/watch?v=RVd37gBN0SI>

Goalies

https://www.youtube.com/watch?v=T15_B629G1A

Inspiration quote of the week from Coach Jess

“Continuous effort, not strength or intelligence, is the key to unlocking our potential” - Liane Cardes