



The Hockey Academy Off-Ice Challenge 2020 - Week 9

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 9	Exercise	Muscle Group	Tempo	Monday	Wednesday
Block 1 Plyo/Speed	1a. Diagonal Bounds	Lower Body Power	Explosive	2x5/side	2x5/side
	1b. 1/2 Kneeling Starts	Speed	FAST	x3/side	x3/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	2x5/side
	2b. "X" Patter Drill	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	50
	Push Ups	Upper Body - Strength	Controlled	40	30
	Lunges	Lower Body - Strength	Controlled	50 (25/side)	20 (10/side)
	Bear Crawl	Core	Controlled	25yds	20yds
	Inverted Rows	Upper Body - Strength	Controlled	50	30

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.

of sets: () / () # of sets: () / ()

	Conditioning		Work/Rest	Reps	Reps
Block 5 Conditioning	300yd Shuttle Run	cones 25yards apart	1:2	1x	2x
	150yd Shuttle Run	cones 25yards apart	1:3	2x	1x
	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.			600 yards	750 yards

Ages Pee Wee - Midgets						
Week 9	Exercise	Muscle Group	Tempo	Monday	Wednesday	Friday
Block 1 Plyo/Speed	1a. Diagonal Bounds	Lower Body Power	Explosive	2x5/side	3x5/side	2x5/side
	1b. 1/2 Kneeling Starts	Speed	FAST	x3/side	x4/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	2x5/side	3x5/side	2x5/side
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Plyo/Agility	2b. "X" Patter Drill	Agility	FAST	x3/side	x4/side	x3/side
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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	50	75	40
	Push Ups	Upper Body - Strength	Controlled	40	50	30
	Lunges	Lower Body - Strength	Controlled	50 (25/side)	60 (30/side)	40 (20/side)
	Bear Crawl	Core	Controlled	25yds	30yds	20yds
	Inverted Rows	Upper Body - Strength	Controlled	50	60	40

	Conditioning		Work/Rest	Reps	Reps	Reps
Block 5 Conditioning	300yd Shuttle Run	cones 25yards apart	1:2	1x	n/a	2x
	150yd Shuttle Run	cones 25yards apart	1:3	3x	4x	2x
	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.				750 yards	600 yards