

Apple Valley - Bantam
Phase 1
Week 1 - 4 Day 1

Core Stability	Dynamic Warm-up
Exercise	Set/Reps
MB Sit-up Twist & Throw	3X15
Physio. Ball Back Extension	3X15
Tuck Jumps - In Place	3X10
Form Run	3X20 yds.

Weight Training				
Exercise	Set/Reps	Wt.	Rest	Comments
4-Way Hip	4X8	Light band	1:00 Min.	Extension Flexion Abduction Adduction
Hang clean	3X8	Light use barbell	1:00 Min.	Explosive, drive hips and shrug. Proper power position and drop bar at full extension.
Back Squat	3X8	Light	1:00 Min.	Stay under control. Chest out, head up, stay on heels.
Physio. Ball push-up	3X8	Body	1:00 Min.	Hands on ball, feet on ground. Stay under control, control ball with core.
Front & Lateral Shoulder Raise	3X8	5-10 lb. Dumbbell	1:00 Min.	Power position. Raise front then lateral for one rep.

Skill Training	
Drill	Comments
Figure 8 and shoot	One figure 8 with puck then shoot. 5 pucks each hole. Forehand and backhand.
3 quick out wide	3 quick dribbles then out wide. Alternate sides, 10 each side. Stay in power position.

Week 1-4 Day 2

Core Stability	Dynamic Warm-up
Exercise	Set/Reps
V-ups	3X15
Goodmornings	3X15
Skipping	3X20 yds.
Lateral Overstride	3X20 yds.

Weight Training				
Exercise	Set/Reps	Wt.	Rest	Comments
Physio. Ball push-up	3X8	Body	1:00 Min.	Feet on ball, Hands on ground. Stay under control, control ball with core.
Lateral Cross-over Step Ups	4X8	10 -15 lb. dumbbell	1:00 Min.	Keep entire foot on the ground as you step up. Good power position. Mimic skating crossover.

Rockers	3X8	Light Barbell	1:00 Min.	Stay under control. Chest out, head up, stay in skating position.
Bosu Ball Single Leg Squat	4X8	10 -15 lb. dumbbell	1:00 Min.	One leg on bosu ball the other on bench or box. Control core and squat. Slow and controlled.
Dumbbell Military Press	3X8	20 - 30 lb. Dumbbell	1:00 Min.	Under Control, full range of motion.

Speed Ladder Work				
Exercise	Reps	Wt.	Rest	Comments
Two out two in	2	None	Line	Start with both feet on side of ladder. Quickly place both in side and exit other side.
Crossover	2	None	Line	Start with both feet on side of ladder. Quickly crossover outside foot into ladder and continue to end.
Toe taps	2	None	Line	Start facing first square as quickly as possible tap each foot into ladder.