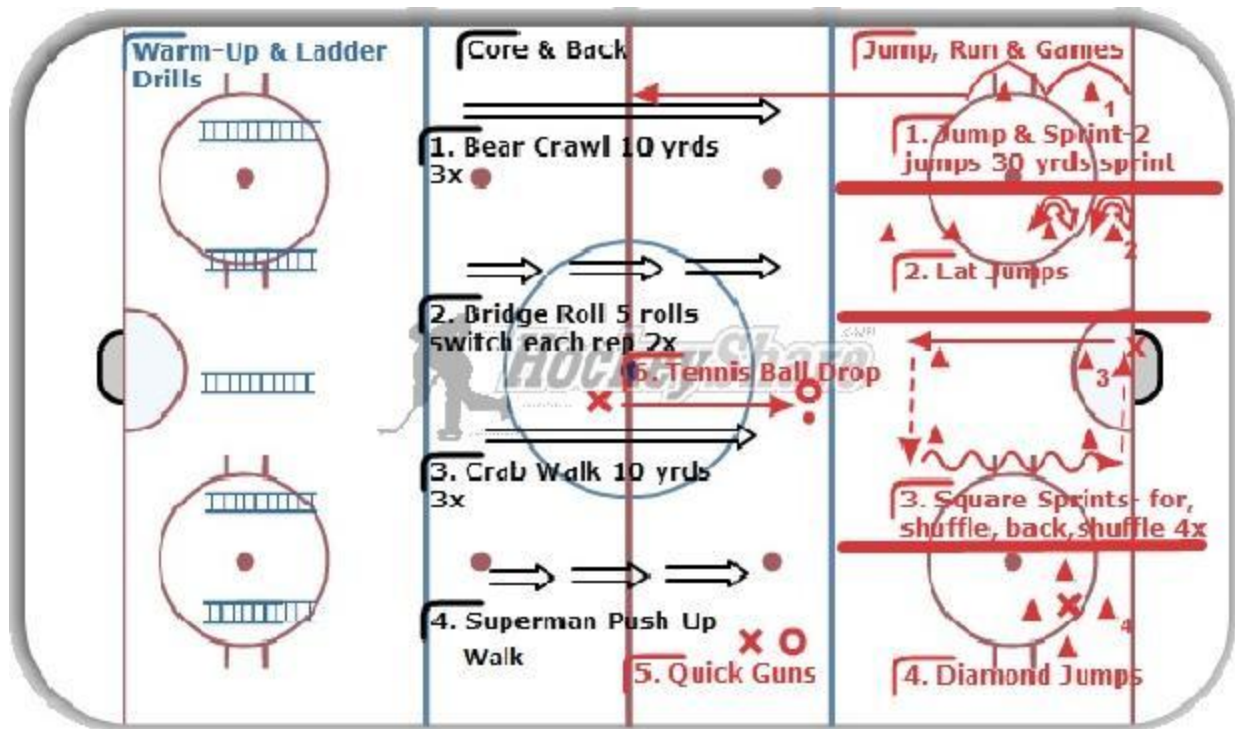


# BYHA Preseason Off-Ice 1 (2017)



## Description

### Ladder Drills:

<https://www.youtube.com/watch?v=S7NuVcxhzDI>  
See video: Any combination that works for group.

### Core & Back

1) Bear Crawl - 30' Forward & Backward (3x)  
<https://www.youtube.com/watch?v=-qeEfV5zMjE>

2) Bridge Roll - 5 each direction (3x)  
<https://www.youtube.com/watch?v=1T8tYYhxEyQ>

3) Crab Walk - 30' Forward & Backward (3x)  
<https://www.youtube.com/watch?v=aATmERo1-o4>

4) Superman Push Up Walk  
<https://www.youtube.com/watch?v=kxE4GOWCdng>

### Run & Jump

1) Setup 2 cones 3' apart. Players 2-foot hop over both cones then sprint 35'-5'. Jump/hop as quickly as possible. Add cones for tougher drill.

2) Lateral Jumps - Use sticks, tape, or cones  
<https://www.youtube.com/watch?v=BE2U0RMoj3E>

3) Square Sprints - 20' x 20'  
<https://www.youtube.com/watch?v=lpUFy5hWROU>

4) Diamond Jumps  
<https://www.youtube.com/watch?v=3nwExeewj1o>

### Games

1) Tennis Ball Drop  
<https://www.youtube.com/watch?v=k6G6yq9EMsc>

2) Quick Guns Hand Slap Game

Partner player. One player starts with hands on hips. Other player holds prayer hands but point finger tips at partner. Using either or both hands, player with hands on hips tries to slap partner's prayer hands. Prayer hands must move his/her hands up or down to avoid slap.

### Key Points: