

PRACTICE PLAN 1

Station 1:
Push Up
Scramble

Station 2:
Ladder: Single
Leg Slalom

Station 3:
T-Push

Station 4:
Plank Hold
to Bridge

Station 5:
Monster Walk/
Bear Crawl

Station 6:
PVC Pipe Figure 8s



PUSH UP SCRAMBLE

MOVEMENT

- Lie on Stomach.
- ① • Perform push-ups and scrambles on left foot and scrambles on right foot.
- ② • Scramble: get off the ground into a standing position.
- ③ • Scramble to standing on 1 foot and sway side to side and front to back.
- Repeat technique sequence 4 times.

Perform 2-3 push-ups in a row followed by 2-3 scrambles in a row.

VARIATION

- Lie on back.
- Scramble to standing on 1 foot, sway side to side and front to back.

ADVANCED VARIATION

Lie on back, complete a full roll each direction, scramble to standing on 1 foot, sway side to side and front to back.

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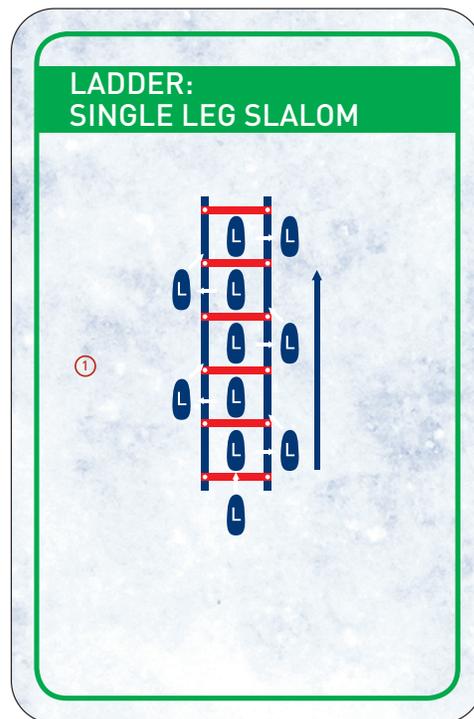
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LADDER: SINGLE LEG SLALOM

MOVEMENT

- ① • Begin standing at one end of the ladder standing on one leg.
- Jump into the first square, upon landing immediately jump laterally to one side of the first square.
- Immediately jump diagonally and forward in to the second square, then jump laterally to the other side of the ladder.
- Continue jumping in and out to each side of the ladder in a zig-zag pattern.
- Jog back to line.
- Halfway through time allocated repeat this drill leading with the opposite leg.

HOW TO MAKE AN AGILITY LADDER

- Ladders can either be purchased or homemade.
- Determine the length of the side rails using a measuring tape.
- Draw out the first side rail to the desired dimension using chalk, paint or tape.
- Place the second side rail that is equal in length parallel to first with 20 inches between them.
- Every 18 inches, use the chalk, paint, or blue painter's tape to draw out the rungs between the two side rails.

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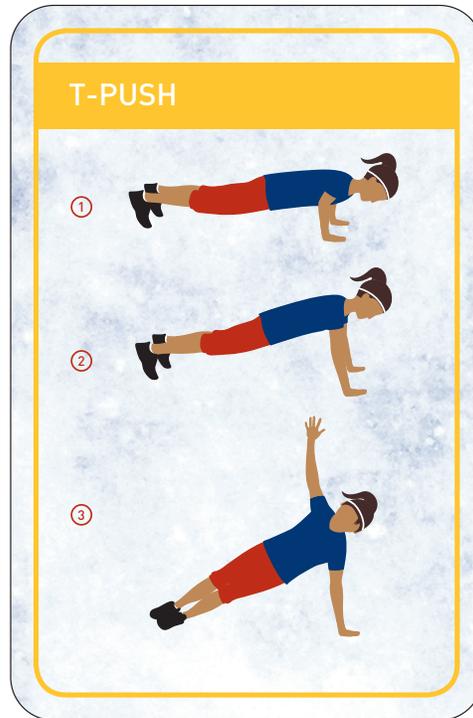
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T-PUSH

MOVEMENT

- ① Start at the bottom of a push-up position.
- Back should form a flat bridge.
- ② Perform a push-up and hold at the top of exercise.
- ③ Lift one arm from the floor and raise towards the ceiling.
- Roll hips so belly button faces 3 o'clock or 9 o'clock.
- Roll onto the side of feet and keep body straight for entire movement.
- Create a sideways T-shape with arms and body.
- Return to the starting position.
- Repeat raising opposite arm.
- 1 T-Push repetition with each arm constitutes 1 full repetition.

Perform 5 repetitions, rest for 30 seconds and repeat.

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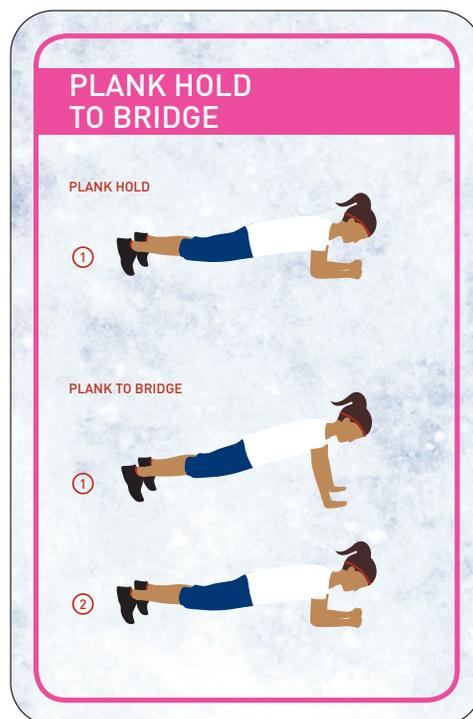
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PLANK HOLD TO BRIDGE

PLANK HOLD MOVEMENT

- ① Begin with elbows under shoulders, hands in line with elbows and weight on forearms.
- Weight on toes and legs fully extended.
- Shoulders down and back with shoulder blades pinched.
- Core tight, tuck tail, squeeze glutes and draw belly button back into spine.

Perform for 30 seconds, rest for 30 seconds.

ADVANCED

PLANK TO BRIDGE PROGRESSION

- ① Start in the top of a push-up position keeping abdominals engaged for the entire exercise.
- Back should form a flat bridge.
- Weight on toes and legs fully extended.
- Shoulders down and back with shoulder blades pinched.
- Core tight, tuck tail, squeeze glutes and draw belly button back into spine.
- ② With back slightly rounded move from push-up position to a plank position (hands to forearms).

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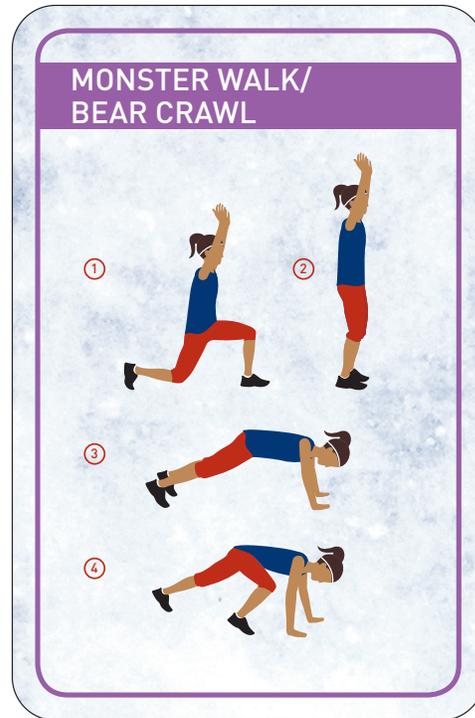
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MONSTER WALK/ BEAR CRAWL

MOVEMENT

- Perform 6 Monster Walks (forward lunge) transitioning into 6 Bear Crawls.

MONSTER WALK TECHNIQUE

- Stand with feet shoulder width apart.
 - Arms are stretched straight up over head in line with ears.
 - Step forward, landing with the heel first.
 - Knee should be at 90 degrees.
 - Long strides so knee does not go past toes.
 - Right knee touches ground.
 - Looking straight ahead with back straight.
- Return to standing position driving up with front leg.
 - Alternate legs.

BEAR CRAWL TECHNIQUE

- Start on all fours.
- Pick up right hand and left leg, extend forward.
- Pick up left hand and right leg, extend forward.
- Repeat.

ADVANCED

Perform Monster Walk/Bear Crawl backwards and laterally.

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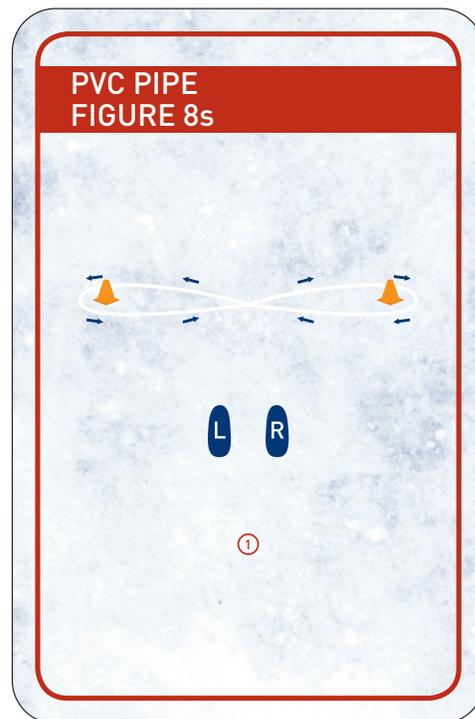
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PVC PIPE FIGURE 8s

FOCUS

- Loose bottom hand, expansion of reach, cupped blade, top hand control.

SET UP

- Place 2 cones 3-4 feet apart from each other.
- Stand 2 feet in front of cones positioned in the middle.
- 6 inch x 1.5 inch diameter piece of PVC pipe placed over shaft of stick and held with bottom hand.

TECHNIQUE

- Feet are shoulder width apart.
 - Head and chest up.
 - Hands are closer together within a standard range.
 - Tight grip with top hand.
 - Loose grip with bottom hand.
- Move the ball wide with the backhand side of the blade.
 - Catch the ball with the cupped backhand of the blade and push it forward around the cones before bringing the ball across the body.
 - Continue to handle the ball in a Figure 8 pattern in front of the body.
 - Top hand controls the movement of the ball.
 - Have players change Figure 8 direction halfway through station.
 - Execute for 20 seconds, rest for 20 seconds...repeat.

Top hand will fatigue quickly.

PRACTICE PLAN 2

Station 1:
Monster Walk Twist

Station 2:
Ladder:
In-In-Out-Out

Station 3:
Inch Worm

Station 4:
Spiderman Climbs

Station 5:
Hip Turns & Sprint

Station 6:
Touch Passing



MONSTER WALK TWIST

MOVEMENT

- Forward lunge, holding a soccer ball.
- Monster Walk Twist 10 yards.
- Alternate legs.

TECHNIQUE

1. Stand with feet shoulder width apart.
2. Hold soccer ball in front of body with elbows bent about 90 degrees.
3. Step forward with left foot into a lunge position. Be sure to keep knee over left foot and behind ankle; do not twist at the knee.
3. From torso, twist upper body to the right-belly button should be at 3 o'clock. Arms are stretched straight out towards 3 o'clock. Maintain a slow and controlled movement throughout the exercise. Slowly move arms/ball to center and return to standing position. Step forward with the opposite foot. Twist to the other side-arms stretched out to 9 o'clock.

If players struggle with technique perform Monster Walk Twists without a ball.

ADVANCED

Use a 1lb, 2lb or 3lb medicine ball performing Monster Walk Twists. Do not add weight if technique diminishes.

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Monster Walk Twist

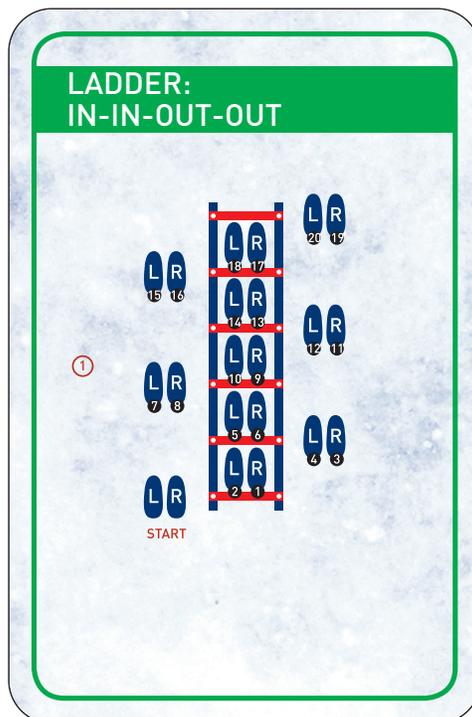
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LADDER: IN-IN-OUT-OUT

MOVEMENT

1. Stand to the side at one end of the ladder with the ladder running vertical.
1. Step with one foot into the right square, followed by the opposite foot.
- Step forwards out of the square diagonally with the lead foot so that it is in front of the second square, follow with the trail foot.
- Repeat sequence down the ladder.
- Jog back to line.
- Halfway through time allocated repeat this drill leading with the opposite leg.

HOW TO MAKE AN AGILITY LADDER

- Ladders can either be purchased or homemade.
- Determine the length of the side rails using a measuring tape.
- Draw out the first side rail to the desired dimension using chalk, paint or tape.
- Place the second side rail that is equal in length parallel to first with 20 inches between them.
- Every 18 inches, use the chalk, paint, or blue painter's tape to draw out the rungs between the two side rails.

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INCH WORM

- MOVEMENT**
- 1 Start in a push-up position.
 - 2 Back should form a flat bridge.
 - 3 Perform 1 push-up.
 - 4 Lift hips to form a V.
- 1 Slowly walk feet to hands keeping knees straight.
 - 2 Repeat entire sequence.

Have players perform 5-10 Inch Worms.

- REVERSE MOVEMENT**
- Players start in a sandwich position.
 - Place palms on ground outside feet.
 - Walk feet backwards into push-up position.
 - Perform one push-up.
 - Walk hands back to feet.

Have players perform 5-10 reverse Inch Worms.

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SPIDERMAN CLIMBS

- MOVEMENT**
- 1 Start in the top of a push-up position keeping abdominals engaged for the entire exercise.
 - 2 Back should form a flat bridge.
 - 3 Pick up one foot off the ground.
 - 4 Slowly bring knee up outside right arm and place foot on the ground beside hand.
 - 5 Keeping abdominals braced.
 - 6 Slowly return foot to starting position.
 - 7 Alternate sides.

Perform for 30 seconds, rest for 30 seconds. Repeat.

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HIP TURNS & SPRINT

SETUP

- Stand facing coach with legs a little wider than shoulder width.
- Coach uses commands 1, 2, 3, reset.
- Turn hips/pivot 45 degrees to the left.

①

②

- Turn hips/pivots 45 degrees to the right.
- Sprint.
- Reset: stand facing coach with legs a little wider than shoulder width.
- Perform 1-4 hip turns to keep drill reactive, jog back to line.
- Repeat.

*Players should only turn hips. Shoulders should not turn.
To sprint players must cross-over feet to accelerate.*

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TOUCH PASSING

SETUP

- Players partner up.
- Stand 8-10 feet apart.
- Feet face partner.
- Use a hockey ball.

Touch Passing can only be done on the forehand and should be used to receive and pass the ball all in one motion. It can be used most effectively in a "give and go" situation where the passing distance is very short.

①

TECHNIQUE

- Bottom hand should be low on the shaft.
- Bear down, putting plenty of weight on bottom hand.
- The ball should be Touch Passed on the heel of the stick.
- This is the strongest part of the blade and it will eliminate bouncing.
- As the ball meets the stick player pushes through with bottom hand while pushing back with top hand quickly (push-pull action).
- The ball spins off the stick from heel to toe keeping the ball on the ground.
- Touch Pass ball in slow controlled movement.
- Players need to move feet and hands to one touch pass back to partner on forehand.

ADVANCED

As technique is learned players can pass harder and/or shorten distance between partners. Introduce 2 balls, Touch Passing. Player will need to lengthen the distance between partners and Touch Pass softer.

PRACTICE PLAN 3

Station 1:
Hurdle Jumps
Lateral

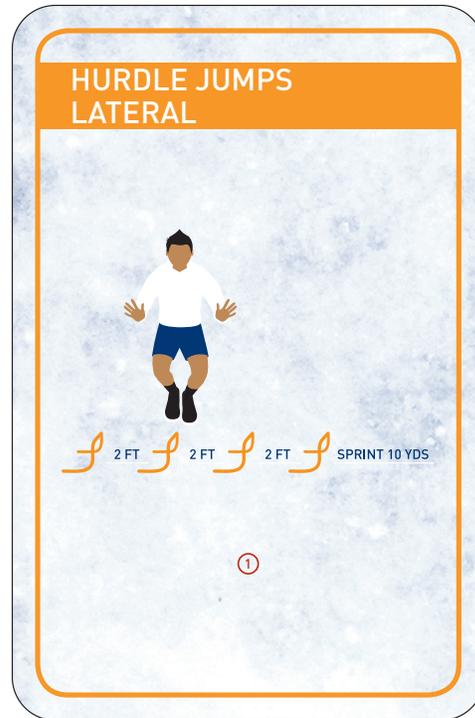
Station 2:
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1 in the Hole

Station 3:
Inverted Rows

Station 4:
Burpees

Station 5:
Zig Zag Skaters

Station 6:
Stationary
Saucer Passing



HURDLE JUMPS LATERAL

SETUP

- Use 6 inch or 12 inch hurdles.
- Place 3 to 4 hurdles in a straight line approximately 2 feet between each other.

MOVEMENT

- 1 Stand laterally next to hurdles in an athletic position.
- Bend knees and spring off both feet jumping laterally over hurdle.
- Land on both feet, knees bent in an athletic position.
- Hold position for 3 seconds.
- Repeat jumps and technique over remaining hurdles.
- After last jump, land and sprint 10 yards.
- Face opposite direction on next repetition.
- Repeat technique.

ADVANCED

Jump hurdles, land and immediately jump again...single leg low hurdle hops.

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Lateral

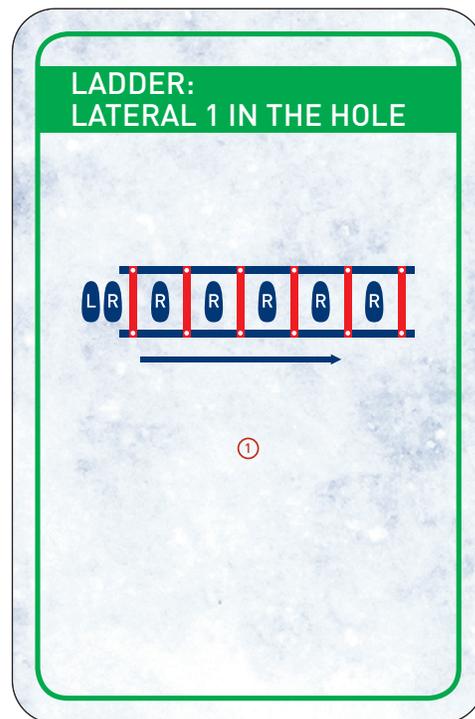
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LADDER: LATERAL 1 IN THE HOLE

MOVEMENT

- 1 Stand sideways at one end of ladder.
- Hop laterally through entire ladder with foot closest to ladder.
- Halfway through time allocated repeat using opposite [outside] foot.

HOW TO MAKE AN AGILITY LADDER

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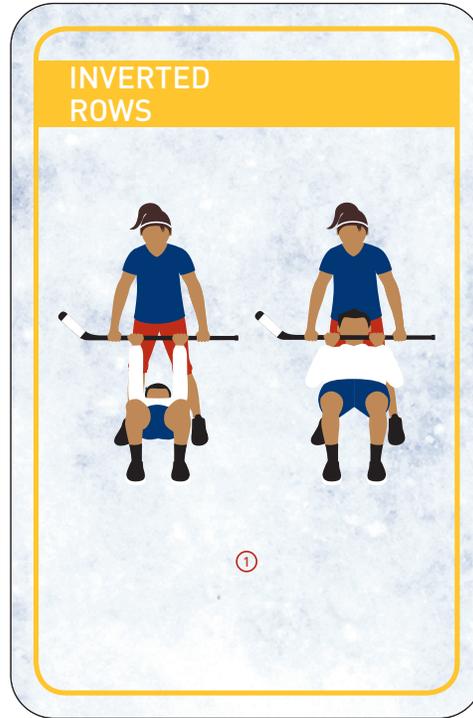
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INVERTED ROWS

SETUP

- 1 • Divide players into partners.
• One player lies on ground face up.
• Player straddles partner holding hockey stick horizontally in front of body.
• Player on the ground holds the stick with palms facing in, knees bent, feet flat on the floor.

MOVEMENT

- 2 • Perform an Inverted Row pulling chest and hips to a bridge position.
• Keep elbows tucked close to body.
• Lead with chest, keeping chin tucked and shoulder blades back and down.
• Lower body back to the ground.

Repeat for 5 repetitions then switch roles with partner.

ADVANCED

Perform Inverted Rows with legs straight and heels on the floor.

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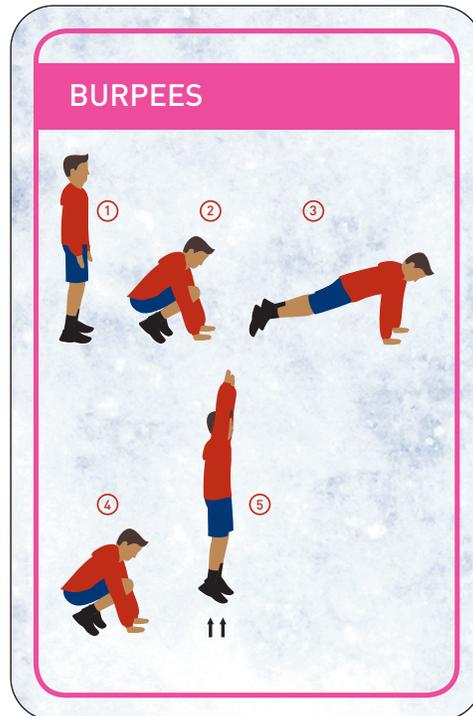
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BURPEES

MOVEMENT

- 1 • Stand in athletic position: feet shoulder width apart and knees slightly bent.
- 2 • Squat down into a crouched position with hands on ground out in front of feet.
- 3 • Extend legs behind hands into a push-up position.
- 4 • Jump back into the crouched position.
- 5 • Jump up into a standing position.

Repeat for 5-10 reps or 30 seconds, rest for 30 seconds. Players will fatigue quickly.

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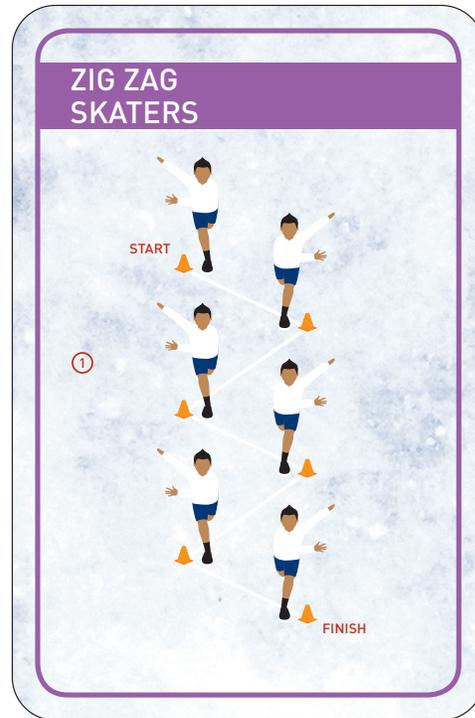
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ZIG ZAG SKATERS

SETUP

- 6 cones 3-5 feet apart in a zig zag pattern.

MOVEMENT

- 1 Start standing comfortably on the inside of cone #1.
 - Load weight onto right leg with a deep knee bend.
 - Place left leg behind right leg in the air.
 - Jump to cone #2 landing on left leg while swinging arms to the left—simulating a hockey stride.
 - Jump to cone #3 landing on right leg while swinging arms to the right—simulating a hockey stride.
 - Perform skaters zig zagging through all 6 cones.
 - Hold each landing for 3 seconds.
 - Players jog back to line.
 - Repeat.

ADVANCED

Perform Zig Zag Skaters backwards.

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STATIONARY SAUCER PASSING

SETUP

- Set up 2 sticks on the player's forehand side of the body.
- Use a hockey puck.

TECHNIQUE

- 1 Similar to Touch Passing, the player pushes through with the bottom hand while pulling back with the top hand to open up the stick blade.
 - Keep the blade of the stick open as the puck spins off heel to the toe of blade.
 - This requires plenty of practice to develop the right touch.
 - Toes pointing forward, player Saucer Passes the puck over one stick at a time using a flip motion on forehand side of blade.
 - Return to starting position by saucer flipping the puck back over the obstacles using backhand side of the stick.

ADVANCED

Players partner up, stand 8-10 feet apart, lay a hockey stick between the players.

Players Saucer Pass over the stick to partner.