

**BYHA Off-Ice Practice Bantams & 15U**

**Number of Players: 20-35**

**Practice Theme / Goals:** athleticism, balance, core strength, plyometrics

**Equipment Required:** ladders, cones, light dumbbells/plates, hockey sticks

**Time:** 60 minutes

**Set-up:** to be ran in Peterson Rink. Include water breaks between activities.

**Warm-up: Ladder Drills (15 min.)**

<https://www.youtube.com/watch?v=S7NuVcxhzDI>

See video: Any combination that works for group. This activity is for the entire group.

Form 2-4 lines with a ladder (or tape ladder). Players should perform activity then walk around back in line.

**Activity 1: Quick Burst Hops/Jumps (15 min.)**

Make tape or chalk lines on the ground. Players perform exercises as fast as possible. 20 second repetitions; 30 second rest. 5 sets each.

- 1) Lateral Hops - <https://youtu.be/rO7YW4WRsbs?t=5>
- 2) Forward-Backward - <https://youtu.be/rO7YW4WRsbs?t=11>
- 3) Skater Jumps - <https://www.youtube.com/watch?v=kDeU76CerLA>

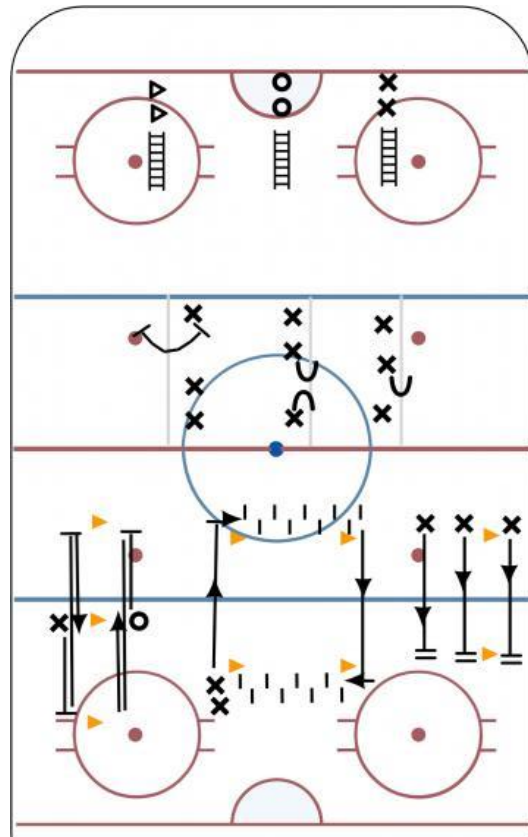
**Activity 2: Short Sprints & Stops (15 min.)**

- 1) Sprint 12' & Stop in Athletic Position - <https://youtu.be/rO7YW4WRsbs?t=34>
- 2) Square Sprints - 12' x 12' <https://www.youtube.com/watch?v=lpUFy5hWROU>
- 3) 20'x20' Shuttle Run - <https://www.youtube.com/watch?v=YCowMIUe3M4>

**Activity 3: Core Circuit (15 min.)**

This is a **superset** exercise. Each of three exercises is performed with a short 30 second rest between exercises. Followed by 2 minutes of rest after the third exercise. 3 supersets total. [https://youtu.be/Pv27XiAbKCQ?list=FL2-MMDkU\\_ncmlTY8qRds-RA&t=440](https://youtu.be/Pv27XiAbKCQ?list=FL2-MMDkU_ncmlTY8qRds-RA&t=440)

- 1) 90° Core Twist (w/ light dumbbell or plate) - [https://youtu.be/Pv27XiAbKCQ?list=FL2-MMDkU\\_ncmlTY8qRds-RA&t=459](https://youtu.be/Pv27XiAbKCQ?list=FL2-MMDkU_ncmlTY8qRds-RA&t=459)
- 2) Planks – (try to hold 90 seconds) - [https://youtu.be/Pv27XiAbKCQ?list=FL2-MMDkU\\_ncmlTY8qRds-RA&t=571](https://youtu.be/Pv27XiAbKCQ?list=FL2-MMDkU_ncmlTY8qRds-RA&t=571)
- 3) Chops to Knee {aka: Cross Chop} (w/ light dumbbell or plate) - [https://youtu.be/Pv27XiAbKCQ?list=FL2-MMDkU\\_ncmlTY8qRds-RA&t=590](https://youtu.be/Pv27XiAbKCQ?list=FL2-MMDkU_ncmlTY8qRds-RA&t=590)



90° Core Twist



Plank



Chops to Knee