

# LS Girls Hockey

Train Together, Learn Together, Win Together



## Week 3

Workout 1	Workout 2
<p><b>Warm up/Core - 2x20 seconds</b> <a href="#">5 Minute Stretch</a> Squat Jumps Jumping Jacks <a href="#">Elbow Plank up and down</a> <a href="#">Leg Lifts</a> <a href="#">Toe Taps</a></p> <p><b>Circuit 1 Shoulder &amp; Back - 2x20 seconds</b> <a href="#">Superman Lifts</a> <a href="#">Push Back Push up</a> <a href="#">Plank to downward dog</a> <a href="#">Plank to alternative foot</a> Side Plank Each Side</p> <p><b>Circuit 2 Glutes - 2x20 seconds</b> <a href="#">Bridges</a> <a href="#">Bulgarian Split Squat</a> <a href="#">Curtsy Lunge</a> <a href="#">Single Leg Deadlift</a> <a href="#">Kneel to Stand</a></p>	<p><b>Warm up/Core - 2x20 seconds</b> <a href="#">5 Minute Stretch</a> Butt Kicks Mountain Climbers <a href="#">Crab Walk with Jump</a> Dead Bug <a href="#">Bicycles</a></p> <p><b>Circuit 1 Triceps &amp; Biceps - 2x20 seconds</b> Plank Shoulder Taps Push Ups Tricep box dips Burpees Plank</p> <p><b>Circuit 2 Glutes - 2x20seconds</b> <a href="#">Bulgarian Split Squat</a> <a href="#">Curtsy Lunge</a> Jump Squats Side Lunge <a href="#">Calf Raises (On Stairs)</a></p>

### Additional Videos

Stick handling- Pick 5-7 Drills

<https://www.youtube.com/watch?v=-WHAiwo4o1o>

Mobility Drills

<https://www.youtube.com/watch?v=5bBhDGsQOU4>

Cardio: Need a jump rope? Contact Coach Morris

<https://www.youtube.com/watch?v=5Ni5-1i9f44>

Daily edge work routine

<https://www.youtube.com/watch?v=RVd37gBN0SI>

### Goalies

<https://apps.apple.com/us/app/butterfly-challenge/id1429201714>

### Inspiration quote of the week from Coach Gill

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“Everything negative-**pressure, challenges-** are all  
an **opportunity** for me to raise”

-Kobe Bryant