



The Hockey Academy Off-Ice Challenge 2020 - Week 7

Warm Up: (5 minutes)

1. Standing Quad Stretch x 3/side
2. Alternating Spiderman x 5/side
3. Alternating Pigeon x 3/side
4. In -Place "A" Skip x :20 seconds
5. Pogo Jumps x :20 seconds
6. Base Rotation x :20 seconds

Phase 1- Foundation

Ages Mite - Squirt					
Week 7	Exercise	Muscle Group	Tempo	Monday	Wednesday
Block 1 Plyo/Speed	1a. 180 Squat Jump & Return to Fwd Broad Jump then Diagonal Bound	Lower Body Power	Explosive	2x3/side	2x3/side
	1b. 1-Leg RDL Starts to 15yd Sprint	Speed	FAST	2x2/side	2x2/side

Note: go from 1a right into 1b. Rest :30-:60 seconds then repeat for the number of sets listed

Block 2 Plyo/Agility	2a. Crossover Barrier Jumps	Lower Body Power	Explosive	2x5/side	2x5/side
	2b. 5yd Sprint, 5yd Shuffle, 10yd Sprint Out	Agility	FAST	2x2/side	2x2/side

Note: go from 2a right into 2b. Rest :30-:60 seconds then repeat for the number of sets listed

Block 3 Strength 5 min EDT	3a. Single Leg Squat w/ Toe Touch	Lower Body - Strength	Controlled	x8/side	x8/side
	3b. Push Ups	Upper Body - Strength	Controlled	x5-10	x5-10

Note: set a timer for 5 minutes, try to do as many sets as possible in the time allowed. Write down how many sets you were able to get in each workout.

of sets: (/) # of sets: (/)

Block 4 Strength 5 min EDT	4a. Plank Up Downs	Full Body	Controlled	x4/side	x4/side
	4b. Suitcase Carry w/ Hockey Stick & Bag	Full Body	Controlled	20yds each side	20yds each side

Note: set a timer for 5 minutes, try to do as many sets as possible in the time allowed. Write down how many sets you were able to get in each workout.

of sets: (/) # of sets: (/)

	Conditioning		Work/Rest	Reps	Reps
Block 5 Conditioning	300yd Shuttle Run	cones 25yards apart	1:2	1x	2x
	Note: Cones are 25 yards apart. Sprint down and back 12 times (6 round trips). How ever long it takes you to do the interval rest your rest is double the time.			Time: _____	Time: _____

Ages Pee Wee - Midgets						
Week 7	Exercise	Muscle Group	Tempo	Monday	Wednesday	Friday
Block 1 Plyo/Speed	1a. 180 Squat Jump & Return to Fwd Broad Jump then Diagonal Bound	Lower Body Power	Explosive	2x3/side	2x3/side	2x3/side
	1b. 1-Leg RDL Starts to 15yd Sprint	Speed	FAST	2x2/side	2x2/side	2x2/side

Note: go from 1a right into 1b. Rest :30-:60 seconds then repeat for the number of sets listed

Block 2 Plyo/Agility	2a. Crossover Barrier Jumps	Lower Body Power	Explosive	2x5/side	2x5/side	2x5/side
	2b. 5yd Sprint, 5yd Shuffle, 10yd Sprint Out	Agility	FAST	2x2/side	2x2/side	2x2/side

Note: go from 2a right into 2b. Rest :30-:60 seconds then repeat for the number of sets listed

Block 3 Strength 5 <i>min EDT</i>	3a. Single Leg Squat w/ Toe Touch	Lower Body - Strength	Controlled	x8/side	x8/side	x8/side
	3b. Push Ups	Upper Body - Strength	Controlled	x5-10	x5-10	x5-10

Note: set a timer for 5 minutes, try to do as many sets as possible in the time allowed. Write down how many sets you were able to get in each workout.

of sets: (/) # of sets: (/) # of sets: (/)

Block 4 Strength 5 <i>min EDT</i>	4a. Plank Up Downs	Full Body	Controlled	x4/side	x4/side	x4/side
	4b. Suitcase Carry w/ Hockey Stick & Bag	Full Body	Controlled	20yds each side	20yds each side	20yds each side

Note: set a timer for 5 minutes, try to do as many sets as possible in the time allowed. Write down how many sets you were able to get in each workout.

of sets: (/) # of sets: (/) # of sets: (/)

	Conditioning	Work/Rest		Reps	Reps	Reps
Block 5 Conditioning	300yd Shuttle Run	cones 25yards apart	1:2	1x	2x	1x
	Note: Cones are 25 yards apart. Sprint down and back 12 times (6 round trips). How ever long it takes you to do the interval rest your rest is double the time.			Time: _____	Time: _____ Time: _____	Time: _____