

## PRACTICE PLAN 1

**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.
4. From torso, twist upper body to the right-belly button should be at 3 o'clock.
5. Arms are stretched straight out towards 3 o'clock.
6. Maintain a slow and controlled movement throughout the exercise.
7. Slowly move arms/ball to center and return to standing position.
8. Step forward with the opposite foot.
9. 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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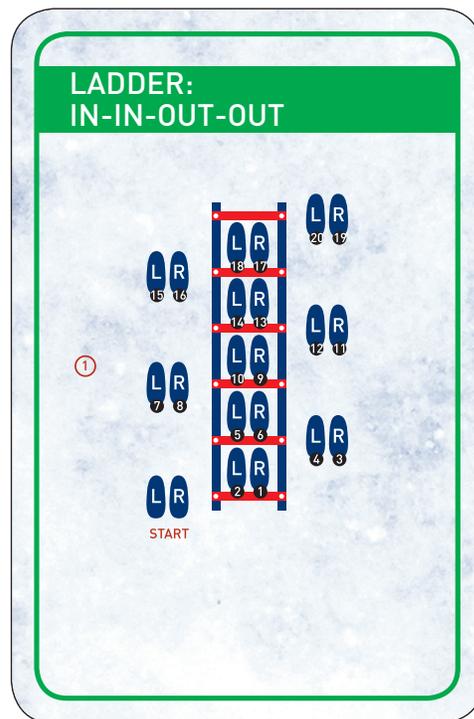
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## LADDER: IN-IN-OUT-OUT

### MOVEMENT

1. Stand to the side at one end of the ladder with the ladder running vertical.
2. Step with one foot into the right square, followed by the opposite foot.
3. 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.
4. Repeat sequence down the ladder.
5. Jog back to line.
6. 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.
  - Back should form a flat bridge
  - Perform 1 push-up.
  - ② Lift hips to form a V.
  - ③ Slowly walk feet to hands keeping knees straight.
  - 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.
  - Back should form a flat bridge.
  - Pick up one foot off the ground.
  - ② Slowly bring knee up outside right arm and place foot on the ground beside hand.
  - Keeping abdominals braced.
  - ③ Slowly return foot to starting position.
  - 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.

- 1 Turn hips/pivot 45 degrees to the left.
  - 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 2

**Station 1:**  
Body Weight Squat

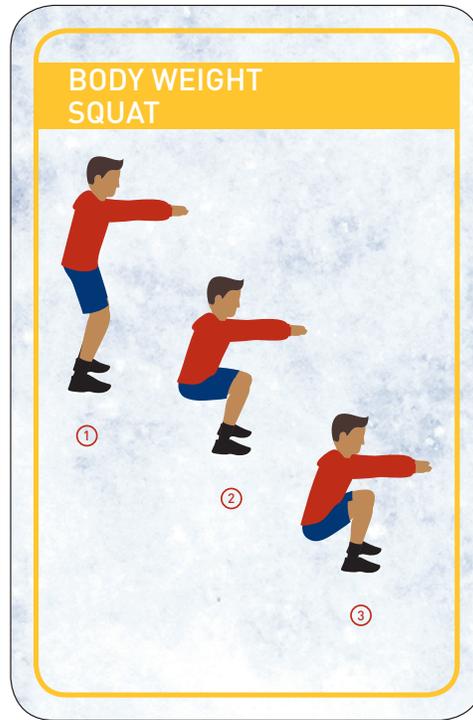
**Station 2:**  
Plank Hold to Bridge

**Station 3:**  
Stationary Saucer Passing

**Station 4:**  
Ladder: Lateral 2 in the Hole

**Station 5:**  
Skipping Rope Patterns

**Station 6:**  
Bait, Cup & Go Around



## BODY WEIGHT SQUAT

### MOVEMENT

- Reach and hold hands straight out in front of body.
- Feet shoulder width apart with toes pointing straight ahead.
- Keep a tall chest and tight core.
- Keep heels on ground and breathe in while pushing hips back.

1. Top-3/4 squat.
2. Middle-90 degree squat.
3. Bottom-heels on ground with glutes low to ground. Drive heels into ground. perform for 30 seconds and rest for 30 seconds.

### REACTIVE

Lower body to 1 of the 3 positions on coach's command.

### ADVANCED

Have players follow the leader, squatting together and counting backwards out loud to 10. Pick a pattern (bottom, top, middle...) and have players perform trying to execute together in sync.

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Body Weight Squat

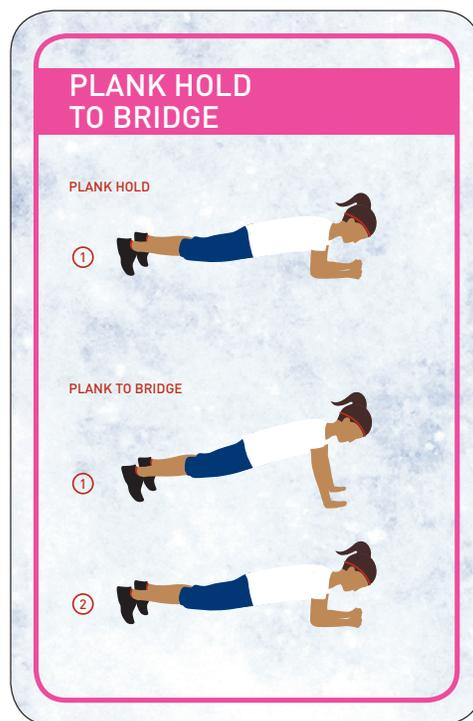
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## PLANK HOLD TO BRIDGE

### 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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**Station 1:**  
Body Weight  
Squat

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Plank Hold  
to Bridge

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Stationary  
Saucer Passing

**Station 4:**  
Ladder: Lateral  
2 in the Hole

**Station 5:**  
Skipping Rope  
Patterns

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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.

①

### TECHNIQUE

- 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.

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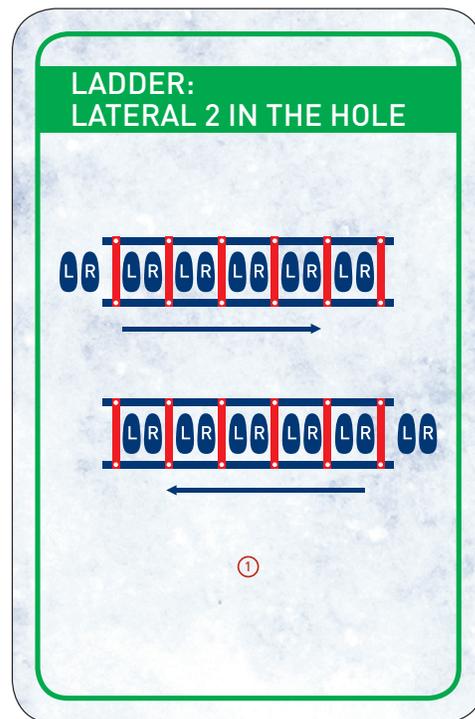
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Patterns

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## LADDER: LATERAL 2 IN THE HOLE

①

### MOVEMENT

- Stand sideways at one end of the ladder with one foot directly next to the ladder.
- Shuffle laterally down the ladder, placing the lead foot in the square first then immediately followed by the other foot.
- Send next player when previous player reaches mid ladder.
- Jog back to line.
- Face other direction.
- Repeat.

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## SKIPPING ROPE PATTERNS

### STATIONARY

Options for Jump Rope patterns:

- ① Skipping (feet are staggered).
- Swinging rope backwards.
- ② Lateral Jumps.
- Lateral skipping both directions.
- 1 foot hops with each foot, both directions.

### MOVEMENT

- Set up two cones 20 yards apart.
- Skip forward, backwards, lateral, and 1 foot in all directions.

*If too advanced, jump without rope.*

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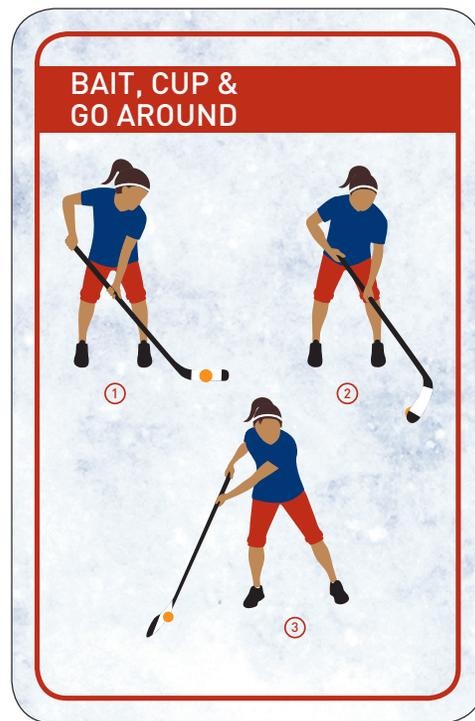
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## BAIT, CUP & GO AROUND

### FOCUS

- Deception.
- Bait defensive player to poke check the ball, Cup ball and Go Around; beating defenseman by moving in opposite direction.
- Top hand wrist control.

### MOVEMENT

- Quick short dribbles in front of body.
- ① On forehand side of the body push ball away from body to entice opponent.
- ② Quickly pull ball back using toe of blade.
- ③ Extend reach to back hand as wide as possible.
- Repeat.

### ADVANCED

Set up 5 cones 3-4 feet apart. Players walk through course: Bait, Cup and Go Around cones. As technique is perfected players can jog through course Bait, Cup, Go.