

LS Girls Hockey

Train Together, Learn Together, Win Together

Week 1

Workout 1	Workout 2
<p>Warm up 2x20 seconds Jog in place Butt kicks High knees Side lunges <u>Inch worms</u></p> <p>Circuit 1 2x20 seconds Squat Push-up Plank <u>Alternating glute bridge</u> Jumping jacks</p> <p>Circuit 2 2x20 seconds <u>Alternating Extension Push-up</u> <u>Bulgarian split squat</u> <u>Pike push-up</u> <u>Plié squat</u> Bicycles</p>	<p>Warm Up 2x20 seconds Jog in place Jumping jacks Squats Leg swings Alternating forward lunges</p> <p>Circuit 1 2x20 seconds Chair Tricep Dips <u>T-pushups</u> <u>Superman's</u> Flutter Kicks <u>Pushup alternating toe touch</u></p> <p>Circuit 2 2x20 seconds <u>Pause squats</u> <u>Split squat jumps</u> <u>Plié squat</u> Leg lifts Burpees</p>

Additional Videos

Pick 5-7 stickhandling drills

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

Quick Feet Drills

<https://www.youtube.com/watch?v=NwvXSZAwwG4Y>

Cardio: Need a jump rope? Contact Coach Morris

<https://www.youtube.com/watch?v=0NlvRAaOdIQ>

Daily edge work routine

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

Goalies

<https://www.youtube.com/watch?v=bHEbD5zxMWE>

Inspiration quote of the week from Coach T

“Some may have more talent, but there is NO EXCUSE for anyone working harder than you”- John Tavares