

**0-10
MIN**

WARM-UP & MOBILITY

- 3 min light jog or jump rope
- Dynamic stretches:
 - High knees, butt kicks, carioca (2 x 20 yards each)
 - Walking lunges (10 each leg)
 - Leg swings, arm circles, hip opens
- 3-4 short 5-yard sprints (build up speed)



GET YOUR BODY READY!

10 MIN

**10-20
MIN**

AGILITY & QUICK FEET

- Set up 4-6 cones (5 feet apart)
- Complete 3-4 rounds of each:
 - Forward run → lateral shuffle → backpedal → lateral shuffle → sprint
 - Figure 8 around cones (both directions)
 - Lateral in & outs (2 feet in, 2 feet out)
 - Reactive drill: have a parent call left/right and change direction quickly



QUICK FEET. QUICK DECISIONS.

10 MIN

**20-35
MIN**

STICKHANDLING

- Use a stick and a ball/Green Biscuit
- 3 x 5 minute stations (repeat or mix it up):
 1. Tight Figure 8s (around two cones)
 2. Stationary moves (toe drags, tight cuts, backhand/forehand, quick hands)
 3. Obstacle course (use cones, household items, or driveway space)



KEEP YOUR HEAD UP. CONTROL THE PUCK!

15 MIN

**35-45
MIN**

PASSING & SHOOTING

- Find a partner, wall, or shooting pad
- 3 min – Forehand & backhand passing (focus on accuracy)
- 3 min – Pass → move to a new spot → receive → pass
- 3 min – One-touch passes (if you have a partner)
- 3 min – Quick release shots (focus on accuracy, not just power)



MOVE YOUR FEET. MAKE GOOD PASSES. SHOOT ACCURATELY.

10 MIN

**45-55
MIN**

HOCKEY CONDITIONING CIRCUIT

Complete 3 rounds (40 seconds work / 20 seconds rest):

- Jumping jacks
- Push-ups
- Squats
- Forward lunges (each leg)
- Plank (hold)
- Burpees (or modified)
- Mountain climbers
- Glute bridges
- Finish with 3 x 20-second high knees



*WORK HARD,
BUT KEEP FRESH
FOR TOMORROW!*

10 MIN

**55-60
MIN**

COOL DOWN & MENTAL PREP

- Light stretching (quads, hamstrings, hips, calves, shoulders)
- Deep breaths and get your body ready
- Visualize Saturday's games:
 - Play hard
 - Make smart plays
 - Support your teammates
 - Compete and have fun



*A STRONG MIND
MAKES A STRONG PLAYER!*

5 MIN

100 PUCK TOUCH CHALLENGE



Before you're done, get 100 quality puck touches.

- | | |
|--|--|
| ☐ 25 forehand | ☐ 25 backhand |
| ☐ 25 forehand moves | ☐ 25 backhand moves |

SMALL HABITS LEAD TO BIG IMPROVEMENT!



GAME DAY KEYS

- ☐ Skate hard and compete
- ☐ Support your teammates
- ☐ Be in the right position
- ☐ Make smart, simple plays
- ☐ Have fun and play the game!

*PREPARE
COMPETE
TOGETHER*