



OFF-ICE – LEVEL I



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Sport Canada www.canadiansportforlife.ca

PROGRAM OVERVIEW

HOW TO USE THE MANUAL

Make sure to look over the whole manual before starting the program.

This manual is designed to introduce a basic but important understanding of warmup, stretching, plyometrics, balance and coordination, off-ice stickhandling, nutrition, hydration and skill development during the off-season of hockey.

In the off-ice manual, you will notice many sample charts in the following sections:

- Warmup
- Stretching
- Plyometrics
- Balance and Coordination
- Off-Ice Stickhandling

At the end of the manual, you can follow your own daily regiments using the sample plans in place.

Many of the exercises presented in this manual require very little or no equipment at all. The following are some of the equipment you may want to have on hand as you train or follow the Skills of Gold DVD.

- Mat
- Cones
- Stop watch
- Hockey ladder or hockey tape if no ladder
- Hockey stick (s)
- Hockey gloves
- Wobble board
- Hard orange ball
- Tennis balls
- Soccer ball
- Water bottle

INJURY PREVENTION

A number of factors will be beneficial for a young hockey player to prevent injury and to compete at optimal performance.

These factors include:

- Proper nutrition daily
- Thorough warm-up pre-activity and cool-down post activity
- Getting proper amounts of rest
- Working on the areas of agility (especially important for the young players) and quickness as they develop both in strength and size
- Safety and a proper technique when strength training

PROGRAM LEGEND

PB = Personal Best

Reps = How many times you do an exercise (e.g. 10 pushups)

Sets = How many circuits (e.g. 10 pushups + 2 circuits = 20 pushups, 2 sets of 10 reps)

LONG-TERM PLAYER DEVELOPMENT





Canadian Sport for Life



Active Start
Males & Females
0 - 6 yrs.
Fun and varied
activity everyday.

FUNDamentals
Males 6-9, Females 6-8 yrs.
Learn all fundamental
movement skills, play many
sports, focus on agility,
balance, coordination and
speed.

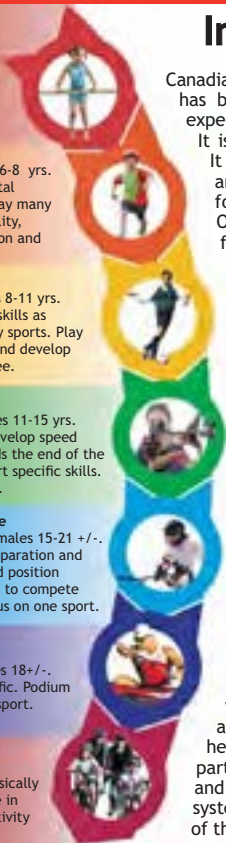
Learning to Train
Males 9-12, Females 8-11 yrs.
Learn overall sport skills as
cornerstone of many sports. Play
a variety of sports and develop
specific skills in three.

Training to Train
Males 12-16, Females 11-15 yrs.
Build endurance, develop speed
and strength towards the end of the
stage. Improve sport specific skills.
Focus on two sports.

Training to Compete
Males 16-23 +/-, Females 15-21 +/-.
Optimize fitness preparation and
sport, individual and position
specific skills. Learn to compete
internationally. Focus on one sport.

Training to Win
Males 19+/-, Females 18+/-.
Ages are sport specific. Podium
Performances. One sport.

Active for Life
Any age.
After becoming physically
literate, participate in
lifelong physical activity
and sport.



Information for Parents

Canadian Sport for Life Long-Term Athlete Development (LTAD) has been produced by sport experts with many years of experience, working with beginner to national team athletes. It is based on the components of Physical Literacy and It has been adopted by Sport Canada and all provincial and territorial governments. LTAD provides a road map for a better sport experience for all, whether an aspiring Olympian, an aging weekend warrior or participating just for fun. The components of Canadian Sport for Life are not exclusive to athletes; they are for every participant. The result of sports implementing LTAD should be a healthier, more active Canada, with improved national team performances.

Physical Literacy is...

The development of fundamental movement skills and fundamental sports skills that permit a child to move confidently and with control in a wide range of physical activity, sport and dance situations. It also includes the ability to "read" what is going on in their environment and react appropriately to those events.

Why is Change Needed?

Sport makes a major contribution to the health and development of individuals and the communities in which we all live. It provides an opportunity for kids and adults to be active when inactivity rates threaten the health and quality of life of Canadians. Sport also provides participants with valuable lessons on teamwork, fair play and the value of working towards goals. The existing sport system is generally falling short of its potential due to some of the weaknesses explained on the next page.

WHAT IS LONG-TERM ATHLETE DEVELOPMENT?

LTAD is based on the physical, mental, emotional and cognitive development of children and adolescents. Each stage in the long-term athlete development model reflects a different point in athlete development. The long-term athlete development model is representative of the different stages in the development and growth of young athletes into adulthood. The model is broken down into seven highly effective stages.

The first of the seven stages in the model is called **“Active Start”** where girls and boys from birth until the age of six focus their energy and time on fun daily activities. This includes basic movements and skills such as running, jumping, kicking, catching and throwing. In this stage of the model, children should also be interacting with other young children and building on their interpersonal skills, which can be carried to adulthood.

The second stage of the model is called the **“FUNDamentals”** stage, where males ages six to nine and females ages six to eight focus on fun and participation with a concentration on more extensive developmental skills such as agility, balance, coordination and speed as well as running, jumping, wheeling and throwing. It is also at this stage that ethics may be introduced to the sport or activity. Natural abilities may also begin to surface during this stage of participation.

The next step is the **“Learning to Train”** stage where males ages nine to twelve and females eight to eleven begin to develop their sport skills and competencies often referred to as athleticism. This stage is important for establishing development in a variety of sports before moving onto a specialization. This stage also integrates mental, cognitive, and emotional development of the athlete.

The **“Training to Train”** stage usually includes males ages twelve to sixteen and females ages eleven to fifteen. The focus of this stage is on physical development or “building the engine” and on strengthening sport-specific skills. Serious athletes start to train six to nine times a week if they wish to be prepared for the next stage of the model that focuses on highly competitive athletics.

“Training to Compete” is the fifth stage and includes males ages sixteen to twenty-three and females ages fifteen to twenty-one who are now engaged in more physical and technical conditioning along with a more advanced mental capacity and sense of concentration. Tactical, technical and fitness training for these athletes will increase from nine to twelve times a week.

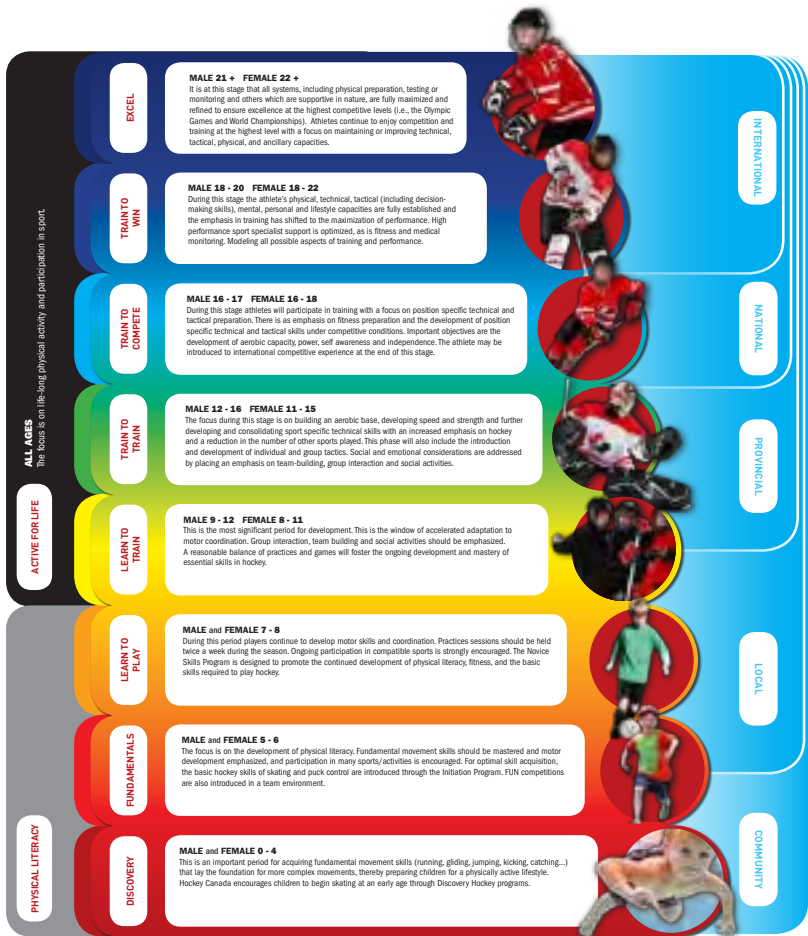
When athletes finally arrive at the **“Training to Win”** stage, the focus is on performance development, “Maximizing the Engine.” Physical, technical, tactical (including decision making skills), mental, and personal and lifestyle capacities are fully established. Athletes are now competing at higher levels and often performing on the international stage. These athletes are now training 9 to 15 times per week in order to achieve their specific goals as athletes.

The final stage in the LTAD model is **“Active for Life.”** Sport serves as an important activity that promotes good mental, emotional and physical health. Adults may choose a routine that consists of 30 to 60 minutes of high to low impact fitness activities in their daily routine during adulthood in order to sustain an active and healthy lifestyle. At this point in the model, adult athletes are considered physically literate and participants in healthy competitive and recreational activities.



HOCKEY FOR LIFE, HOCKEY FOR EXCELLENCE

Sport Canada's Long-Term Athlete Development (LTAD) Resource Paper "Canadian Sport for Life" sets out a framework for sport development in Canada. Hockey Canada's Long Term Player Development (LTPD) is an eight-stage model based on the physical, mental, emotional and cognitive development of children and adolescents. Each stage reflects a different point in developing the player. The first three stages emphasize physical literacy and a broad range of sport experiences. The next five stages focus on development and competitive excellence. Active for Life encourages life-long physical activity and informed healthy lifestyle choices with participation in hockey long after the competitive years.



HockeyCanada.ca

A larger copy of the text from the above graphic is on the next page.



HOCKEY FOR LIFE, HOCKEY FOR EXCELLENCE

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PHYSICAL LITERACY

Discovery – Male and Female 0-4 COMMUNITY

This is an important period for acquiring fundamental movement skills (running, gliding, jumping, kicking, catching...) that lay the foundation for more complex movements, thereby preparing children for a physically active lifestyle. Hockey Canada encourages children to begin skating at an early age through Discovery Hockey programs.

Fundamentals – Male and Female 5-6 LOCAL/COMMUNITY

The focus is on the development of physical literacy. Fundamental movement skills should be mastered and motor development emphasized, and participation in many sports/activities is encouraged. For optimal skill acquisition, the basic hockey skills of skating and puck control are introduced through the Initiation Program. FUN competitions are also introduced in a team environment.

Learn To Play – Male and Female 7-8 LOCAL

During this period players continue to develop motor skills and coordination. Practices sessions should be held twice a week during the season. Ongoing participation in compatible sports is strongly encouraged. The Novice Skills Program is designed to promote the continued development of physical literacy, fitness, and the basic skills required to play hockey.

ACTIVE FOR LIFE**All Ages**

The focus is on life-long physical activity and participation in sport.

Learn To Train – Male 9-12, Female 8-11 PROVINCIAL/ LOCAL

This is the most significant period for development. This is the window of accelerated adaptation to motor coordination. Group interaction, team building and social activities should be emphasized. A reasonable balance of practices and games will foster the ongoing development and mastery of essential skills in hockey.

Train To Train – Male 12-16, Female 11-15 PROVINCIAL

The focus during this stage is on building an aerobic base, developing speed and strength and further developing and consolidating sport specific technical skills with an increased emphasis on hockey and a reduction in the number of other sports played. This phase will also include the introduction and development of individual and group tactics. Social and emotional considerations are addressed by placing an emphasis on team-building, group interaction and social activities.

Train To Compete – Male 16-17, Female 16-18 NATIONAL

During this stage athletes will participate in training with a focus on position specific technical and tactical preparation. There is an emphasis on fitness preparation and the development of position specific technical and tactical skills under competitive conditions. Important objectives are the development of aerobic capacity, power, self awareness and independence. The athlete may be introduced to international competitive experience at the end of this stage.

Train To Win – Male 18-20, Female 18-22 INTERNATIONAL

During this stage the athlete's physical, technical, tactical (including decision-making skills), mental, personal and lifestyle capacities are fully established and the emphasis in training has shifted to the maximization of performance. High performance sport specialist support is optimized, as is fitness and medical monitoring. Modeling all possible aspects of training and performance.

Excel – Male 21+, Female 22 + INTERNATIONAL

It is at this stage that all systems, including physical preparation, testing or monitoring and others which are supportive in nature, are fully maximized and refined to ensure excellence at the highest competitive levels (i.e., the Olympic Games and World Championships). Athletes continue to enjoy competition and training at the highest level with a focus on maintaining or improving technical, tactical, physical, and ancillary capacities.

WARM-UP



WARM-UP

While the player may be in top form in terms of their physical conditioning, participation in vigorous sports like hockey requires a proper warm-up to help prepare the body for the increased demands and to help prevent injuries.

A proper warm-up provides a number of benefits to the body:

- Increased general body and tissue temperature.
- Increased blood flow throughout the cardio-respiratory system and ultimately to the working muscles.
- Increase in the body's metabolic processes.
- Decreased resistance of connective tissue, thus allowing for greater movement in muscle and associated joint structures.
- Enhanced psychological preparedness of the athlete.
- Reduced risk of muscle/tendon pulls.

While it is not an exhaustive list, the benefits are really seen. To be effective, a good warm-up should focus on the following:

- It should raise body temperature resulting in an increase in respiratory and heart rates.
- It should affect as many of the large muscle groups as possible to effectively make tissues less stiff and flexible.
- It should be made up of general body activities and some sport-related ones.
- It should reduce muscle stiffness, as muscle injury is thought to be related to muscle stiffness.

The following warm-up exercises can be found in the Skills of Gold DVD:

- Arm circles
- Trunk rotations
- Leg swing front to back
- Leg swing side to side
- Shuffle mirror
- Karioka mirror
- Standing jump rotations
- High knee
- Heel kicks
- High knee / heel kicks - combination
- Walking piriformis stretch
- Lunging hamstring / glute stretch
- Inch worms
- Hip abduction walks
- Prance

Part of your warm-up may also include a quick 5-10 minute jog or run. This of course can be done either outside or inside.



1.01 ARM CIRCLES (LEFT)

Here's a great way to begin a warm-up. Start by rotating one arm forward in full circles then reverse direction. Now, switch arms and repeat the motion.

1.02 TRUNK ROTATIONS (RIGHT)

With the elbows out to the side and the forearms bent in towards the chest, rotate the upper body from side to side. After a few repetitions, extend the arms while continuing to rotate the trunk.



1.03 LEG SWING FRONT TO BACK

Using a partner or suitable fixed object for support, the player swings the outside leg forward and backward, warming up the hip, quad and hamstring muscles. This exercise is good for loosening up the lower body muscles prior to stretching.



1.04 LEG SWING SIDE TO SIDE

Here again, using a partner or fixed object for support, the player swings the outside leg across the front of the body from side to side. This exercise warms up the hip and groin muscles and increases the blood flow to the lower body in preparation for stretching.

WARM-UP

1.05 SHUFFLE MIRROR

Partners start in the ready position face to face, and shuffle step sideways, mirroring each other's steps. In a more difficult variation, the partners perform the drill with their hands on each other's shoulders.



1.06 KARIOKA MIRROR

In the karioka mirror, cross one foot in front of the other foot on the first step, then cross the same foot behind the other in the next step. Again, placing the hands on the shoulders adds more difficulty to the exercise.



1.07 STANDING JUMP ROTATIONS

Here is a great exercise to warm the entire body. From a stationary position, jump in the air and rotate the upper and lower body in opposite directions.



1.08 HIGH KNEE

Alternately bringing the knees up high is a great exercise for warming up the glutes, quads and hamstrings. The speed and the height of the knee raise can be increased as the lower body begins to warm up.





1.09 HEEL KICKS

Here's a good warm-up for the quads and lower leg. Kick the heels up to touch the upper back part of the leg or glute, increasing speed and frequency as the muscles begin to warm up.



1.10 HIGH KNEE / HEEL KICKS - COMBINATION

Combining knee raises and heel kicks is a good warm-up and aerobic activity, as well as a real test of coordination. Players alternate two knee raises with two heel kicks, increasing the speed of the movements to further warm up the lower body, and to get the heart rate up.



1.11 WALKING PIRIFORMIS STRETCH

This walking stretch helps develop good balance. Lift one leg, and grab the ankle with the opposite hand. Pull up on the ankle while pushing down on the knee, loosening the knee, groin and hip. Release the leg and step forward, then pick up the other leg and repeat the series on the other side. This exercise should be performed at a pace that allows balance to be maintained.



1.12 LUNGING HAMSTRING / GLUTE STRETCH

To stretch the glutes and hamstrings, start by taking a big step forward. With the toes of the front foot pointed straight ahead and the back foot turned slightly outward, drop the hips straight down, while keeping the back straight. Drop the elbow down as far as possible to further increase the stretch. Bend the front leg until a good stretch of the hamstring and glute is achieved.

WARM-UP

1.13 INCH WORMS

Starting in a push-up position, walk the feet slowly toward the hands, raising the back and buttocks up in the air. It is important to keep the arms and legs straight. With the feet having moved as far forward as possible, walk the hands out until back in the push up position.



1.14 HIP ABDUCTION WALKS

Starting from a standing position, take a step forward and raise the opposite leg with the knee out in front and then rotate outward to abduct the hip. On the recovery bring the leg back toward the mid line of the body and step forward to initiate the rotation on the opposite leg.



1.15 PRANCE

Use the prance as an exercise to help get the blood pumping in the arms and legs. Basically a modified skipping motion, the prance requires bringing the knees up high, and pumping the arms.



STRETCHING



STRETCHING

An important component of a hockey player is his/her flexibility of the major areas that are worked extensively during hockey. These major areas can be broken down into two regions: upper body and lower body.

Upper body areas that must be stretched are:

- Neck
- Shoulders
- Forearms and wrists
- Lower back

The importance of stretching pre and post-game/training include:

- Muscles become more extensible
- Injury prevention
- Prepares muscles for on-ice skills
- Aids in agility, speed, quickness, skating and puck-handling skills
- Aids muscle recovery
- Prevents delayed muscle soreness

Lower body areas that must be stretched are:

- Groin
- Quadriceps
- Hamstrings
- Gluteals
- Calves

The following stretching exercises can be found in the Skills of Gold DVD:

- Knee to chest – inside / outside / across shoulder
- Double knee
- Glutes / hip / lower back
- Latissimus roll back
- Thigh / hip flexor
- Prone oblique / hip flexor
- Laying piriformis stretch
- Calf stretch
- Hamstring / lower back
- Thigh / quad stretch
- Groin stretch
- Side lunge
- Sloppy push up
- Chest / pectoral stretch
- Rotator cuff
- Trunk / shoulder
- Forearm stretch
- Neck flexion / rotation



2.01 KNEE TO CHEST - INSIDE / OUTSIDE / ACROSS SHOULDER

Bring one knee up toward the chest, grasping it with both hands and pulling it as close to the body as possible. Start the sequence with the knee in line with the inside of the shoulder. Following some repetitions, move the knee toward the outside of the shoulder. Now after a couple of repetitions, move the knee across the body toward the opposite shoulder. Repeat the stretch two or three times in each position before changing legs.



2.02 DOUBLE KNEE

The double knee stretch is a good way to loosen the muscles of the lower back. Lying on the back with the head resting on the floor, slowly bend both legs up to the chest, keeping the knees together. Then, use the arms to pull the knees in tight to the chest, holding the position to complete the stretch. Next, repeat the motion with the knees apart.



2.03 GLUTES / HIP / LOWER BACK

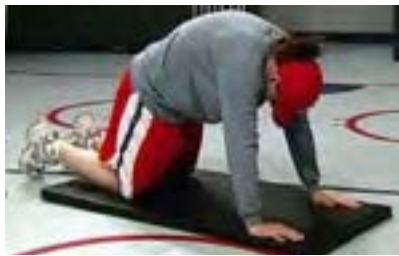
Here are two different ways to stretch the glute, hip and lower back muscles. In the version on the right, sit up straight with both legs extended. Raise one leg and cross it over the other, placing the foot flat on the floor. With the elbow on the outside of the raised knee, slowly twist the upper body. In the version on the left, lie flat on the back, with the legs extended, cross one leg over the other, rotating the lower body. At the same time, abduct the arm by reaching in the opposite direction of the crossing leg.



STRETCHING

2.04 LATISSIMUS ROLL BACK

Starting on all fours with the back flat, arch the upper back and tuck the chin into the chest. Sitting down on the heels with the arms extended, rotate the palms of each hand outward to further enhance the stretch.



2.05 THIGH / HIP FLEXOR

There are two versions of the thigh and hip flexor stretch. Both begin with one knee on the floor, and the other knee bent forward. In the version above with the hands on each side of the front foot, keep the back straight and the hips and shoulders square. Lean forward to create a stretch in the thigh and hip flexor. In the version below, with the hands on the raised knee lean forward stretching the quad and hip flexors.





2.06 PRONE OBLIQUE / HIP FLEXOR

Start by kneeling on the floor. Bring one knee forward and place the hands on the floor, shoulder width apart. Keeping the back straight, slowly twist the upper body toward the forward knee to stretch the oblique and hip flexor. Switch legs and repeat the motion.



2.07 LAYING PIRIFORMIS STRETCH

Lying on the back with both legs straight, lift one leg up and rotate the knee outward and the ankle inward. Gently grab the ankle with one hand and pull the foot toward the upper body.



2.08 CALF STRETCH

There are two simple, yet effective ways to stretch the calf muscles. In the first method, place the hands on the wall. With the toes of one foot up the wall, lean forward to stretch the calf. In the second method, again place the hands on a wall and extend the leg behind, keeping the foot flat on the floor while leaning forward into the stretch.

STRETCHING

2.09 HAMSTRING / LOWER BACK

Stretching the hamstring and lower back can be done in one of two ways. In the version on the top right, from a sitting position on the floor, extend one leg with the toes upward, and bend the other leg inward placing the foot against the thigh. Lean forward with the arms outstretched, keeping the back straight, and the hips and shoulders square. In the version on the bottom right, lie flat on the back and raise one leg up in the air. Place the hands behind the leg and move the knee toward the chest. Keep the thigh vertical and bend the knee downward to release the tension, then raise it again to perform another stretch.



2.10 THIGH / QUAD STRETCH

Here are two different exercises for stretching the quadriceps. In this example, stand on one leg, and lift the other foot behind, grabbing the ankle. Pull the leg up and back, keeping the knee pointed to the floor. Push the hip forward to increase the stretch in the quads.



Another way to stretch the quads is to lie on the floor, bringing one ankle back toward the hip. Gently hold the ankle and push the hip forward to increase the stretch.



**2.11 GROIN STRETCH**

In the first version of the groin stretch, sit on the floor with the soles of the feet together. Pull the feet in toward the groin as far as possible, ensuring the back is kept straight. Increase the stretch by placing the elbows on the knees and pushing down until a good stretch is felt in the groin.

In the second version, extend one leg out to the side, with the body over the bent knee and hands out front on the floor, shoulder width apart. Lower the hips slowly to stretch the groin. To further increase the stretch, place the foot flat on the floor and once again, slowly lower the hips.

**2.12 SIDE LUNGE**

Start with the feet double shoulder width apart, and the toes pointing straight forward. Bend the right leg and lower the hips, keeping the back straight. Extend the left leg as far as possible. Straighten the leg to return to the standing position, and repeat the stretch on the other side. Try to keep both feet flat on the floor to achieve an optimum stretch.



STRETCHING

2.13 SLOPPY PUSH UP

This is a great stretch for the abs. Begin the stretch lying face down on the floor, with the hands under the shoulders in a push up position. Slowly raise the upper body, arching the back while keeping the hips and legs on the floor. Return to the original push up position, then sit up and extend the upper body backward so that the weight is on the heels. Place the hands on the floor behind the body and drop the head back to stretch the abs and thighs.



2.14 CHEST / PECTORAL STRETCH

With the elbow bent to ninety degrees, and the upper arm parallel to the ground, place the forearm against a wall. Changing the height of the arm on the wall will work the different groups of pectoral muscles. Slowly turn the opposite shoulder backward while keeping the hand firmly in contact with the wall to stretch the muscles in the chest.



**2.15 ROTATOR CUFF**

Place one arm behind the back. Reach around in front of the body and grasp the elbow with the other arm, gently pulling the elbow forward until the stretch is felt. Now, hold it in position to stretch the rotator cuff.

**2.16 TRUNK / SHOULDER**

The trunk and shoulder stretch starts by bringing one arm overhead and bending the elbow to drop the hand down along the spine. Grasp the elbow with the opposite hand and pull gently on the elbow to stretch the triceps and shoulder. At the same time, bend the upper body sideways to stretch the muscles of the trunk. Now bring the arm across the body and pull the elbow toward the chest.



STRETCHING

2.17 FOREARM STRETCH

Start the forearm stretch by doing a few wrist circles in each direction. Stretch the top of the forearm by holding the back of the hand with the fingers pointing downward and gently pull back and in toward the body. Next, bring the arm out in front with the palm facing outward and fingers pointing upward. Grasp the palm and fingers with the opposite hand and pull back on the bottom hand to create a good stretch on the inside of the forearm. Switch and repeat with the other arm.



2.18 NECK FLEXION / ROTATION

Start this stretch by slowly rotating the head in both directions. Gently tilt the head forward until a good stretch is achieved down the back of the neck. Next, place the arm behind the body and stretch the side of the neck, by bringing the ear down toward the shoulder. Then, tuck the chin toward the chest and hold. Repeat the sequence on the other side.



PLYOMETRICS



PLYOMETRICS

Plyometrics are defined as exercises which rapidly stretch a muscle followed quickly by an explosive contraction of that muscle. This type of exercise is not recommended for the young adolescent; however, many activities have plyometric movements incorporated into them.

Examples of lower body plyometrics are:

- Standing broad jumps
- Jump squats
- Jumping to head a ball in soccer
- Skipping
- Single leg jumps
- Double leg jumps in a straight line
- Forward running, jumping, spinning

When performing plyometric exercises, be sure to be rested and not fatigued.

The following plyometrics exercises can be found in the Skills of Gold DVD:

- 1-leg pattern hops
- Power stride
- Power leap
- Two-foot hop – 4 directions
- Forward and reverse lunges
- Sitting hurdle
- 3, 2, 1 tuck jump
- Side step jumps – crossover
- Squat thrusts
- Agility cones
- Directional change shuffle drill
- Tape ladder – footwork
- Bounding side to side
- Squat jumps
- Resisted squat jumps
- Split squat jumps



3.01 1-LEG PATTERN HOPS

1-legged hops are a terrific way to develop explosive power. Using a marked number sign on the floor, hop around the entire pattern landing in each open space. Switch legs and reverse the direction. Vary the drill by working in different patterns, or jumping to random spaces.



3.02 POWER STRIDE

Keeping the body low, and the knees deeply flexed, jump to the side off one leg, landing on the opposite foot. Maintain a deep knee flex on the landing, then repeat the motion jumping back to the original position. This sequence is a great way to develop strength and balance.



3.03 POWER LEAP

This time, jump to the side off both feet, again landing with a deep knee bend. Repeat the motion, jumping back to the starting position. This drill can also be done forward and backward.

PLYOMETRICS

3.04 TWO-FOOT HOP – 4 DIRECTIONS

The two-foot hop helps develop explosive power in all directions. With the feet together, jump in a square pattern, maintaining balance with each jump. Reverse directions and repeat the pattern.



3.05 FORWARD AND REVERSE LUNGES

Take a step forward and flex the knee to 90 degrees, while fully extending the back leg. Then lunge backward with the same leg extending it as far as it can reach.



3.06 SITTING HURDLE

With the legs out in front, lift one leg and bend the knee, turning it while extending the hip and bringing the foot back to touch the floor behind and out to the side. Then return to the starting position and repeat with the opposite leg. Sitting hurdles help develop the muscle groups around the hip joint. Ultimately, this exercise can be performed in one continuous movement, without touching the floor.





3.07 3, 2, 1 TUCK JUMP

Using a 3-2-1 count, slowly flex the knees, move into a tuck position and load the quadriceps for a powerful jump. Explode upward using a strong arm drive to help achieve maximum height. Flex the knees on the landing and return to a tuck position, ready for the next jump.



3.08 SIDE STEP JUMPS - CROSSOVER

From a standing position with the knees flexed, perform a side-ways jump while simultaneously crossing one leg in front of the other. Finish the landing with the feet parallel on the floor.

PLYOMETRICS

3.09 SQUAT THRUSTS

Squat thrusts are a tried and true exercise for developing cardio, core strength and coordination. With the feet shoulder width apart, crouch down and place the hands in front of the feet, shoulder width apart. Then thrust the legs out behind to full extension. Pull the legs back to the starting position, stand upright and repeat.





3.10 AGILITY CONES

Creating a pattern on the floor using cones, gloves, or other objects helps set up a variety of footwork exercises that can be done in a relatively small area. Moving through the cones in various ways helps develop a player's agility and coordination.

- Zig zag shuffle
- Zig zag shuffle with stick
- Zig zag crossover
- Zig zag crossover with stick
- Karioka
- Karioka with stick
- Tight turn acceleration
- Up and back transition
- Up and back transition with stick



3.11 DIRECTIONAL CHANGE SHUFFLE DRILL

Here, one partner leads, dictating the direction of travel as the other player attempts to match or mirror his footwork. The idea is to keep the partner moving forward, backward and side to side. The player leading the exercise needs to be creative, forcing the player following to react quickly while maintaining balance and focus.

PLYOMETRICS

3.12 TAPE LADDER - FOOTWORK

Creating a tape ladder on the floor gives players the opportunity to execute an unlimited number of footwork patterns. Virtually any footwork exercise can be practiced on the ladder in varying combinations to increase foot speed, agility, leg strength, and balance.

- Hopscotch
- High step - forward and sideways
- Quick feet
- In and out
- Crossover - forward
- Crossover - backward
- Snake
- Slalom
- 1-foot hop
- 2-foot hop





3.13 BOUNDING SIDE TO SIDE

Bounding to the side is a great exercise for developing explosive power. Flex the leg and leap to the side at a 45 degree angle. Exploding out of the crouch to the other leg and back again develops the fast twitch muscle fibers. If there's enough room, bounding can also be performed in a straight ahead motion.



3.14 SQUAT JUMPS

With the hands on the hips, bend the legs into a deep squat, then explode straight upward. Both feet should hit the floor at the same time on the landing.



3.15 RESISTED SQUAT JUMPS

Resisted squat jumps help to increase explosive leg strength. Here, a partner stands behind the jumper, placing her hands on the jumper's hips to create resistance. The jumper explodes upward and outward, as she launches from the squat.



PLYOMETRICS

3.16 SPLIT SQUAT JUMPS

From a standing position, with the hands on the hips, extend one leg behind the body, lowering the knee to the floor. Return to the standing position with a 2-foot jump and switch legs.



BALANCE AND COORDINATION



BALANCE AND COORDINATION

BALANCE AND COORDINATION

The following balance and coordination exercises can be found in the Skills of Gold DVD:

- Hand swap on stick
- Stickhandle and juggle
- Ball throw / catch – combinations
- Throw ball against wall – knock down
- Walking squats – stickhandle
- Stuttersteps - stickhandle
- Stickhandle ball – kick ball with feet
- Stickhandle wobble board – 2-foot / 1-foot
- Flip ball to partner – knock down / pass back
- Ball under stick – jump side to side
- Bounce ball on blade
- Flip ball up / knock down



4.01 HAND SWAP ON STICK

Hold the stick directly in front of the body with a proper grip. Then, alternately grab the stick with one palm up and one palm down, changing hand positions as quickly as possible while trying to maintain a level stick through the transitions. Another version of the hand swap begins with both hands alternately grabbing and releasing the stick so that both palms are facing up or down at the same time. Swapping hands on the stick helps develop dexterity and quick stick work.

How many can you do?

How fast?

Go to the Calendar tab to keep track....

BALANCE AND COORDINATION

4.02 STICKHANDLE AND JUGGLE

Here's a great exercise to work on coordination. While stickhandling a ball with one hand, juggle two balls with the other, trying to maintain control of all three balls simultaneously.



4.03 BALL THROW / CATCH - COMBINATIONS

The following hand eye coordination drills are a combination of throw and catch exercises that can be done alone or with a partner. Practicing these drills will help to develop hand-eye coordination and reactionary skills.

- Wall throw / catch
- Wall throw / catch exchange
- Wobble board - throw / catch
- Quick hands - drop / catch
- Quick hands - partner drop / catch





4.04 THROW BALL AGAINST WALL - KNOCK DOWN

Here, one partner bounces a ball against a wall while the partner with the stick plays the rebound and knocks it down and back. In an alternate version, the partner with the stick deflects the ball up and back.

Either is a great off-ice exercise for working on tips and deflections.

How many can you do?

How fast?

Go to the Calendar tab to keep track....



BALANCE AND COORDINATION

4.05 WALKING SQUATS - STICKHANDLE

From a standing position, slowly walk forward and gradually bend into a squat position. Note that as the body drops lower, the ball moves further away from the body. Move forward then backward continuing to stickhandle the ball while keeping the feet moving at all times. This is a great exercise for developing control and timing.



4.06 STUTTERSTEPS - STICKHANDLE

Place a number of sticks on the floor and execute a few quick stutter steps forward and backward while stickhandling the ball. Increasing the speed of the steps and accelerating the movement of the ball will help develop agility and coordination.





4.07 STICKHANDLE BALL – KICK BALL WITH FEET

Start by dribbling a soccer ball with the feet, then move forward while stickhandling a ball. Next, stickhandle backward while drawing the soccer ball back with the foot. This drill helps develop agility and stickhandling skills. To add difficulty, replace the soccer ball with another stickhandling ball to further develop coordination.



4.08 STICKHANDLE WOBBLE BOARD – 2-FOOT / 1-FOOT

Here's a good drill to help develop balance and build confidence while stickhandling. Stand on a wobble board with both feet and stickhandle a ball around the body while maintaining balance and control. As proficiency increases, try performing this drill by standing with only one foot on the wobble board.



BALANCE AND COORDINATION

4.09 FLIP BALL TO PARTNER - KNOCK DOWN / PASS BACK

Here's a great drill to help improve hand-eye coordination. Flip the ball in the air to a partner who knocks it down, gains control and passes it back.



4.10 BALL UNDER STICK - JUMP SIDE TO SIDE

Roll the ball under elevated sticks, then jump over the sticks, regaining control of the ball on the other side. Continue jumping from side to side while moving the ball under the sticks. As proficiency increases, players can create different patterns to increase agility and control.





4.11 BOUNCE BALL ON BLADE

Here's an important skill to know how to use when trying to control a bouncing puck, or to knock the puck out of the air. Bounce the ball on both the forehand and backhand sides of the blade, maintaining control at all times.



4.12 FLIP BALL UP / KNOCK DOWN

Flipping the ball up and trapping it down on the ground with control, is another good exercise to help develop hand eye coordination. The ball can be trapped using the forehand or backhand side of the blade. This is a handy skill to know how to use when trying to control a bouncing puck.

CORE AND CONDITIONING



CORE CONDITIONING

CORE CONDITIONING

General Principles of Conditioning

It is a well known fact that athletes are less likely to be injured when they are physically fit. In addition, well conditioned athletes can perform at a higher level of intensity for longer periods of time without becoming fatigued.

This resistance to fatigue allows fit athletes to be both physically and mentally in control of themselves from the drop of the puck until the final buzzer.

The basic components of fitness are:

- Aerobic and Anaerobic Conditioning
- Muscular Endurance, Strength and Power
- Motor Coordination and Skill
- Joint Flexibility
- Speed, Agility and Quickness Characteristics

CONDITIONING PROGRAMS

Aerobic base & Aerobic Conditioning

This is the training of the athlete to utilize oxygen as an energy source at different workloads. The athlete is generally training for a longer period of time at an intensity of anywhere from 50-85% of maximum exertion. The proper work to rest ratio involves exercising for longer than 120 seconds then resting for an equal amount of time. The development of this energy system is critical in the game of hockey. A large degree of **Aerobic Conditioning** allows the player to recover better, enabling them to perform for an entire game at maximum intensity. The development of **Aerobic Conditioning** is essential in the development of **Anaerobic Conditioning** for hockey.

Developing an aerobic base is important to any hockey player who aspires to achieve their optimal performance.

Building one's aerobic base will:

- Aid recovery after intense activity
- Help to deal with fatigue during intense activity
- Aid improvement of anaerobic fitness

Aerobic energy may be defined as working at a steady state for an extended period of time. This may include working at a moderate intensity for a duration of 30 to 40 minutes.

Examples of aerobic activities include:

- Cycling
- Stair climber
- Swimming
- Inline skating
- Jogging
- Soccer

Anaerobic Conditioning

This is the training of the athlete to work at a high intensity (greater than 85% of maximum exertion) for a short period of time. Generally, an athlete will work from 0 to 120 seconds with 5 to 6 times as much rest allowed between work intervals. During this type of activity the muscles do not require oxygen to work, however, lactic acid is produced as a by-product that accumulates in the muscle. The key to its success is following the proper work to rest ratios when training. It is through this type of conditioning that players will develop improved speed.

AGILITY AND QUICKNESS



AGILITY AND QUICKNESS

AGILITY AND QUICKNESS

The secondary fitness characteristics of Speed, Agility and Quickness are cornerstones in hockey. Today's hockey player must work to develop top speed, defining agility and lightning quickness to adapt to the multi-directional demands of hockey. These fitness parameters are developed through-out the athlete's career.

The foundation of all of these skills is first the ability of the athlete to stop under control with balance on a single foot regardless of the direction of movement. So it is important to teach the athlete to stop first and move second!

All of these skills are generally anaerobic in nature and must follow the training guidelines as outlined in anaerobic conditioning. As there is also a high skill and motor control component to these skills, the coach must first teach the skills of these drills prior to the training of speed, agility and quickness

The development of these basic components of fitness is the goal of every coach. Their development should be aimed not only at improving the athletes' performances, but also for injury prevention. Through proper conditioning a player will be able to better handle the stresses of the game, putting them at a lower risk for injury.

Developing agility and quickness in hockey players is important for a number of reasons:

- To change direction to get away from a check
- To change direction quickly to stay with an opponent
- To move in many different directions
- To maintain balance while changing direction

Examples of developing agility and quickness include:

- Sprinting on-the-spot
- Side shuffles
- Side-to-side shuffles
- Jumping side-to-side
- Carrioca shuffles
- 3-on-3 soccer (small area)
- Running figure 8's around cones
- Zigzag hops

The following exercises can be done backwards, as hockey players should develop strength and agility in both directions.

1. Skaters low power stride
2. Skaters power leap
3. Running up and down on a platform or stairs
4. Two-footed hop
5. Forward lunges
6. Reverse lunges
7. 3, 2, 1 tuck jump
8. Quick taps on a platform or stair
9. Skipping
10. Squat thrusts
11. Leap frogs
12. Crossovers
13. Stair running
14. Cones
15. Directional change shuffle drill

1. Skaters low power stride: Stride side to side, keeping body low (the length of stride will depend on leg length). You can stay on the spot or move forward or backward. For variety and added intensity, these can be done on a hill.

2. Skaters power leap: As above, but this time you will leap up and over to the other side. You will explode up and land in a squat. Watch the landing and make sure that you are tracking your ankles, knees and hips just like you would when performing squats in a gym.*

3. Running up and down on a platform or stairs: Try to find a platform that is about 4–6 inches off the ground (or use a stair) and run up and down as fast as you can. Try to ensure that you land softly with your feet to absorb the impact. Land only on the balls of your feet, both stepping up and down. Stay close to the platform and keep your chest and head up.*

4. Two-footed hop: Over a hockey stick (or bench), anywhere from 2–12 inches off the ground (depending on the age of the player). Bend your knees upon landing and to absorb the impact, tuck your knees up as you jump over the sticks. For added intensity, do this exercise one foot at a time.*

5. Forward lunges: Lunge forward, one leg at a time. The movement is much like a cross-country ski motion. The weight on landing should be through the heel of your front foot. The knee, ankle and toes should be in alignment. Don't let the knee fall in front of the toe when travelling forward. To increase intensity for this exercise, add power to the movement.

6. Reverse lunges: As above, but lunging backwards. Watch your alignment. Land with your weight going through the heel of your front foot. This exercise is advanced and is not recommended for younger players.

7. 3, 2, 1 tuck jump: Start off standing, with knees soft (slightly bent). Pulse down (squat down) for a count of 3, 2, 1 and then tuck jump (knees to your chest). Land quietly and absorb the impact by bending into the landing. Keep back straight, and head up.

8. Quick taps on a platform or stair: Instead of running up and down, tap the ball of your foot up on the platform – alternating each foot as you do it. Should try to keep as quick a pace with this as you can. This is much like running on the spot.

9. Skipping: As fast as you can.

10. Squat thrusts: Start in an upright position, then drop to all fours and thrust your legs out behind them (you are now in a push-up position), then quickly pull your legs back in and return to an upright position.

11. Leap frogs: Just as the title says. Go for height or go for distance.*

12. Crossovers: Staying low, cross one leg in front of the other and travel for 10–15 crossovers in one direction. Walk back to the start point and repeat with the other leg. These can be done on a hill for variety and intensity.

13. Stair running: Find a long flight of stairs (a stadium, arena, etc.). You can run up and down them, bound two by two, three by three, one-legged, hop up, use both feet, or the crossover technique.*

14. Cones: Set up 6–10 cones or pylons (6–18 inches in height – depending on the age of the players) in a row and tuck jump forward over each cone with both feet. To add variety to this exercise, arrange the cones (pylons) in different patterns, space them farther apart (more distance in the jump for strength), closer (more for quick feet and agility). Use one leg at a time for increased intensity.*

15. Directional Change Shuffle Drill: Stand in a “ready position” (eyes looking forward, knees bent and butt down). The idea of this drill is to get you shuffling back and forth, side to side and diagonally as fast as possible, to enhance your foot speed. Keep low during the drill. A coach can instruct the players on what direction to be moving. Keep the drill moving at a quick pace. This is good for reaction work. Stick handling with a tennis ball can also be done with this drill.

OFF-ICE STICKHANDLING



OFF-ICE STICKHANDLING

The following off-ice stickhandling exercises can be found in the Skills of Gold DVD:

- Ball control – narrow and wide combination
- Ball control – side / front / side
- Ball control – one leg – left or right
- Ball control – one hand
- Ball control – hands together
- Ball control – rotation
- Ball control – toe drag – side and front combination
- Ball control – figure 8's
- Ball control – around the body – box
- Ball control – around the body – triangle
- Ball control – partner on knees – combination
- Ball control – stick through legs
- Ball control – ball through legs from back
- Ball control – switch hands
- Ball control – ball over stick – forehand / backhand
- Ball control – two balls / three balls
- Ball control – tape ladder – toe drag
- Ball control – tape ladder – lateral
- One touch pass – forehand / backhand
- Saucer pass – forehand / backhand
- Passing – receive forehand / return backhand
- Pass behind – pull ball back through legs
- Freestyle stickhandling moves



5.01 BALL CONTROL - NARROW AND WIDE COMBINATION

Here's a drill that will help develop some deceptive stickhandling skills. Start by working the ball in a narrow pattern, then take it out wide; then narrow again. Try different combinations, concentrating on quick changes and maintaining good control.



5.02 BALL CONTROL - SIDE / FRONT / SIDE

Start by stickhandling the ball on the backhand side, then move it around to the front, and eventually all the way to the forehand side. The sequence can be reversed, moving back across to the backhand. In a game situation, this drill will help evade a check, no matter where it comes from.



5.03 BALL CONTROL - ONE LEG - LEFT OR RIGHT

Start this drill by stickhandling while on one leg, continuing to work the ball from side to side. Switch legs, all the while keeping the ball moving and under control.

OFF-ICE STICKHANDLING

5.04 BALL CONTROL - ONE HAND

There are lots of game situations where a player has only one hand on the stick - usually the top hand. It's good to practice this skill off-ice to develop strength and gain a feel for the puck using only one hand. Stickhandling the ball with one hand builds wrist and forearm strength and at the same time helps develop coordination. Try switching hands to become more proficient on both sides.



5.05 BALL CONTROL - HANDS TOGETHER

Start with both hands at the top of the stick, work the ball through the full stickhandling range, all the way across the body, around behind, and back again. This is another effective way to build forearm strength. Players will also develop a better feel for the ball when it's handled further away from the body.



5.06 BALL CONTROL - ROTATION

The term "puck on a string" comes from this manoeuvre. Keeping the ball in contact with the blade, move the stick all the way around the ball. Slide the ball from the heel of the blade to the toe, and then back down the other side of the blade.





5.07 BALL CONTROL - TOE DRAG - SIDE AND FRONT COMBINATION

An effective skill to use to beat a defender, the toe drag should be practiced both on and off the ice. Alternate dragging the ball toward the body from the front and side, by using the toe of the blade. Concentrate on technique to begin with, then try to increase speed while maintaining a smooth, fluid motion.



5.08 BALL CONTROL - FIGURE 8'S

Figure 8's give players a better feel for the ball over a wide range of motion. The pattern requires players to control the ball on both the forehand and backhand. Eventually, a smooth, continuous motion should be achieved. The figure 8 can also be practiced one-handed, using only the top hand on the stick.



5.09 BALL CONTROL - AROUND THE BODY - BOX

This is another excellent drill for increasing puck control and agility. Move the ball around the body in a box pattern, stickhandling continuously. Work around the box one way, then change directions, and repeat the pattern in reverse, keeping the ball moving and under control at all times.

OFF-ICE STICKHANDLING

5.10 BALL CONTROL - AROUND THE BODY - TRIANGLE

Moving the ball in a triangular pattern requires that the ball be pulled from one point to another. With the ball in front, move it, just behind the body on one side. Then pass it to the other side, turning the body to regain control. Try executing the moves as quickly as possible while maintaining control in all positions.



5.11 BALL CONTROL - PARTNER ON KNEES - COMBINATION

In this drill, the player kneeling creates an obstacle by extending the stick out from the body. The other player moves the ball either from side to side underneath the stick, flips the ball over the stick, or performs toe drags around the stick. Here, the kneeling partner increases the difficulty by sweeping her stick slowly from side to side. Avoiding the moving stick requires outstanding focus and timing.





5.12 BALL CONTROL – STICK THROUGH LEGS

Working the ball through the legs is an excellent way to develop hand-eye coordination, along with hand speed. Take the ball back between the legs and then flip it forward, bringing the stick around front to pick up the pass.

As players become more proficient, they can increase the speed of the motion, concentrating on moving the ball with control.



OFF-ICE STICKHANDLING

5.13 BALL CONTROL - BALL THROUGH LEGS FROM BACK

Starting on the forehand side, take the ball out wide and behind the body, using the toe of the blade to pull the ball up between the legs. This can also be practised by using the backside of the blade to tap the ball through the legs. Practise bringing the ball up to the stick either off the foot or straight through. This skill is particularly useful when picking up a pass from behind.



5.14 BALL CONTROL - SWITCH HANDS

Start by holding the stick with a proper grip, then reverse the grip while continuing to move the ball with control. By switching from right to left handed and back, players will improve their range of motion, as well as their stickhandling agility. This is a great exercise for improving a player's feel for the ball and hand-eye coordination.





5.15 BALL CONTROL - BALL OVER STICK - FOREHAND / BACKHAND

Stickhandle the ball between sticks laid out in a fan pattern. Lift the ball over each stick with the forehand. Then reverse directions, this time using the backhand.



OFF-ICE STICKHANDLING

5.16 BALL CONTROL - 2 BALLS / 3 BALLS

Stickhandling two or even three balls is a great drill to help develop hand-eye coordination and hand speed. This exercise can be used as a warm-up at the start of practice, or at the end of practice as a cool-down.





5.17 BALL CONTROL - TAPE LADDER - TOE DRAG

Start with both feet on one side of the tape ladder. Use toe drags to move the ball through each square.



OFF-ICE STICKHANDLING

5.18 BALL CONTROL - TAPE LADDER - LATERAL

Start with the feet on either side of the tape ladder and move the ball from side to side through each square both forward and backward. Work towards increasing the speed when doing this drill.





5.19 ONE TOUCH PASS FOREHAND / BACKHAND

In this passing drill, partners start off close together and begin to execute one touch passes while slowly moving away from each other. As the flow of the passes continues, the players start to move toward each other again. This drill requires adjusting the speed of the passes as the distance changes. It should be practised on both the forehand and backhand.



5.20 SAUCER PASS – FOREHAND / BACKHAND

When practising a forehand saucer pass with a ball, the stick blade should be open faced with the ball on the heel. The ball rolls along the blade as the stick slides in front of the body. Making a saucer pass on the backhand is a little more difficult. This time the backside of the blade is closed, which means it's harder to get the ball up in the air. So whether on the forehand or backhand, wrist and forearm strength are needed to execute this pass properly.



OFF-ICE STICKHANDLING

5.21 PASSING - RECEIVE FOREHAND / RETURN BACKHAND

Being able to receive a pass is just as important as sending one. The pass receiver should keep the blade of the stick perpendicular to the oncoming ball. The pass should be received close to the middle of the blade and cushioned slightly by relaxing the arms as the ball hits the blade. After bringing the ball in front and across the body, the pass receiver then returns it on the backhand.





5.22 PASS BEHIND - PULL BALL BACK THROUGH LEGS

Because some passes in a game aren't always tape-to-tape, this is an important skill to use when receiving a pass from behind. Moving the blade of the stick behind the body to either tap or pull the ball through the legs is more efficient than trying to pull it around and in front of the body.



OFF-ICE STICKHANDLING

5.23 FREESTYLE STICKHANDLING MOVES

Once players have developed a full range of stickhandling fundamentals, they can challenge themselves by coming up with their own combinations. Practising and being creative with these new combinations will turn a good puckhandler into a truly great one.



COOL-DOWN



COOL-DOWN

COOL-DOWN

The cool-down is the opposite of the warm-up. If the warm-up prepares the body for exercise, then the cool-down recovers the body following exercise. The cool-down is one of the most important features of the recovery process following exercise.

An appropriate cool-down will:

- Aid in the dissipation of waste products
- Reduce the potential for muscle soreness following exercise
- Reduce the chances of dizziness or fainting caused by the pooling of venous blood in the extremities
- Reduce the level of adrenaline in the blood

The cool-down should consist of a period of 5 – 10 minutes of light aerobic activity to keep the muscles working to aid in the dissipation of waste product and keep the blood from pooling in the extremities. It is generally agreed that static stretching during the cool-down is beneficial.

STRETCHING

Stretching should be completed after every game, practice and off-ice training activity.

General Static Stretching Instructions:

- 1) Players should be warm prior to stretching.
- 2) Players should maintain the proper body position and alignment during each stretch.
- 3) Players should be alert to the feel of the stretch: the feeling should be one of gentle stretch not pain. DO NOT OVER STRETCH.
- 4) The stretch should be static and not bouncy.
- 5) Stretches should be held for 15-30 seconds and repeated 2-4 times each.

Things to Remember:

- These stretches should be considered the minimum requirements.
- For more stretches, consult an appropriate professional in your community.
- If a player complains of pain during any of the dynamic or static stretching exercises, the player should stop the exercises and seek medical advice.
- A player's flexibility will decrease during their growth spurt. This occurs at approximately age 12 for girls and age 14 for boys. More frequent stretching may decrease these effects.

COOL DOWN STRETCHES

1. TRUNK/SHOULDER

- Stand with feet shoulder width apart -bring left arm overhead reaching hand down spine
- Hold the left elbow behind the head with the right hand
- Bend the trunk straight sideways to the right
- Do not rotate the trunk



2. THIGH/QUADRICEPS

- Stand on your left foot holding wall with left hand for support if need be
- Reach behind with the right hand holding the right foot
- Keep back straight and hips and shoulders square
- Lift the right foot and ankle towards the right buttocks
- Keep the right leg in good alignment: the right shoulder, hip, knee and ankle should be aligned

3. THIGH/HIP FLEXOR

- Kneel on the right knee
- The left leg is forward with the knee bent
- Place hands on the floor at each side of the left foot
- Keep your back straight and hips and shoulders square
- Stretch forward feeling the stretch in the right thigh and hip flexor



COOL-DOWN - STRETCHES



4. GROIN

- Sit on the floor with your feet together as in the picture
- Keep your back straight
- Pull your feet in towards your groin until you cannot keep your back straight or keep your feet together
- Put your elbows on your knees and your hands on your ankles
- Press your knees towards the floor, to increase the stretch rotate forward at the hips while keeping your back straight

5. HAMSTRING/LOWER BACK

- Sit on the floor with the left leg extended and the right leg bent inward as in the picture
- Keep the back straight and hips and shoulders square
- Keep the left leg in neutral rotation and aligned with the left shoulder.
- Reach forward with your hands keeping the back straight (Think of bringing your chest towards the thigh, not the head to the knee)





6. LOW BACK/HIP EXTENSOR

- Lie on your back with the right knee bent up towards the chest as in the picture
- Hold the right knee with both hands (If a player complains of pain holding the knee as illustrated; instruct them to hold the leg/thigh under the knee)
- Keep the right knee in alignment with the right shoulder
- Pull the right knee towards the chest

7. GLUTEAL/HIP/LOW BACK

- Lie on your back with the right hip and knee bent and the foot over the left leg as in the picture
- Place the right hand flat on the floor with the shoulder at 90 degrees as in the picture
- Turn the head to the left
- Hold onto the right knee with the left hand and pull the knee towards the floor
- Allow the body to rotate until the shoulder is about to lift off the ground
- Keep the shoulders and right hand in contact with the ground



NUTRITION



NUTRITION

Recommended Number of Food Guide Servings per Day

Age in Years	Children		Teens		Adults	
	2-3	4-8	9-13	14-18	19-50	51+
Sex			Female	Male	Female	Male
Vegetables and Fruit	4	5	6	7	8	7-8
Grain Products	3	4	6	6	7	6-7
Milk and Alternatives	2	2	3-4	3-4	2	2
Meat and Alternatives	1	1	1-2	2	2	2

The chart above shows how many Food Guide Servings you need from each of the four food groups every day.

Keep in mind that you should also be getting the same amount and following the tips in Canada's Food Guide will help.

- Meet your needs for calcium, minerals and other nutrients.
- Reduce your risk of obesity, type 2 diabetes, heart disease, certain types of cancer and osteoporosis.
- Contribute to your overall health and vitality.

What is One Food Guide Serving?

Look at the examples below.



One serving of vegetables and fruit: 1 cup of mixed vegetables, 1 cup of fruit, 1/2 cup of dried fruit, 1/2 cup of nuts/seeds.



One serving of grain products: 1 slice of bread, 1/2 cup of cereal, 1/2 cup of pasta, 1/2 cup of rice.



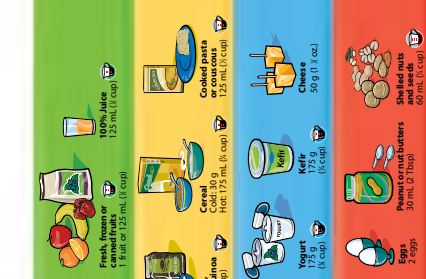
One serving of milk and alternatives: 1 cup of milk, 1/2 cup of yogurt, 1/2 cup of kefir, 1/2 cup of cheese.



One serving of meat and alternatives: 1/2 cup of cooked beans, 1/2 cup of lentils, 1/2 cup of tofu, 1/2 cup of eggs.

Make each Food Guide Serving count... wherever you are - at home, at school, at work or when eating out!

- Eat at least one dark green and one orange vegetable each day.
 - Eat a variety of other grains such as barley, brown rice, wild, quinoa and wild rice.
 - Get your grain bread, cereal or whole wheat pasta.
- Choose vegetables and fruit prepared with little or no added fat, sugar or salt.
 - Enjoy vegetables steamed, baked or in the form of a soup-bird.
 - Choose the leanest cuts of meat and fish to make your dishes, and use small amounts.
- Make at least half of your grain products whole grain each day.
 - Enjoy other grain breads, cereals or whole wheat pasta.
- Choose the leanest cuts of meat and fish to make your dishes, and use small amounts.
 - Enjoy the best kind of grain products. When adding grains to your meals, choose smaller side dishes.
- Drink skin, 1%, or 2% milk each day.
 - Have 200 mL (1 cup) of milk every day for adequate vitamin D.
 - Drink fortified plant-based milks you do not drink milk.
- Select lower fat milk alternatives.
 - Compare the nutrition facts label on yogurt or cheese to make sure you choose lower fat choices.
- Have meat alternatives such as beans, lentils or tofu often.
 - Choose fish such as, salmon, mackerel, sardines, and tuna, and eat fish.
- Eat at least two Food Guide Servings of fish each week.
 - Try to eat fish from more than one family.
- Select lean meat and alternatives prepared with little or no added fat or salt.
 - Incorporate protein such as beans, lentils or plant-based meats, along with grains that require little or no added fat.
 - Enjoy all food groups, including all prepared meats, along with vegetables and calcium and fat.



Enjoy a variety of foods from the four food groups.

Satisfy your thirst with water!

Drink water regularly. It's a calorie-free way to quench your thirst. Drink more water if you're active or when you are very active.

A larger version of the above graphic can be found at:
hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php
 or hc-sc.gc.ca

NUTRITION ALTERNATIVES

Ideas for healthier alternatives

Cakes and Baked Goods

- Fruit with yogurt and granola
- Bake an apple in the oven with some cinnamon
- Bake low fat muffin

Chips and Dips

- Plain popcorn
- Whole wheat baked tortilla chips with salsa
- Baked pitas
- Low fat salad dressing instead of dip

Ice Cream

- Freeze your own yogurt in a cube tray
- Freeze your favorite 100% juice in a cube tray

French Fries

- Bake strips of potatoes. Try sweet potatoes for a sweeter alternative.

Fruit flavored juices and sports drinks

- Cut up limes, lemons or cucumbers and add them to your water
- 100% juices
- Buy powdered energy drinks for less sugar
- Water, water and water

Loaf of white bread

- Whole wheat or 12 grain bread
- Whole wheat pitas and wraps

RECOMMENDED DIET

Breakfast

- Granolas
- Oatmeal
- Low fat muffins
- Whole wheat toast
- Fruit
- Low fat milk
- Egg whites
- *Limit cheese, syrups, jams and coffee
- **Avoid cream, rich sauces, butter, bacon and other high fat products

Lunch, Dinner/ Pre-Work Out

- Fresh vegetables
- Fresh fruit
- Salads
- Whole wheat breads
- Pasta
- Potatoes
- Rice
- Skinless chicken breasts
- Tuna
- Salmon - water
- *Limit shellfish, red meats, cheeses, ice cream, desserts and creamy sauces
- **Avoid fried foods, preserved meats, pop or soda, butter, oils and other high fat foods

Post-Work-Out Meals

- Pasta
- Whole wheat breads
- Fresh fruits
- Fresh vegetables
- Potatoes
- Protein shake
- *Limit creamy sauces and soups, chicken, fish, red meats, cheeses, coffee and caffeine drinks
- **Avoid deep fried, pan-fried, oils, pop or soda

Snacks

- Fresh vegetables
- Fruit shake
- Almonds, walnuts
- Dried fruit
- Whole wheat breads
- **Avoid potato chips, candy, dips, pop or soda and nachos

FLUIDS AND HYDRATION



FLUIDS AND HYDRATION

Hydration is an essential component to attain optimal performance in training/competition. We sweat during exercise to keep cool and limit the increase in our core body temperature. If a player does not replace the lost sweat, they can become dehydrated and this can inhibit his/her ability to compete at their particular level. Dehydration can impair muscle function and the ability of the brain to stay alert and focused, thus inhibiting performance.

Some important points about hydration include:

- Consume water and preferably sport drinks before, during and after exercise.
- Sweat is water and salt - the more one sweats during activity, the more fluid and salt must be replaced.
- Thirst is not a good indicator of dehydration. Consume fluids before you feel thirsty.

Physiological part of hydration

A sports drink during exercise is best suited to give the body what it needs. It replaces the fluid and some of the salt (electrolytes) that is lost through sweating. It also has some sugar (carbohydrate) to fuel the muscles and the brain during physical activity, as carbohydrate is the fuel of choice for stop-and-go sports like ice hockey. Finally, sports drinks also taste good when athletes are hot, sweaty and thirsty. The salt in sports drinks also has the proper electrolyte profile to maintain the physiological drive to drink. Many athletes rely on thirst alone to stimulate drinking, but thirst is an inaccurate gauge of fluid needs when we're physically active. Thirst is driven by two key physiological changes: a rise in the concentration of sodium level and a drop in blood volume. Whenever we sweat, part of that sweat comes from our blood. Since we lose more water molecules from the blood than we do electrolytes, the plasma-sodium concentration (the saltiness of the blood) rises, which stimulates thirst. However, if sweat is replaced by plain water, the plasma sodium concentration falls, which reduces thirst.

PRACTICAL APPLICATIONS

- A good way to determine if hockey players are staying hydrated is to weigh them in shorts and t-shirt before and after practices and competitions. If an athlete loses more than 1.5-2% of their body mass, it is likely that their on-ice performance will suffer. For example, an 80 kg person should not lose more than 1.2-1.6 kg through sweating (equivalent to 1.2-1.6 litres of sweat). A smaller person or child weighing 50 kg should not lose more than 0.75-1.0 kg of body mass during practices and competitions. Ideally, little or no weight loss during activities is desired.
- Adults and children generally underestimate their fluid needs during exercise lasting more than 30 min. Because children respond to dehydration with an excessive increase in their core body temperatures, every effort should be made to prevent exercise-induced dehydration in child athletes.
- One should make certain that children and adults arrive fully hydrated for practice sessions and competitions. This can be achieved by drinking ~400 mL of fluid in the 60-90 min before activity for children and ~500-700 mL for adults. Coaches need to enforce drink pauses every 15-20 min during practices, even when the athletes do not feel thirsty. Hockey games give ample opportunities to drink as the shifts of the game allow constant access to drinks.
- In tournament situations, it is important to make sure athletes drink enough during or after each game to maintain their body mass. This will ensure that they are properly hydrated for the following games, as they may be required to play 2-3 games per day.
- Cooling a drink to refrigerator temperature and, in particular, adding flavour to the drink will increase its taste. Children will voluntarily drink more when the drink is tasty. Therefore, beverages flavoured to satisfy each athlete's taste preference should be readily available for the athlete to drink before, during, and after training sessions and competitions.

<http://www.gssiweb.com/>



CALENDAR



CALENDAR

PROGRAM LEGEND

PB = Personal Best

Reps = How many times you do an exercise (e.g. 10 pushups)

Sets = How many circuits (e.g. 10 pushups + 2 circuits = 20 pushups, 2 sets of 10 reps)

HOW TO USE THE CALENDAR

There are 5 sample workout plans; each day is broken down into warm-ups, stretching, plyometrics, balance and coordination and off-ice stickhandling. Feel free to use these samples as your daily workout plans. We do encourage you to create your own plans based on all of the warm-ups, stretches, plyometrics and off-ice stickhandling presented in the manual.

Monthly calendar:

You may use the blank month calendar to keep track of your summer plans/vacations and workout regiments.

Daily calendar:

Daily calendars are broken down into the following categories: warm-up, stretching, plyometrics, balance and coordination and off-ice stickhandling. Using the reference sheet, fill in which exercise you did that day.

For example:

1.01 represents warm-up 1.01 - arm circles from the reference sheet

2.15 represents stretching 2.15 - rotator cuff from the reference sheet

Warm Up	
1.01	1.04
1.02	1.05
1.03	1.06

Stretching	
2.13	2.16
2.14	2.17
2.15	2.18

You may indicate the exercise using the reference code or by simply writing in the name of that exercise.

Warm Up	
Arm Circles	Leg Swing s. to s.
Trunk Rotations	Shuffle Mirror
Leg Swing f. to b.	Karioka Mirror

Stretching	
Sloppy Pushup	Trunk/Shoulder
Chest/Pec Stretch	Forearm Stretch
Rotator Cuff	Neck Flexion/Rotate

For example:

Make sure to log any other sports you might have done that day as well.

Other Sports		
Soccer	Volleyball	Base-ball

For example:

And don't forget to log your meals and drinks.

Meals and Hydration	
Breakfast/Fluids	Snack 2/Fluids
eggs, toast, orange and apple juice	trail mix, water
Snack 1/Fluids	Dinner/Fluids
granola bar, apple, water	spaghetti, salad and milk
Lunch/Fluids	Snack 3/Fluids
chicken sandwich, carrots, cucumbers, chocolate milk	sliced apple

CALENDAR

Month:					

Month:					

CALENDAR

Month:					

Month:					

CALENDAR

Month:					

Month:					

OFF-ICE MANUAL - LEVEL 1

REFERENCE SHEET

WARM-UP

- | | | |
|-------------------------------------|--|---|
| 1.01 Arm Circles | 1.07 Standing Jump Rotations | 1.12 Lunging Hamstring/Glute Stretch |
| 1.02 Trunk Rotations | 1.08 High Knee | 1.13 Inch Worms |
| 1.03 Leg Swing Front to Back | 1.09 Heel Kicks | 1.14 Hip Abduction Walks |
| 1.04 Leg Swing Side to Side | 1.10 High Knee/Heel Kicks Combination | 1.15 Prance |
| 1.05 Shuffle Mirror | | |
| 1.06 Karioka Mirror | 1.11 Walking Piriformis Stretch | |

STRETCHING

- | | | |
|--|---------------------------------------|------------------------------------|
| 2.01 Knee to Chest - Inside/Outside/Across/Shoulder | 2.07 Laying Piriformis Stretch | 2.14 Chest/Pectoral Stretch |
| 2.02 Double Knee | 2.08 Calf Stretch | 2.15 Rotator Cuff |
| 2.03 Glutes/Hip/Lower Back | 2.09 Hamstring Lower/Back | 2.16 Trunk/Shoulder |
| 2.04 Latisimus Roll Back | 2.10 Thigh/Quad Stretch | 2.17 Forearm Stretch |
| 2.05 Thigh/Hip/Flexor | 2.11 Groin Stretch | 2.18 Neck Flexion/Rotation |
| 2.06 Prone Oblique/Hip Flexor | 2.12 Side Lunge | |
| | 2.13 Sloppy Push Up | |

PLYOMETRICS

- | | | |
|---|--|------------------------------------|
| 3.01 One Leg Pattern Hop | 3.06 Sitting Hurdle Shuffle Drill | |
| 3.02 Power Stride | 3.07 3, 2, 1 Tuck Jump | 3.12 Tape Ladder - Footwork |
| 3.03 Power Leap | 3.08 Side Step Jumps - Crossover | 3.13 Bouncing Side to Side |
| 3.04 Two-Foot Hop - 4 Directions | 3.09 Squat Thrusts | 3.14 Squat Jumps |
| 3.05 Forward and Reverse Lunges | 3.10 Agility Cones | 3.15 Resisted Squat Jumps |
| | 3.11 Directional Change | 3.16 Split Squat Jumps |

BALANCE & COORDINATION

- | | | |
|--|---|--|
| 4.01 Hand Swap on Stick | 4.06 Stuttersteps - Stickhandle | 4.10 Ball Under Stick Jump Side to Side |
| 4.02 Stickhandling and Juggle | 4.07 Stickhandle Ball - Kick Ball with Feet | 4.11 Bounce Ball on Blade |
| 4.03 Ball Throw/Catch Combination | 4.08 Stickhandle Wobble Board - 2 Foot/1 Foot | 4.12 Flip Ball Up/Knock Down |
| 4.04 Throw Ball Against Wall - Knock Down | 4.09 Flip Ball to Partner - Knock Down/Pass Back | |
| 4.05 Walking Squats - Stickhandle | | |

OFF-ICE STICKHANDLING

- | | | |
|---|---|--|
| 5.01 Narrow and Wide Combination | 5.10 Around the Body - Triangle | 5.18 Tape Ladder - Lateral |
| 5.02 Side/Front/Side | 5.11 Partner on Knees - Combination | 5.19 One Touch Pass Forehand/Backhand |
| 5.03 One Leg - Left or Right | 5.12 Stick through Legs | 5.20 Saucer Pass - Forehand/Backhand |
| 5.04 One Hand | 5.13 Ball through Legs from Back | 5.21 Passing - Receiving Forehand/Return Backhand |
| 5.05 Hands Together | 5.14 Switch Hands | 5.22 Pass Behind - Pull Back through Legs |
| 5.06 Rotation | 5.15 Ball over stick - Forehand / Backhand | 5.23 Freestyle Stickhandling Moves |
| 5.07 Toe Drag - Side and Front Combination | 5.16 2 Balls/3 Balls | |
| 5.08 Figure 8's | 5.17 Tape Ladder - Toe Drag | |
| 5.09 Around the Body - Box | | |

OFF-ICE MANUAL - LEVEL 1

CALENDAR - WEEK 1 - DAY 1 - SAMPLE

WEEK: _____

DAY: _____

Warm-up	
1.01	1.04
1.02	1.05
1.03	1.06

Stretching	
2.13	2.16
2.14	2.17
2.15	2.18

Plyometrics					
	Sets/ Time	Reps/ PB		Sets/ Time	Reps/ PB
3.01	2	2	3.04	2	2
3.02	2	6	3.10	2	2
3.03	2	6	3.12	3	2

Balance and Coordination					
	Sets/ Time	Reps/ PB		Sets/ Time	Reps/ PB
4.01	2	PB	4.04	2	PB
4.02	2	PB	4.11	3	PB
4.03	2	PB	4.12	3	PB

Off-Ice Stickhandling					
	Sets/ Time	Reps/ PB		Sets/ Time	Reps/ PB
5.01	3	1 min	5.04	2	1 min
5.02	3	1 min	5.05	2	1 min
5.03	3	1 min	5.06/5.23	2	1 min

Other Sports		

Meals and Hydration	
Breakfast/Fluids	Snack 2/Fluids
Snack 1/Fluids	Dinner/Fluids
Lunch/Fluids	Snack 3/Fluids

OFF-ICE MANUAL - LEVEL 1

CALENDAR - WEEK 1 - DAY 2 - SAMPLE

WEEK: _____

DAY: _____

Warm-up	
1.01	1.08
1.02	1.09
1.07	1.10

Stretching	
2.01	2.04
2.02	2.05
2.03	2.06

Plyometrics					
	Sets/ Time	Reps/ PB		Sets/ Time	Reps/ PB
3.01	2	3	3.07	3	6
3.05	3	6	3.08	3	6
3.06	3	6	3.09	3	8

Balance and Coordination					
	Sets/ Time	Reps/ PB		Sets/ Time	Reps/ PB
4.05	2	PB	4.08	2	PB
4.06	2	PB	4.09	2	PB
4.07	2	PB	4.10	2	PB

Off-Ice Stickhandling					
	Sets/ Time	Reps/ PB		Sets/ Time	Reps/ PB
5.01	3	1min	5.08	2	1min
5.02	3	1min	5.09	2	1min
5.07	3	1min	5.10/5.23	2	1min

Other Sports		

Meals and Hydration	
Breakfast/Fluids	Snack 2/Fluids
Snack 1/Fluids	Dinner/Fluids
Lunch/Fluids	Snack 3/Fluids

OFF-ICE MANUAL - LEVEL 1

CALENDAR - WEEK 1 - DAY 3 - SAMPLE

WEEK: _____

Warm-up	
1.01	1.12
1.02	1.13
1.11	1.14

DAY: _____

Stretching	
2.05	2.08/2.09
2.06	2.10/2.11
2.07	2.12

Plyometrics					
	Sets/ Time	Reps/ PB		Sets/ Time	Reps/ PB
3.04	2	3	3.14	2	10
3.11	2	6	3.15	2	10
3.13	2	2m	3.16	2	10

Balance and Coordination					
	Sets/ Time	Reps/ PB		Sets/ Time	Reps/ PB
4.01	2	PB	4.10	2	PB
4.02	2	PB	4.11	3	PB
4.08	2	PB	4.12	3	PB

5.15off-Ice Stickhandling					
	Sets/ Time	Reps/ PB		Sets/ Time	Reps/ PB
5.06	2	2 min	5.12	3	2 min
5.07	2	2 min	5.13	3	2 min
5.11	2	2 min	5.14/5.23	3	2 min

Other Sports		

Meals and Hydration	
Breakfast/Fluids	Snack 2/Fluids
Snack 1/Fluids	Dinner/Fluids
Lunch/Fluids	Snack 3/Fluids

OFF-ICE MANUAL - LEVEL 1

CALENDAR - WEEK 1 - DAY 4 - SAMPLE

WEEK: _____

DAY: _____

Warm-up	
1.03/1.04	1.11
1.05/1.06	1.13
1.10	1.15

Stretching	
2.01	2.10/2.11
2.02	2.14
2.04	2.16/2.17

Plyometrics					
	Sets/ Time	Reps/ PB		Sets/ Time	Reps/ PB
3.01	3	3	3.06/3.07	3	3
3.02/3.03	3	3	3.10/3.11	3	3
3.04	3	3	3.12	3	3

Balance and Coordination					
	Sets/ Time	Reps/ PB		Sets/ Time	Reps/ PB
4.05	3	PB	4.08	3	PB
4.06	3	PB	4.09	3	PB
4.07	3	PB	4.10	3	PB

Off-Ice Stickhandling					
	Sets/ Time	Reps/ PB		Sets/ Time	Reps/ PB
5.03	3	2 min	5.17/5.18	3	2 min
5.15	3	2 min	5.19/5.20/5.21/5.22	2	2 min
5.16	3	2 min	5.23	3	2 min

Other Sports		

Meals and Hydration	
Breakfast/Fluids	Snack 2/Fluids
Snack 1/Fluids	Dinner/Fluids
Lunch/Fluids	Snack 3/Fluids

OFF-ICE MANUAL - LEVEL 1

CALENDAR - WEEK 1 - DAY 5 - SAMPLE

WEEK: _____

DAY: _____

Warm-up	
1.01/1.02	1.10
1.08	1.14
1.09	1.15

Stretching	
2.01	2.10
2.03	2.12
2.08	2.16

Plyometrics					
	Sets/ Time	Reps/ PB		Sets/ Time	Reps/ PB
3.01	3	3	3.14	3	3
3.07	3	3	3.15	3	3
3.12	3	3	3.16	3	3

Balance and Coordination					
	Sets/ Time	Reps/ PB		Sets/ Time	Reps/ PB
4.01	3	PB	4.08	3	PB
4.02	3	PB	4.10	3	PB
4.05	3	PB	4.12	3	PB

Off-Ice Stickhandling					
	Sets/ Time	Reps/ PB		Sets/ Time	Reps/ PB
5.06	3	2 min	5.17/5.18	3	2 min
5.07	3	2 min	5.14	3	2 min
5.11	3	2 min	5.23	3	2 min

Other Sports		

Meals and Hydration	
Breakfast/Fluids	Snack 2/Fluids
Snack 1/Fluids	Dinner/Fluids
Lunch/Fluids	Snack 3/Fluids

OFF-ICE MANUAL - LEVEL 1

REFERENCE SHEET

WARM-UP

- | | | |
|-------------------------------------|--|---|
| 1.01 Arm Circles | 1.07 Standing Jump Rotations | 1.12 Lunging Hamstring/Glute Stretch |
| 1.02 Trunk Rotations | 1.08 High Knee | 1.13 Inch Worms |
| 1.03 Leg Swing Front to Back | 1.09 Heel Kicks | 1.14 Hip Abduction Walks |
| 1.04 Leg Swing Side to Side | 1.10 High Knee/Heel Kicks Combination | 1.15 Prance |
| 1.05 Shuffle Mirror | | |
| 1.06 Karioka Mirror | 1.11 Walking Piriformis Stretch | |

STRETCHING

- | | | |
|--|---------------------------------------|------------------------------------|
| 2.01 Knee to Chest - Inside/Outside/Across/Shoulder | 2.07 Laying Piriformis Stretch | 2.14 Chest/Pectoral Stretch |
| 2.02 Double Knee | 2.08 Calf Stretch | 2.15 Rotator Cuff |
| 2.03 Glutes/Hip/Lower Back | 2.09 Hamstring Lower/Back | 2.16 Trunk/Shoulder |
| 2.04 Latisimus Roll Back | 2.10 Thigh/Quad Stretch | 2.17 Forearm Stretch |
| 2.05 Thigh/Hip/Flexor | 2.11 Groin Stretch | 2.18 Neck Flexion/Rotation |
| 2.06 Prone Oblique/Hip Flexor | 2.12 Side Lunge | |
| | 2.13 Sloppy Push Up | |

PLYOMETRICS

- | | | |
|---|--|------------------------------------|
| 3.01 One Leg Pattern Hop | 3.06 Sitting Hurdle Shuffle Drill | |
| 3.02 Power Stride | 3.07 3, 2, 1 Tuck Jump | 3.12 Tape Ladder - Footwork |
| 3.03 Power Leap | 3.08 Side Step Jumps - Crossover | 3.13 Bouncing Side to Side |
| 3.04 Two-Foot Hop - 4 Directions | 3.09 Squat Thrusts | 3.14 Squat Jumps |
| 3.05 Forward and Reverse Lunges | 3.10 Agility Cones | 3.15 Resisted Squat Jumps |
| | 3.11 Directional Change | 3.16 Split Squat Jumps |

BALANCE & COORDINATION

- | | | |
|--|---|--|
| 4.01 Hand Swap on Stick | 4.06 Stuttersteps - Stickhandle | 4.10 Ball Under Stick Jump Side to Side |
| 4.02 Stickhandling and Juggle | 4.07 Stickhandle Ball - Kick Ball with Feet | 4.11 Bounce Ball on Blade |
| 4.03 Ball Throw/Catch Combination | 4.08 Stickhandle Wobble Board - 2 Foot/1 Foot | 4.12 Flip Ball Up/Knock Down |
| 4.04 Throw Ball Against Wall - Knock Down | 4.09 Flip Ball to Partner - Knock Down/Pass Back | |
| 4.05 Walking Squats - Stickhandle | | |

OFF-ICE STICKHANDLING

- | | | |
|---|---|--|
| 5.01 Narrow and Wide Combination | 5.10 Around the Body - Triangle | 5.18 Tape Ladder - Lateral |
| 5.02 Side/Front/Side | 5.11 Partner on Knees - Combination | 5.19 One Touch Pass Forehand/Backhand |
| 5.03 One Leg - Left or Right | 5.12 Stick through Legs | 5.20 Saucer Pass - Forehand/Backhand |
| 5.04 One Hand | 5.13 Ball through Legs from Back | 5.21 Passing - Receiving Forehand/Return Backhand |
| 5.05 Hands Together | 5.14 Switch Hands | 5.22 Pass Behind - Pull Back through Legs |
| 5.06 Rotation | 5.15 Ball over stick - Forehand / Backhand | 5.23 Freestyle Stickhandling Moves |
| 5.07 Toe Drag - Side and Front Combination | 5.16 2 Balls/3 Balls | |
| 5.08 Figure 8's | 5.17 Tape Ladder - Toe Drag | |
| 5.09 Around the Body - Box | | |

WEEK: _____

DAY: _____

Warm-up	

Stretching	

Plyometrics					
	Sets/ Time	Reps/ PB		Sets/ Time	Reps/ PB

Balance and Coordination					
	Sets/ Time	Reps/ PB		Sets/ Time	Reps/ PB

Off-Ice Stickhandling					
	Sets/ Time	Reps/ PB		Sets/ Time	Reps/ PB

Other Sports		

Meals and Hydration	
Breakfast/Fluids	Snack 2/Fluids
Snack 1/Fluids	Dinner/Fluids
Lunch/Fluids	Snack 3/Fluids

OFF-ICE MANUAL - LEVEL 1

CALENDAR

WEEK: _____

DAY: _____

Warm-up	

Stretching	

Plyometrics					
	Sets/ Time	Reps/ PB		Sets/ Time	Reps/ PB

Balance and Coordination					
	Sets/ Time	Reps/ PB		Sets/ Time	Reps/ PB

Off-Ice Stickhandling					
	Sets/ Time	Reps/ PB		Sets/ Time	Reps/ PB

Other Sports		

Meals and Hydration	
Breakfast/Fluids	Snack 2/Fluids
Snack 1/Fluids	Dinner/Fluids
Lunch/Fluids	Snack 3/Fluids



WEEK: _____

DAY: _____

Warm-up	

Stretching	

Plyometrics					
	Sets/ Time	Reps/ PB		Sets/ Time	Reps/ PB

Balance and Coordination					
	Sets/ Time	Reps/ PB		Sets/ Time	Reps/ PB

Off-Ice Stickhandling					
	Sets/ Time	Reps/ PB		Sets/ Time	Reps/ PB

Other Sports		

Meals and Hydration	
Breakfast/Fluids	Snack 2/Fluids
Snack 1/Fluids	Dinner/Fluids
Lunch/Fluids	Snack 3/Fluids

OFF-ICE MANUAL - LEVEL 1

CALENDAR

WEEK: _____

DAY: _____

Warm-up	

Stretching	

Plyometrics					
	Sets/ Time	Reps/ PB		Sets/ Time	Reps/ PB

Balance and Coordination					
	Sets/ Time	Reps/ PB		Sets/ Time	Reps/ PB

Off-Ice Stickhandling					
	Sets/ Time	Reps/ PB		Sets/ Time	Reps/ PB

Other Sports		

Meals and Hydration	
Breakfast/Fluids	Snack 2/Fluids
Snack 1/Fluids	Dinner/Fluids
Lunch/Fluids	Snack 3/Fluids

WEEK: _____

DAY: _____

Warm-up	

Stretching	

Plyometrics					
	Sets/ Time	Reps/ PB		Sets/ Time	Reps/ PB

Balance and Coordination					
	Sets/ Time	Reps/ PB		Sets/ Time	Reps/ PB

Off-Ice Stickhandling					
	Sets/ Time	Reps/ PB		Sets/ Time	Reps/ PB

Other Sports		

Meals and Hydration	
Breakfast/Fluids	Snack 2/Fluids
Snack 1/Fluids	Dinner/Fluids
Lunch/Fluids	Snack 3/Fluids

OFF-ICE MANUAL - LEVEL 1

CALENDAR

WEEK: _____

DAY: _____

Warm-up	

Stretching	

Plyometrics					
	Sets/ Time	Reps/ PB		Sets/ Time	Reps/ PB

Balance and Coordination					
	Sets/ Time	Reps/ PB		Sets/ Time	Reps/ PB

Off-Ice Stickhandling					
	Sets/ Time	Reps/ PB		Sets/ Time	Reps/ PB

Other Sports		

Meals and Hydration	
Breakfast/Fluids	Snack 2/Fluids
Snack 1/Fluids	Dinner/Fluids
Lunch/Fluids	Snack 3/Fluids

WEEK: _____

DAY: _____

Warm-up	

Stretching	

Plyometrics					
	Sets/ Time	Reps/ PB		Sets/ Time	Reps/ PB

Balance and Coordination					
	Sets/ Time	Reps/ PB		Sets/ Time	Reps/ PB

Off-Ice Stickhandling					
	Sets/ Time	Reps/ PB		Sets/ Time	Reps/ PB

Other Sports		

Meals and Hydration	
Breakfast/Fluids	Snack 2/Fluids
Snack 1/Fluids	Dinner/Fluids
Lunch/Fluids	Snack 3/Fluids

REFERENCE SHEET

WARM-UP

- | | | |
|-------------------------------------|--|---|
| 1.01 Arm Circles | 1.07 Standing Jump Rotations | 1.12 Lunging Hamstring/Glute Stretch |
| 1.02 Trunk Rotations | 1.08 High Knee | 1.13 Inch Worms |
| 1.03 Leg Swing Front to Back | 1.09 Heel Kicks | 1.14 Hip Abduction Walks |
| 1.04 Leg Swing Side to Side | 1.10 High Knee/Heel Kicks Combination | 1.15 Prance |
| 1.05 Shuffle Mirror | | |
| 1.06 Karioka Mirror | 1.11 Walking Piriformis Stretch | |

STRETCHING

- | | | |
|--|---------------------------------------|------------------------------------|
| 2.01 Knee to Chest - Inside/Outside/Across/Shoulder | 2.07 Laying Piriformis Stretch | 2.14 Chest/Pectoral Stretch |
| 2.02 Double Knee | 2.08 Calf Stretch | 2.15 Rotator Cuff |
| 2.03 Glutes/Hip/Lower Back | 2.09 Hamstring Lower/Back | 2.16 Trunk/Shoulder |
| 2.04 Latisimus Roll Back | 2.10 Thigh/Quad Stretch | 2.17 Forearm Stretch |
| 2.05 Thigh/Hip/Flexor | 2.11 Groin Stretch | 2.18 Neck Flexion/Rotation |
| 2.06 Prone Oblique/Hip Flexor | 2.12 Side Lunge | |
| | 2.13 Sloppy Push Up | |

PLYOMETRICS

- | | | |
|---|--|------------------------------------|
| 3.01 One Leg Pattern Hop | 3.06 Sitting Hurdle Shuffle Drill | |
| 3.02 Power Stride | 3.07 3, 2, 1 Tuck Jump | 3.12 Tape Ladder - Footwork |
| 3.03 Power Leap | 3.08 Side Step Jumps - Crossover | 3.13 Bouncing Side to Side |
| 3.04 Two-Foot Hop - 4 Directions | 3.09 Squat Thrusts | 3.14 Squat Jumps |
| 3.05 Forward and Reverse Lunges | 3.10 Agility Cones | 3.15 Resisted Squat Jumps |
| | 3.11 Directional Change | 3.16 Split Squat Jumps |

BALANCE & COORDINATION

- | | | |
|--|---|--|
| 4.01 Hand Swap on Stick | 4.06 Stuttersteps - Stickhandle | 4.10 Ball Under Stick Jump Side to Side |
| 4.02 Stickhandling and Juggle | 4.07 Stickhandle Ball - Kick Ball with Feet | 4.11 Bounce Ball on Blade |
| 4.03 Ball Throw/Catch Combination | 4.08 Stickhandle Wobble Board - 2 Foot/1 Foot | 4.12 Flip Ball Up/Knock Down |
| 4.04 Throw Ball Against Wall - Knock Down | 4.09 Flip Ball to Partner - Knock Down/Pass Back | |
| 4.05 Walking Squats - Stickhandle | | |

OFF-ICE STICKHANDLING

- | | | |
|---|---|--|
| 5.01 Narrow and Wide Combination | 5.10 Around the Body - Triangle | 5.18 Tape Ladder - Lateral |
| 5.02 Side/Front/Side | 5.11 Partner on Knees - Combination | 5.19 One Touch Pass Forehand/Backhand |
| 5.03 One Leg - Left or Right | 5.12 Stick through Legs | 5.20 Saucer Pass - Forehand/Backhand |
| 5.04 One Hand | 5.13 Ball through Legs from Back | 5.21 Passing - Receiving Forehand/Return Backhand |
| 5.05 Hands Together | 5.14 Switch Hands | 5.22 Pass Behind - Pull Back through Legs |
| 5.06 Rotation | 5.15 Ball over stick - Forehand / Backhand | 5.23 Freestyle Stickhandling Moves |
| 5.07 Toe Drag - Side and Front Combination | 5.16 2 Balls/3 Balls | |
| 5.08 Figure 8's | 5.17 Tape Ladder - Toe Drag | |
| 5.09 Around the Body - Box | | |

WEEK: _____

DAY: _____

Warm-up	

Stretching	

Plyometrics					
	Sets/ Time	Reps/ PB		Sets/ Time	Reps/ PB

Balance and Coordination					
	Sets/ Time	Reps/ PB		Sets/ Time	Reps/ PB

Off-Ice Stickhandling					
	Sets/ Time	Reps/ PB		Sets/ Time	Reps/ PB

Other Sports		

Meals and Hydration	
Breakfast/Fluids	Snack 2/Fluids
Snack 1/Fluids	Dinner/Fluids
Lunch/Fluids	Snack 3/Fluids

OFF-ICE MANUAL - LEVEL 1

CALENDAR

WEEK: _____

DAY: _____

Warm-up	

Stretching	

Plyometrics					
	Sets/ Time	Reps/ PB		Sets/ Time	Reps/ PB

Balance and Coordination					
	Sets/ Time	Reps/ PB		Sets/ Time	Reps/ PB

Off-Ice Stickhandling					
	Sets/ Time	Reps/ PB		Sets/ Time	Reps/ PB

Other Sports		

Meals and Hydration	
Breakfast/Fluids	Snack 2/Fluids
Snack 1/Fluids	Dinner/Fluids
Lunch/Fluids	Snack 3/Fluids

WEEK: _____

DAY: _____

Warm-up	

Stretching	

Plyometrics					
	Sets/ Time	Reps/ PB		Sets/ Time	Reps/ PB

Balance and Coordination					
	Sets/ Time	Reps/ PB		Sets/ Time	Reps/ PB

Off-Ice Stickhandling					
	Sets/ Time	Reps/ PB		Sets/ Time	Reps/ PB

Other Sports		

Meals and Hydration	
Breakfast/Fluids	Snack 2/Fluids
Snack 1/Fluids	Dinner/Fluids
Lunch/Fluids	Snack 3/Fluids

OFF-ICE MANUAL - LEVEL 1

CALENDAR

WEEK: _____

DAY: _____

Warm-up	

Stretching	

Plyometrics					
	Sets/ Time	Reps/ PB		Sets/ Time	Reps/ PB

Balance and Coordination					
	Sets/ Time	Reps/ PB		Sets/ Time	Reps/ PB

Off-Ice Stickhandling					
	Sets/ Time	Reps/ PB		Sets/ Time	Reps/ PB

Other Sports		

Meals and Hydration	
Breakfast/Fluids	Snack 2/Fluids
Snack 1/Fluids	Dinner/Fluids
Lunch/Fluids	Snack 3/Fluids

WEEK: _____

DAY: _____

Warm-up	

Stretching	

Plyometrics					
	Sets/ Time	Reps/ PB		Sets/ Time	Reps/ PB

Balance and Coordination					
	Sets/ Time	Reps/ PB		Sets/ Time	Reps/ PB

Off-Ice Stickhandling					
	Sets/ Time	Reps/ PB		Sets/ Time	Reps/ PB

Other Sports		

Meals and Hydration	
Breakfast/Fluids	Snack 2/Fluids
Snack 1/Fluids	Dinner/Fluids
Lunch/Fluids	Snack 3/Fluids

OFF-ICE MANUAL - LEVEL 1

CALENDAR

WEEK: _____

DAY: _____

Warm-up	

Stretching	

Plyometrics					
	Sets/ Time	Reps/ PB		Sets/ Time	Reps/ PB

Balance and Coordination					
	Sets/ Time	Reps/ PB		Sets/ Time	Reps/ PB

Off-Ice Stickhandling					
	Sets/ Time	Reps/ PB		Sets/ Time	Reps/ PB

Other Sports		

Meals and Hydration	
Breakfast/Fluids	Snack 2/Fluids
Snack 1/Fluids	Dinner/Fluids
Lunch/Fluids	Snack 3/Fluids

WEEK: _____

DAY: _____

Warm-up	

Stretching	

Plyometrics					
	Sets/ Time	Reps/ PB		Sets/ Time	Reps/ PB

Balance and Coordination					
	Sets/ Time	Reps/ PB		Sets/ Time	Reps/ PB

Off-Ice Stickhandling					
	Sets/ Time	Reps/ PB		Sets/ Time	Reps/ PB

Other Sports		

Meals and Hydration	
Breakfast/Fluids	Snack 2/Fluids
Snack 1/Fluids	Dinner/Fluids
Lunch/Fluids	Snack 3/Fluids

OFF-ICE MANUAL - LEVEL 1

REFERENCE SHEET

WARM-UP

- | | | |
|-------------------------------------|--|---|
| 1.01 Arm Circles | 1.07 Standing Jump Rotations | 1.12 Lunging Hamstring/Glute Stretch |
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| 1.04 Leg Swing Side to Side | 1.10 High Knee/Heel Kicks Combination | 1.15 Prance |
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| 1.06 Karioka Mirror | 1.11 Walking Piriformis Stretch | |

STRETCHING

- | | | |
|--|---------------------------------------|------------------------------------|
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| 2.06 Prone Oblique/Hip Flexor | 2.12 Side Lunge | |
| | 2.13 Sloppy Push Up | |

PLYOMETRICS

- | | | |
|---|--|------------------------------------|
| 3.01 One Leg Pattern Hop | 3.06 Sitting Hurdle Shuffle Drill | |
| 3.02 Power Stride | 3.07 3, 2, 1 Tuck Jump | 3.12 Tape Ladder - Footwork |
| 3.03 Power Leap | 3.08 Side Step Jumps - Crossover | 3.13 Bouncing Side to Side |
| 3.04 Two-Foot Hop - 4 Directions | 3.09 Squat Thrusts | 3.14 Squat Jumps |
| 3.05 Forward and Reverse Lunges | 3.10 Agility Cones | 3.15 Resisted Squat Jumps |
| | 3.11 Directional Change | 3.16 Split Squat Jumps |

BALANCE & COORDINATION

- | | | |
|--|---|--|
| 4.01 Hand Swap on Stick | 4.06 Stuttersteps - Stickhandle | 4.10 Ball Under Stick Jump Side to Side |
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| 4.04 Throw Ball Against Wall - Knock Down | 4.09 Flip Ball to Partner - Knock Down/Pass Back | |
| 4.05 Walking Squats - Stickhandle | | |

OFF-ICE STICKHANDLING

- | | | |
|---|---|--|
| 5.01 Narrow and Wide Combination | 5.10 Around the Body - Triangle | 5.18 Tape Ladder - Lateral |
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| 5.08 Figure 8's | 5.17 Tape Ladder - Toe Drag | |
| 5.09 Around the Body - Box | | |

WEEK: _____

DAY: _____

Warm-up	

Stretching	

Plyometrics					
	Sets/ Time	Reps/ PB		Sets/ Time	Reps/ PB

Balance and Coordination					
	Sets/ Time	Reps/ PB		Sets/ Time	Reps/ PB

Off-Ice Stickhandling					
	Sets/ Time	Reps/ PB		Sets/ Time	Reps/ PB

Other Sports		

Meals and Hydration	
Breakfast/Fluids	Snack 2/Fluids
Snack 1/Fluids	Dinner/Fluids
Lunch/Fluids	Snack 3/Fluids

OFF-ICE MANUAL - LEVEL 1

CALENDAR

WEEK: _____

DAY: _____

Warm-up	

Stretching	

Plyometrics					
	Sets/ Time	Reps/ PB		Sets/ Time	Reps/ PB

Balance and Coordination					
	Sets/ Time	Reps/ PB		Sets/ Time	Reps/ PB

Off-Ice Stickhandling					
	Sets/ Time	Reps/ PB		Sets/ Time	Reps/ PB

Other Sports		

Meals and Hydration	
Breakfast/Fluids	Snack 2/Fluids
Snack 1/Fluids	Dinner/Fluids
Lunch/Fluids	Snack 3/Fluids

WEEK: _____

DAY: _____

Warm-up	

Stretching	

Plyometrics					
	Sets/ Time	Reps/ PB		Sets/ Time	Reps/ PB

Balance and Coordination					
	Sets/ Time	Reps/ PB		Sets/ Time	Reps/ PB

Off-Ice Stickhandling					
	Sets/ Time	Reps/ PB		Sets/ Time	Reps/ PB

Other Sports		

Meals and Hydration	
Breakfast/Fluids	Snack 2/Fluids
Snack 1/Fluids	Dinner/Fluids
Lunch/Fluids	Snack 3/Fluids

OFF-ICE MANUAL - LEVEL 1

CALENDAR

WEEK: _____

DAY: _____

Warm-up	

Stretching	

Plyometrics					
	Sets/ Time	Reps/ PB		Sets/ Time	Reps/ PB

Balance and Coordination					
	Sets/ Time	Reps/ PB		Sets/ Time	Reps/ PB

Off-Ice Stickhandling					
	Sets/ Time	Reps/ PB		Sets/ Time	Reps/ PB

Other Sports		

Meals and Hydration	
Breakfast/Fluids	Snack 2/Fluids
Snack 1/Fluids	Dinner/Fluids
Lunch/Fluids	Snack 3/Fluids



WEEK: _____

DAY: _____

Warm-up	

Stretching	

Plyometrics					
	Sets/ Time	Reps/ PB		Sets/ Time	Reps/ PB

Balance and Coordination					
	Sets/ Time	Reps/ PB		Sets/ Time	Reps/ PB

Off-Ice Stickhandling					
	Sets/ Time	Reps/ PB		Sets/ Time	Reps/ PB

Other Sports		

Meals and Hydration	
Breakfast/Fluids	Snack 2/Fluids
Snack 1/Fluids	Dinner/Fluids
Lunch/Fluids	Snack 3/Fluids

OFF-ICE MANUAL - LEVEL 1

CALENDAR

WEEK: _____

DAY: _____

Warm-up	

Stretching	

Plyometrics					
	Sets/ Time	Reps/ PB		Sets/ Time	Reps/ PB

Balance and Coordination					
	Sets/ Time	Reps/ PB		Sets/ Time	Reps/ PB

Off-Ice Stickhandling					
	Sets/ Time	Reps/ PB		Sets/ Time	Reps/ PB

Other Sports		

Meals and Hydration	
Breakfast/Fluids	Snack 2/Fluids
Snack 1/Fluids	Dinner/Fluids
Lunch/Fluids	Snack 3/Fluids

WEEK: _____

DAY: _____

Warm-up	

Stretching	

Plyometrics					
	Sets/ Time	Reps/ PB		Sets/ Time	Reps/ PB

Balance and Coordination					
	Sets/ Time	Reps/ PB		Sets/ Time	Reps/ PB

Off-Ice Stickhandling					
	Sets/ Time	Reps/ PB		Sets/ Time	Reps/ PB

Other Sports		

Meals and Hydration	
Breakfast/Fluids	Snack 2/Fluids
Snack 1/Fluids	Dinner/Fluids
Lunch/Fluids	Snack 3/Fluids

REFERENCE SHEET

WARM-UP

- | | | |
|-------------------------------------|--|---|
| 1.01 Arm Circles | 1.07 Standing Jump Rotations | 1.12 Lunging Hamstring/Glute Stretch |
| 1.02 Trunk Rotations | 1.08 High Knee | 1.13 Inch Worms |
| 1.03 Leg Swing Front to Back | 1.09 Heel Kicks | 1.14 Hip Abduction Walks |
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| 1.05 Shuffle Mirror | 1.11 Walking Piriformis Stretch | |
| 1.06 Karioka Mirror | | |

STRETCHING

- | | | |
|--|---------------------------------------|------------------------------------|
| 2.01 Knee to Chest - Inside/Outside/Across/Shoulder | 2.07 Laying Piriformis Stretch | 2.14 Chest/Pectoral Stretch |
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| 2.03 Glutes/Hip/Lower Back | 2.09 Hamstring Lower/Back | 2.16 Trunk/Shoulder |
| 2.04 Latisimus Roll Back | 2.10 Thigh/Quad Stretch | 2.17 Forearm Stretch |
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| 2.06 Prone Oblique/Hip Flexor | 2.12 Side Lunge | |
| | 2.13 Sloppy Push Up | |

PLYOMETRICS

- | | | |
|---|--|------------------------------------|
| 3.01 One Leg Pattern Hop | 3.06 Sitting Hurdle Shuffle Drill | |
| 3.02 Power Stride | 3.07 3, 2, 1 Tuck Jump | 3.12 Tape Ladder - Footwork |
| 3.03 Power Leap | 3.08 Side Step Jumps - Crossover | 3.13 Bouncing Side to Side |
| 3.04 Two-Foot Hop - 4 Directions | 3.09 Squat Thrusts | 3.14 Squat Jumps |
| 3.05 Forward and Reverse Lunges | 3.10 Agility Cones | 3.15 Resisted Squat Jumps |
| | 3.11 Directional Change | 3.16 Split Squat Jumps |

BALANCE & COORDINATION

- | | | |
|--|---|--|
| 4.01 Hand Swap on Stick | 4.06 Stuttersteps - Stickhandle | 4.10 Ball Under Stick Jump Side to Side |
| 4.02 Stickhandling and Juggle | 4.07 Stickhandle Ball - Kick Ball with Feet | 4.11 Bounce Ball on Blade |
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| 4.04 Throw Ball Against Wall - Knock Down | 4.09 Flip Ball to Partner - Knock Down/Pass Back | |
| 4.05 Walking Squats - Stickhandle | | |

OFF-ICE STICKHANDLING

- | | | |
|---|---|--|
| 5.01 Narrow and Wide Combination | 5.10 Around the Body - Triangle | 5.18 Tape Ladder - Lateral |
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| 5.09 Around the Body - Box | | |

WEEK: _____

DAY: _____

Warm-up	

Stretching	

Plyometrics					
	Sets/ Time	Reps/ PB		Sets/ Time	Reps/ PB

Balance and Coordination					
	Sets/ Time	Reps/ PB		Sets/ Time	Reps/ PB

Off-Ice Stickhandling					
	Sets/ Time	Reps/ PB		Sets/ Time	Reps/ PB

Other Sports		

Meals and Hydration	
Breakfast/Fluids	Snack 2/Fluids
Snack 1/Fluids	Dinner/Fluids
Lunch/Fluids	Snack 3/Fluids

OFF-ICE MANUAL - LEVEL 1

CALENDAR

WEEK: _____

DAY: _____

Warm-up	

Stretching	

Plyometrics					
	Sets/ Time	Reps/ PB		Sets/ Time	Reps/ PB

Balance and Coordination					
	Sets/ Time	Reps/ PB		Sets/ Time	Reps/ PB

Off-Ice Stickhandling					
	Sets/ Time	Reps/ PB		Sets/ Time	Reps/ PB

Other Sports		

Meals and Hydration	
Breakfast/Fluids	Snack 2/Fluids
Snack 1/Fluids	Dinner/Fluids
Lunch/Fluids	Snack 3/Fluids

WEEK: _____

DAY: _____

Warm-up	

Stretching	

Plyometrics					
	Sets/ Time	Reps/ PB		Sets/ Time	Reps/ PB

Balance and Coordination					
	Sets/ Time	Reps/ PB		Sets/ Time	Reps/ PB

Off-Ice Stickhandling					
	Sets/ Time	Reps/ PB		Sets/ Time	Reps/ PB

Other Sports		

Meals and Hydration	
Breakfast/Fluids	Snack 2/Fluids
Snack 1/Fluids	Dinner/Fluids
Lunch/Fluids	Snack 3/Fluids

OFF-ICE MANUAL - LEVEL 1

CALENDAR

WEEK: _____

DAY: _____

Warm-up	

Stretching	

Plyometrics					
	Sets/ Time	Reps/ PB		Sets/ Time	Reps/ PB

Balance and Coordination					
	Sets/ Time	Reps/ PB		Sets/ Time	Reps/ PB

Off-Ice Stickhandling					
	Sets/ Time	Reps/ PB		Sets/ Time	Reps/ PB

Other Sports		

Meals and Hydration	
Breakfast/Fluids	Snack 2/Fluids
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WEEK: _____

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Warm-up	

Stretching	

Plyometrics					
	Sets/ Time	Reps/ PB		Sets/ Time	Reps/ PB

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	Sets/ Time	Reps/ PB		Sets/ Time	Reps/ PB

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	Sets/ Time	Reps/ PB		Sets/ Time	Reps/ PB

Other Sports		

Meals and Hydration	
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OFF-ICE MANUAL - LEVEL 1

CALENDAR

WEEK: _____

DAY: _____

Warm-up	

Stretching	

Plyometrics					
	Sets/ Time	Reps/ PB		Sets/ Time	Reps/ PB

Balance and Coordination					
	Sets/ Time	Reps/ PB		Sets/ Time	Reps/ PB

Off-Ice Stickhandling					
	Sets/ Time	Reps/ PB		Sets/ Time	Reps/ PB

Other Sports		

Meals and Hydration	
Breakfast/Fluids	Snack 2/Fluids
Snack 1/Fluids	Dinner/Fluids
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WEEK: _____

DAY: _____

Warm-up	

Stretching	

Plyometrics					
	Sets/ Time	Reps/ PB		Sets/ Time	Reps/ PB

Balance and Coordination					
	Sets/ Time	Reps/ PB		Sets/ Time	Reps/ PB

Off-Ice Stickhandling					
	Sets/ Time	Reps/ PB		Sets/ Time	Reps/ PB

Other Sports		

Meals and Hydration	
Breakfast/Fluids	Snack 2/Fluids
Snack 1/Fluids	Dinner/Fluids
Lunch/Fluids	Snack 3/Fluids

OFF-ICE MANUAL - LEVEL 1

REFERENCE SHEET

WARM-UP

- | | | |
|-------------------------------------|--|---|
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PLYOMETRICS

- | | | |
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| | 3.11 Directional Change | 3.16 Split Squat Jumps |

BALANCE & COORDINATION

- | | | |
|--|---|--|
| 4.01 Hand Swap on Stick | 4.06 Stuttersteps - Stickhandle | 4.10 Ball Under Stick Jump Side to Side |
| 4.02 Stickhandling and Juggle | 4.07 Stickhandle Ball - Kick Ball with Feet | 4.11 Bounce Ball on Blade |
| 4.03 Ball Throw/Catch Combination | 4.08 Stickhandle Wobble Board - 2 Foot/1 Foot | 4.12 Flip Ball Up/Knock Down |
| 4.04 Throw Ball Against Wall - Knock Down | 4.09 Flip Ball to Partner - Knock Down/Pass Back | |
| 4.05 Walking Squats - Stickhandle | | |

OFF-ICE STICKHANDLING

- | | | |
|---|---|--|
| 5.01 Narrow and Wide Combination | 5.10 Around the Body - Triangle | 5.18 Tape Ladder - Lateral |
| 5.02 Side/Front/Side | 5.11 Partner on Knees - Combination | 5.19 One Touch Pass Forehand/Backhand |
| 5.03 One Leg - Left or Right | 5.12 Stick through Legs | 5.20 Saucer Pass - Forehand/Backhand |
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| 5.05 Hands Together | 5.14 Switch Hands | 5.22 Pass Behind - Pull Back through Legs |
| 5.06 Rotation | 5.15 Ball over stick - Forehand / Backhand | 5.23 Freestyle Stickhandling Moves |
| 5.07 Toe Drag - Side and Front Combination | 5.16 2 Balls/3 Balls | |
| 5.08 Figure 8's | 5.17 Tape Ladder - Toe Drag | |
| 5.09 Around the Body - Box | | |

WEEK: _____

DAY: _____

Warm-up	

Stretching	

Plyometrics					
	Sets/ Time	Reps/ PB		Sets/ Time	Reps/ PB

Balance and Coordination					
	Sets/ Time	Reps/ PB		Sets/ Time	Reps/ PB

Off-Ice Stickhandling					
	Sets/ Time	Reps/ PB		Sets/ Time	Reps/ PB

Other Sports		

Meals and Hydration	
Breakfast/Fluids	Snack 2/Fluids
Snack 1/Fluids	Dinner/Fluids
Lunch/Fluids	Snack 3/Fluids

OFF-ICE MANUAL - LEVEL 1

CALENDAR

WEEK: _____

DAY: _____

Warm-up	

Stretching	

Plyometrics					
	Sets/ Time	Reps/ PB		Sets/ Time	Reps/ PB

Balance and Coordination					
	Sets/ Time	Reps/ PB		Sets/ Time	Reps/ PB

Off-Ice Stickhandling					
	Sets/ Time	Reps/ PB		Sets/ Time	Reps/ PB

Other Sports		

Meals and Hydration	
Breakfast/Fluids	Snack 2/Fluids
Snack 1/Fluids	Dinner/Fluids
Lunch/Fluids	Snack 3/Fluids



WEEK: _____

DAY: _____

Warm-up	

Stretching	

Plyometrics					
	Sets/ Time	Reps/ PB		Sets/ Time	Reps/ PB

Balance and Coordination					
	Sets/ Time	Reps/ PB		Sets/ Time	Reps/ PB

Off-Ice Stickhandling					
	Sets/ Time	Reps/ PB		Sets/ Time	Reps/ PB

Other Sports		

Meals and Hydration	
Breakfast/Fluids	Snack 2/Fluids
Snack 1/Fluids	Dinner/Fluids
Lunch/Fluids	Snack 3/Fluids

OFF-ICE MANUAL - LEVEL 1

CALENDAR

WEEK: _____

DAY: _____

Warm-up	

Stretching	

Plyometrics					
	Sets/ Time	Reps/ PB		Sets/ Time	Reps/ PB

Balance and Coordination					
	Sets/ Time	Reps/ PB		Sets/ Time	Reps/ PB

Off-Ice Stickhandling					
	Sets/ Time	Reps/ PB		Sets/ Time	Reps/ PB

Other Sports		

Meals and Hydration	
Breakfast/Fluids	Snack 2/Fluids
Snack 1/Fluids	Dinner/Fluids
Lunch/Fluids	Snack 3/Fluids

WEEK: _____

DAY: _____

Warm-up	

Stretching	

Plyometrics					
	Sets/ Time	Reps/ PB		Sets/ Time	Reps/ PB

Balance and Coordination					
	Sets/ Time	Reps/ PB		Sets/ Time	Reps/ PB

Off-Ice Stickhandling					
	Sets/ Time	Reps/ PB		Sets/ Time	Reps/ PB

Other Sports		

Meals and Hydration	
Breakfast/Fluids	Snack 2/Fluids
Snack 1/Fluids	Dinner/Fluids
Lunch/Fluids	Snack 3/Fluids

OFF-ICE MANUAL - LEVEL 1

CALENDAR

WEEK: _____

DAY: _____

Warm-up	

Stretching	

Plyometrics					
	Sets/ Time	Reps/ PB		Sets/ Time	Reps/ PB

Balance and Coordination					
	Sets/ Time	Reps/ PB		Sets/ Time	Reps/ PB

Off-Ice Stickhandling					
	Sets/ Time	Reps/ PB		Sets/ Time	Reps/ PB

Other Sports		

Meals and Hydration	
Breakfast/Fluids	Snack 2/Fluids
Snack 1/Fluids	Dinner/Fluids
Lunch/Fluids	Snack 3/Fluids

WEEK: _____

DAY: _____

Warm-up	

Stretching	

Plyometrics					
	Sets/ Time	Reps/ PB		Sets/ Time	Reps/ PB

Balance and Coordination					
	Sets/ Time	Reps/ PB		Sets/ Time	Reps/ PB

Off-Ice Stickhandling					
	Sets/ Time	Reps/ PB		Sets/ Time	Reps/ PB

Other Sports		

Meals and Hydration	
Breakfast/Fluids	Snack 2/Fluids
Snack 1/Fluids	Dinner/Fluids
Lunch/Fluids	Snack 3/Fluids

REFERENCE SHEET

WARM-UP

- | | | |
|-------------------------------------|--|---|
| 1.01 Arm Circles | 1.07 Standing Jump Rotations | 1.12 Lunging Hamstring/Glute Stretch |
| 1.02 Trunk Rotations | 1.08 High Knee | 1.13 Inch Worms |
| 1.03 Leg Swing Front to Back | 1.09 Heel Kicks | 1.14 Hip Abduction Walks |
| 1.04 Leg Swing Side to Side | 1.10 High Knee/Heel Kicks Combination | 1.15 Prance |
| 1.05 Shuffle Mirror | | |
| 1.06 Karioka Mirror | 1.11 Walking Piriformis Stretch | |

STRETCHING

- | | | |
|--|---------------------------------------|------------------------------------|
| 2.01 Knee to Chest - Inside/Outside/Across/Shoulder | 2.07 Laying Piriformis Stretch | 2.14 Chest/Pectoral Stretch |
| 2.02 Double Knee | 2.08 Calf Stretch | 2.15 Rotator Cuff |
| 2.03 Glutes/Hip/Lower Back | 2.09 Hamstring Lower/Back | 2.16 Trunk/Shoulder |
| 2.04 Latisimus Roll Back | 2.10 Thigh/Quad Stretch | 2.17 Forearm Stretch |
| 2.05 Thigh/Hip/Flexor | 2.11 Groin Stretch | 2.18 Neck Flexion/Rotation |
| 2.06 Prone Oblique/Hip Flexor | 2.12 Side Lunge | |
| | 2.13 Sloppy Push Up | |

PLYOMETRICS

- | | | |
|---|--|------------------------------------|
| 3.01 One Leg Pattern Hop | 3.06 Sitting Hurdle Shuffle Drill | |
| 3.02 Power Stride | 3.07 3, 2, 1 Tuck Jump | 3.12 Tape Ladder - Footwork |
| 3.03 Power Leap | 3.08 Side Step Jumps - Crossover | 3.13 Bouncing Side to Side |
| 3.04 Two-Foot Hop - 4 Directions | 3.09 Squat Thrusts | 3.14 Squat Jumps |
| 3.05 Forward and Reverse Lunges | 3.10 Agility Cones | 3.15 Resisted Squat Jumps |
| | 3.11 Directional Change | 3.16 Split Squat Jumps |

BALANCE & COORDINATION

- | | | |
|--|---|--|
| 4.01 Hand Swap on Stick | 4.06 Stuttersteps - Stickhandle | 4.10 Ball Under Stick Jump Side to Side |
| 4.02 Stickhandling and Juggle | 4.07 Stickhandle Ball - Kick Ball with Feet | 4.11 Bounce Ball on Blade |
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| 4.05 Walking Squats - Stickhandle | | |

OFF-ICE STICKHANDLING

- | | | |
|---|---|--|
| 5.01 Narrow and Wide Combination | 5.10 Around the Body - Triangle | 5.18 Tape Ladder - Lateral |
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| 5.07 Toe Drag - Side and Front Combination | 5.16 2 Balls/3 Balls | |
| 5.08 Figure 8's | 5.17 Tape Ladder - Toe Drag | |
| 5.09 Around the Body - Box | | |

WEEK: _____

DAY: _____

Warm-up	

Stretching	

Plyometrics					
	Sets/ Time	Reps/ PB		Sets/ Time	Reps/ PB

Balance and Coordination					
	Sets/ Time	Reps/ PB		Sets/ Time	Reps/ PB

Off-Ice Stickhandling					
	Sets/ Time	Reps/ PB		Sets/ Time	Reps/ PB

Other Sports		

Meals and Hydration	
Breakfast/Fluids	Snack 2/Fluids
Snack 1/Fluids	Dinner/Fluids
Lunch/Fluids	Snack 3/Fluids

OFF-ICE MANUAL - LEVEL 1

CALENDAR

WEEK: _____

DAY: _____

Warm-up	

Stretching	

Plyometrics					
	Sets/ Time	Reps/ PB		Sets/ Time	Reps/ PB

Balance and Coordination					
	Sets/ Time	Reps/ PB		Sets/ Time	Reps/ PB

Off-Ice Stickhandling					
	Sets/ Time	Reps/ PB		Sets/ Time	Reps/ PB

Other Sports		

Meals and Hydration	
Breakfast/Fluids	Snack 2/Fluids
Snack 1/Fluids	Dinner/Fluids
Lunch/Fluids	Snack 3/Fluids

WEEK: _____

DAY: _____

Warm-up	

Stretching	

Plyometrics					
	Sets/ Time	Reps/ PB		Sets/ Time	Reps/ PB

Balance and Coordination					
	Sets/ Time	Reps/ PB		Sets/ Time	Reps/ PB

Off-Ice Stickhandling					
	Sets/ Time	Reps/ PB		Sets/ Time	Reps/ PB

Other Sports		

Meals and Hydration	
Breakfast/Fluids	Snack 2/Fluids
Snack 1/Fluids	Dinner/Fluids
Lunch/Fluids	Snack 3/Fluids

OFF-ICE MANUAL - LEVEL 1

CALENDAR

WEEK: _____

DAY: _____

Warm-up	

Stretching	

Plyometrics					
	Sets/ Time	Reps/ PB		Sets/ Time	Reps/ PB

Balance and Coordination					
	Sets/ Time	Reps/ PB		Sets/ Time	Reps/ PB

Off-Ice Stickhandling					
	Sets/ Time	Reps/ PB		Sets/ Time	Reps/ PB

Other Sports		

Meals and Hydration	
Breakfast/Fluids	Snack 2/Fluids
Snack 1/Fluids	Dinner/Fluids
Lunch/Fluids	Snack 3/Fluids

WEEK: _____

DAY: _____

Warm-up	

Stretching	

Plyometrics					
	Sets/ Time	Reps/ PB		Sets/ Time	Reps/ PB

Balance and Coordination					
	Sets/ Time	Reps/ PB		Sets/ Time	Reps/ PB

Off-Ice Stickhandling					
	Sets/ Time	Reps/ PB		Sets/ Time	Reps/ PB

Other Sports		

Meals and Hydration	
Breakfast/Fluids	Snack 2/Fluids
Snack 1/Fluids	Dinner/Fluids
Lunch/Fluids	Snack 3/Fluids

OFF-ICE MANUAL - LEVEL 1

CALENDAR

WEEK: _____

DAY: _____

Warm-up	

Stretching	

Plyometrics					
	Sets/ Time	Reps/ PB		Sets/ Time	Reps/ PB

Balance and Coordination					
	Sets/ Time	Reps/ PB		Sets/ Time	Reps/ PB

Off-Ice Stickhandling					
	Sets/ Time	Reps/ PB		Sets/ Time	Reps/ PB

Other Sports		

Meals and Hydration	
Breakfast/Fluids	Snack 2/Fluids
Snack 1/Fluids	Dinner/Fluids
Lunch/Fluids	Snack 3/Fluids

WEEK: _____

DAY: _____

Warm-up	

Stretching	

Plyometrics					
	Sets/ Time	Reps/ PB		Sets/ Time	Reps/ PB

Balance and Coordination					
	Sets/ Time	Reps/ PB		Sets/ Time	Reps/ PB

Off-Ice Stickhandling					
	Sets/ Time	Reps/ PB		Sets/ Time	Reps/ PB

Other Sports		

Meals and Hydration	
Breakfast/Fluids	Snack 2/Fluids
Snack 1/Fluids	Dinner/Fluids
Lunch/Fluids	Snack 3/Fluids

REFERENCE SHEET

WARM-UP

- | | | |
|-------------------------------------|--|---|
| 1.01 Arm Circles | 1.07 Standing Jump Rotations | 1.12 Lunging Hamstring/Glute Stretch |
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STRETCHING

- | | | |
|--|---------------------------------------|------------------------------------|
| 2.01 Knee to Chest - Inside/Outside/Across/Shoulder | 2.07 Laying Piriformis Stretch | 2.14 Chest/Pectoral Stretch |
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| 2.06 Prone Oblique/Hip Flexor | 2.12 Side Lunge | |
| | 2.13 Sloppy Push Up | |

PLYOMETRICS

- | | | |
|---|--|------------------------------------|
| 3.01 One Leg Pattern Hop | 3.06 Sitting Hurdle Shuffle Drill | |
| 3.02 Power Stride | 3.07 3, 2, 1 Tuck Jump | 3.12 Tape Ladder - Footwork |
| 3.03 Power Leap | 3.08 Side Step Jumps - Crossover | 3.13 Bouncing Side to Side |
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| 3.05 Forward and Reverse Lunges | 3.10 Agility Cones | 3.15 Resisted Squat Jumps |
| | 3.11 Directional Change | 3.16 Split Squat Jumps |

BALANCE & COORDINATION

- | | | |
|--|---|--|
| 4.01 Hand Swap on Stick | 4.06 Stuttersteps - Stickhandle | 4.10 Ball Under Stick Jump Side to Side |
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| 4.04 Throw Ball Against Wall - Knock Down | 4.09 Flip Ball to Partner - Knock Down/Pass Back | |
| 4.05 Walking Squats - Stickhandle | | |

OFF-ICE STICKHANDLING

- | | | |
|---|---|--|
| 5.01 Narrow and Wide Combination | 5.10 Around the Body - Triangle | 5.18 Tape Ladder - Lateral |
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| 5.05 Hands Together | 5.14 Switch Hands | 5.22 Pass Behind - Pull Back through Legs |
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| 5.08 Figure 8's | 5.17 Tape Ladder - Toe Drag | |
| 5.09 Around the Body - Box | | |

WEEK: _____

DAY: _____

Warm-up	

Stretching	

Plyometrics					
	Sets/ Time	Reps/ PB		Sets/ Time	Reps/ PB

Balance and Coordination					
	Sets/ Time	Reps/ PB		Sets/ Time	Reps/ PB

Off-Ice Stickhandling					
	Sets/ Time	Reps/ PB		Sets/ Time	Reps/ PB

Other Sports		

Meals and Hydration	
Breakfast/Fluids	Snack 2/Fluids
Snack 1/Fluids	Dinner/Fluids
Lunch/Fluids	Snack 3/Fluids

OFF-ICE MANUAL - LEVEL 1

CALENDAR

WEEK: _____

DAY: _____

Warm-up	

Stretching	

Plyometrics					
	Sets/ Time	Reps/ PB		Sets/ Time	Reps/ PB

Balance and Coordination					
	Sets/ Time	Reps/ PB		Sets/ Time	Reps/ PB

Off-Ice Stickhandling					
	Sets/ Time	Reps/ PB		Sets/ Time	Reps/ PB

Other Sports		

Meals and Hydration	
Breakfast/Fluids	Snack 2/Fluids
Snack 1/Fluids	Dinner/Fluids
Lunch/Fluids	Snack 3/Fluids



WEEK: _____

DAY: _____

Warm-up	

Stretching	

Plyometrics					
	Sets/ Time	Reps/ PB		Sets/ Time	Reps/ PB

Balance and Coordination					
	Sets/ Time	Reps/ PB		Sets/ Time	Reps/ PB

Off-Ice Stickhandling					
	Sets/ Time	Reps/ PB		Sets/ Time	Reps/ PB

Other Sports		

Meals and Hydration	
Breakfast/Fluids	Snack 2/Fluids
Snack 1/Fluids	Dinner/Fluids
Lunch/Fluids	Snack 3/Fluids

OFF-ICE MANUAL - LEVEL 1

CALENDAR

WEEK: _____

DAY: _____

Warm-up	

Stretching	

Plyometrics					
	Sets/ Time	Reps/ PB		Sets/ Time	Reps/ PB

Balance and Coordination					
	Sets/ Time	Reps/ PB		Sets/ Time	Reps/ PB

Off-Ice Stickhandling					
	Sets/ Time	Reps/ PB		Sets/ Time	Reps/ PB

Other Sports		

Meals and Hydration	
Breakfast/Fluids	Snack 2/Fluids
Snack 1/Fluids	Dinner/Fluids
Lunch/Fluids	Snack 3/Fluids



WEEK: _____

DAY: _____

Warm-up	

Stretching	

Plyometrics					
	Sets/ Time	Reps/ PB		Sets/ Time	Reps/ PB

Balance and Coordination					
	Sets/ Time	Reps/ PB		Sets/ Time	Reps/ PB

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	Sets/ Time	Reps/ PB		Sets/ Time	Reps/ PB

Other Sports		

Meals and Hydration	
Breakfast/Fluids	Snack 2/Fluids
Snack 1/Fluids	Dinner/Fluids
Lunch/Fluids	Snack 3/Fluids

OFF-ICE MANUAL - LEVEL 1

CALENDAR

WEEK: _____

DAY: _____

Warm-up	

Stretching	

Plyometrics					
	Sets/ Time	Reps/ PB		Sets/ Time	Reps/ PB

Balance and Coordination					
	Sets/ Time	Reps/ PB		Sets/ Time	Reps/ PB

Off-Ice Stickhandling					
	Sets/ Time	Reps/ PB		Sets/ Time	Reps/ PB

Other Sports		

Meals and Hydration	
Breakfast/Fluids	Snack 2/Fluids
Snack 1/Fluids	Dinner/Fluids
Lunch/Fluids	Snack 3/Fluids

WEEK: _____

DAY: _____

Warm-up	

Stretching	

Plyometrics					
	Sets/ Time	Reps/ PB		Sets/ Time	Reps/ PB

Balance and Coordination					
	Sets/ Time	Reps/ PB		Sets/ Time	Reps/ PB

Off-Ice Stickhandling					
	Sets/ Time	Reps/ PB		Sets/ Time	Reps/ PB

Other Sports		

Meals and Hydration	
Breakfast/Fluids	Snack 2/Fluids
Snack 1/Fluids	Dinner/Fluids
Lunch/Fluids	Snack 3/Fluids

REFERENCE SHEET

WARM-UP

- | | | |
|-------------------------------------|--|---|
| 1.01 Arm Circles | 1.07 Standing Jump Rotations | 1.12 Lunging Hamstring/Glute Stretch |
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STRETCHING

- | | | |
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PLYOMETRICS

- | | | |
|---|--|------------------------------------|
| 3.01 One Leg Pattern Hop | 3.06 Sitting Hurdle Shuffle Drill | |
| 3.02 Power Stride | 3.07 3, 2, 1 Tuck Jump | 3.12 Tape Ladder - Footwork |
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| 3.05 Forward and Reverse Lunges | 3.10 Agility Cones | 3.15 Resisted Squat Jumps |
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BALANCE & COORDINATION

- | | | |
|--|---|--|
| 4.01 Hand Swap on Stick | 4.06 Stuttersteps - Stickhandle | 4.10 Ball Under Stick Jump Side to Side |
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OFF-ICE STICKHANDLING

- | | | |
|---|---|--|
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| 5.08 Figure 8's | 5.17 Tape Ladder - Toe Drag | |
| 5.09 Around the Body - Box | | |

WEEK: _____

DAY: _____

Warm-up	

Stretching	

Plyometrics					
	Sets/ Time	Reps/ PB		Sets/ Time	Reps/ PB

Balance and Coordination					
	Sets/ Time	Reps/ PB		Sets/ Time	Reps/ PB

Off-Ice Stickhandling					
	Sets/ Time	Reps/ PB		Sets/ Time	Reps/ PB

Other Sports		

Meals and Hydration	
Breakfast/Fluids	Snack 2/Fluids
Snack 1/Fluids	Dinner/Fluids
Lunch/Fluids	Snack 3/Fluids

OFF-ICE MANUAL - LEVEL 1

CALENDAR

WEEK: _____

DAY: _____

Warm-up	

Stretching	

Plyometrics					
	Sets/ Time	Reps/ PB		Sets/ Time	Reps/ PB

Balance and Coordination					
	Sets/ Time	Reps/ PB		Sets/ Time	Reps/ PB

Off-Ice Stickhandling					
	Sets/ Time	Reps/ PB		Sets/ Time	Reps/ PB

Other Sports		

Meals and Hydration	
Breakfast/Fluids	Snack 2/Fluids
Snack 1/Fluids	Dinner/Fluids
Lunch/Fluids	Snack 3/Fluids



WEEK: _____

DAY: _____

Warm-up	

Stretching	

Plyometrics					
	Sets/ Time	Reps/ PB		Sets/ Time	Reps/ PB

Balance and Coordination					
	Sets/ Time	Reps/ PB		Sets/ Time	Reps/ PB

Off-Ice Stickhandling					
	Sets/ Time	Reps/ PB		Sets/ Time	Reps/ PB

Other Sports		

Meals and Hydration	
Breakfast/Fluids	Snack 2/Fluids
Snack 1/Fluids	Dinner/Fluids
Lunch/Fluids	Snack 3/Fluids

OFF-ICE MANUAL - LEVEL 1

CALENDAR

WEEK: _____

DAY: _____

Warm-up	

Stretching	

Plyometrics					
	Sets/ Time	Reps/ PB		Sets/ Time	Reps/ PB

Balance and Coordination					
	Sets/ Time	Reps/ PB		Sets/ Time	Reps/ PB

Off-Ice Stickhandling					
	Sets/ Time	Reps/ PB		Sets/ Time	Reps/ PB

Other Sports		

Meals and Hydration	
Breakfast/Fluids	Snack 2/Fluids
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WEEK: _____

DAY: _____

Warm-up	

Stretching	

Plyometrics					
	Sets/ Time	Reps/ PB		Sets/ Time	Reps/ PB

Balance and Coordination					
	Sets/ Time	Reps/ PB		Sets/ Time	Reps/ PB

Off-Ice Stickhandling					
	Sets/ Time	Reps/ PB		Sets/ Time	Reps/ PB

Other Sports		

Meals and Hydration	
Breakfast/Fluids	Snack 2/Fluids
Snack 1/Fluids	Dinner/Fluids
Lunch/Fluids	Snack 3/Fluids

OFF-ICE MANUAL - LEVEL 1

CALENDAR

WEEK: _____

DAY: _____

Warm-up	

Stretching	

Plyometrics					
	Sets/ Time	Reps/ PB		Sets/ Time	Reps/ PB

Balance and Coordination					
	Sets/ Time	Reps/ PB		Sets/ Time	Reps/ PB

Off-Ice Stickhandling					
	Sets/ Time	Reps/ PB		Sets/ Time	Reps/ PB

Other Sports		

Meals and Hydration	
Breakfast/Fluids	Snack 2/Fluids
Snack 1/Fluids	Dinner/Fluids
Lunch/Fluids	Snack 3/Fluids

WEEK: _____

DAY: _____

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Stretching	

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