

10U/12U PHASE I - CORE & BACK

BEAR CRAWL

STATIONARY

- ① • Start on all fours in push-up position.
- ② • Pick up right hand and left leg, driving knee towards chest.
• Return right hand and left leg to push-up position.
• Immediately lift left hand and right leg off floor driving knee towards chest.
• Repeat for 15-30 seconds.

MOVEMENT/CIRCLE

- Use opposite arm and leg to perform movement.
- Lift right foot and extend to the right while lifting left hand and extending to the left to move counter clockwise.
- Lift left foot and extend to the left while lifting right hand and extending to the right to move clockwise

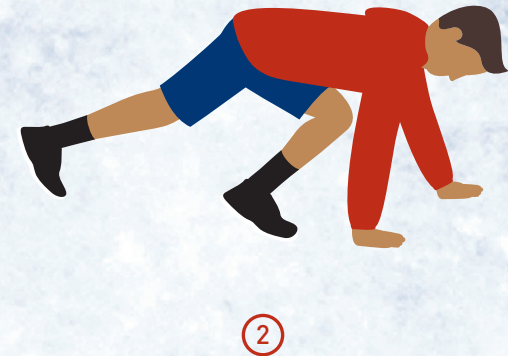
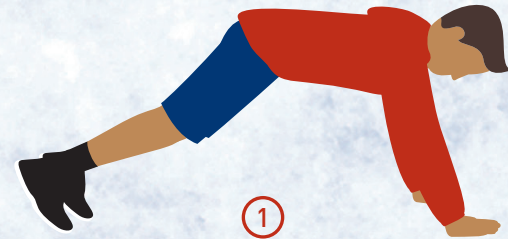
REACTIVE

Once players have movement down coach can make this drill reactive by reversing directions.



10U/12U PHASE I - CORE & BACK

BEAR CRAWL



10U/12U PHASE I - UPPER & LOWER BODY

BODY WEIGHT SQUAT

MOVEMENT

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

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

REACTIVE

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

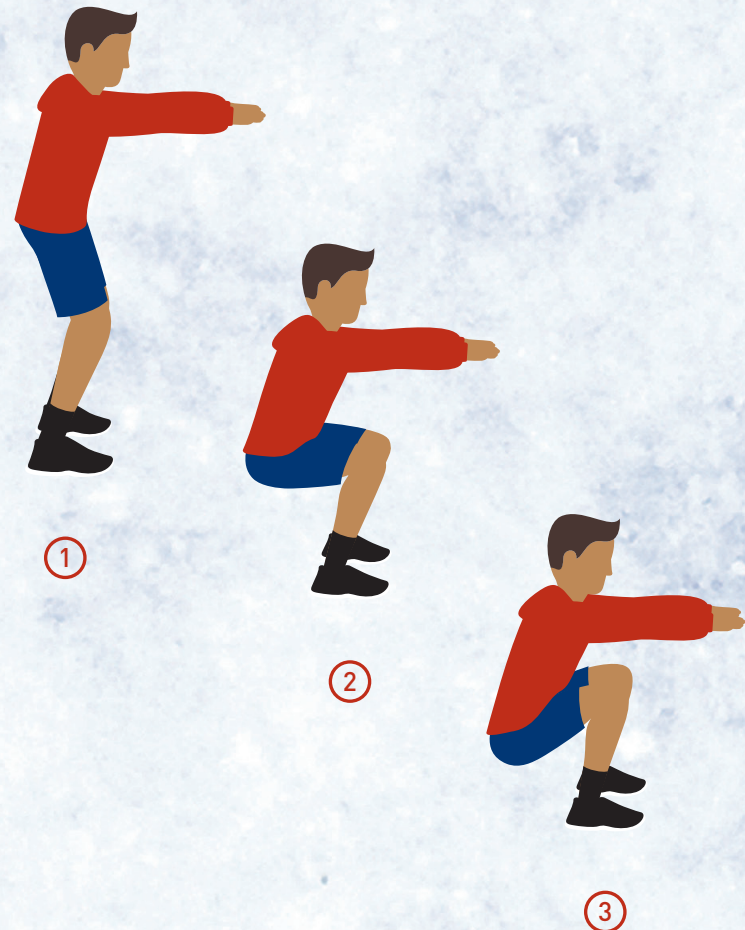
ADVANCED

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



10U/12U PHASE I - UPPER & LOWER BODY

BODY WEIGHT SQUAT



CIRCLE PASSING

① SETUP

- Players form a circle.
- Two balls are in play.
- Using the forehand players pass ball to any teammate in the circle.
- Using the backhand players pass ball to any teammate in the circle.

GAME

Players must say the name of the player they pass the ball to.

PASSING TECHNIQUE

- Allow for cross body passing.
- Begin with ball behind the back foot on the heel of the blade.
- Sweep the ball toward partner, using the push/pull action with the hands and a low follow through pointing stick at target.
- Transfer weight from back leg to front leg as the ball is swept.

RECEIVING TECHNIQUE

- Receiver presents a full target with the stick blade.
- Reduce grip tension in the bottom hand to cushion the ball with a short catch using the hands and wrist.
- Cup the ball and pull the ball across the front of the body on the forehand.
- Keep arms free away from the body, rotate upper body.

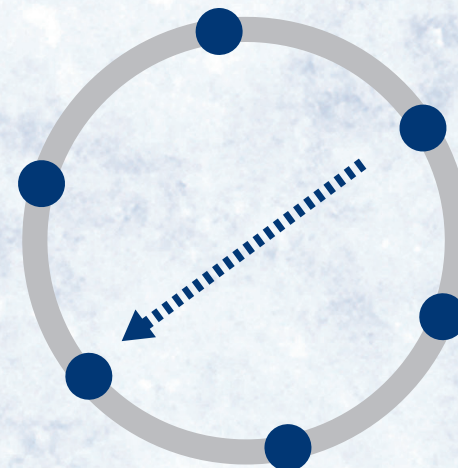
Backhand-use same technique.

ADVANCED

Players pass ball on forehand but receive ball on backhand.



CIRCLE PASSING



● PLAYERS

①



10U/12U PHASE I - PUCK HANDLING

EXPANSION OF REACH

FOCUS

- Loose bottom hand, hand slide, expansion of reach.

MOVEMENT

- 1 • Stickhandle ball out in front of body cone to cone.
- 2 • Short, quick dribble in front of body.
- 2 • Extend ball to maximum distance on forehand side of body.
- 3 • Short, quick dribble in front of body.
- 3 • Extend ball to maximum distance on backhand side of body.
- Extend to the forehand 10x.
- Extend to the backhand 10x.

TECHNIQUE

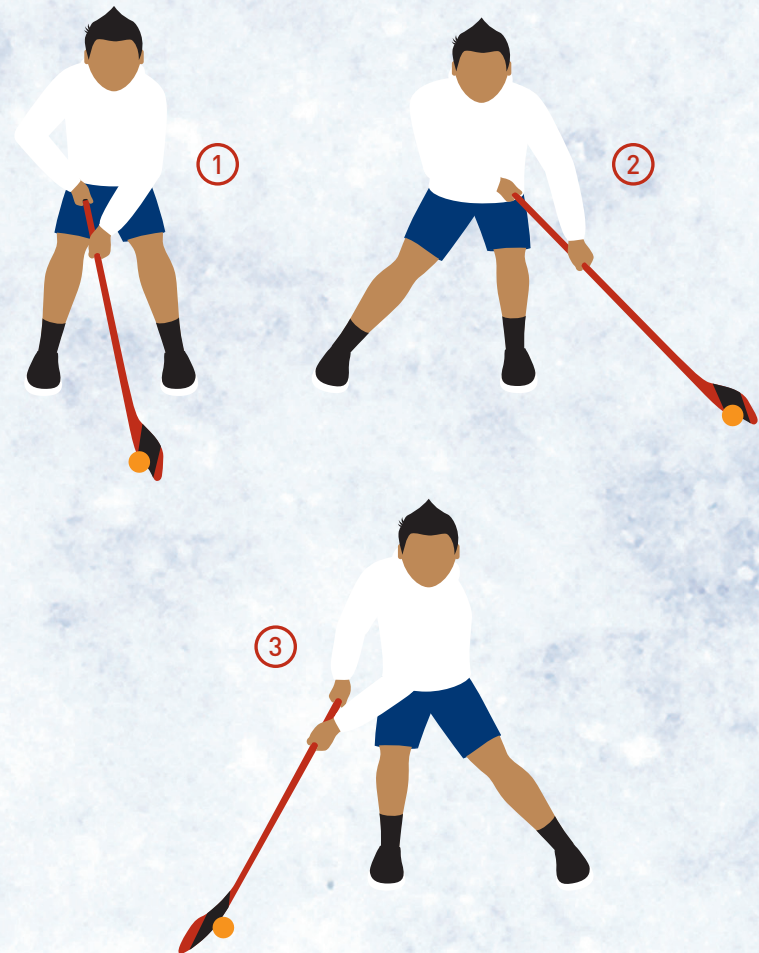
- Stand in basic hockey stance with feet shoulder width apart.
- Head and chest up.
- Hands are closer together within a standard range.
- Tight grip with top hand.
- Loose grip with bottom hand.
- Arms loose and away from body.
- Extend reach to maximum distance from body-slide hands together.
- More arm movement is necessary, but still use wrists to cup the ball.
- To pull ball close to body-hands are wide.
- Players should transfer body weight during expansion.

Use split vision to survey surroundings and the ball.



10U/12U PHASE I - PUCK HANDLING

EXPANSION OF REACH



10U/12U PHASE I - RUNNING & JUMPING

JUMP ROPE

MOVEMENT

- ①
 - Jump Rope on 2 feet using ball of foot.
 - Work on rhythm and timing.
 - Have players count repetitions trying to beat previous personal score.

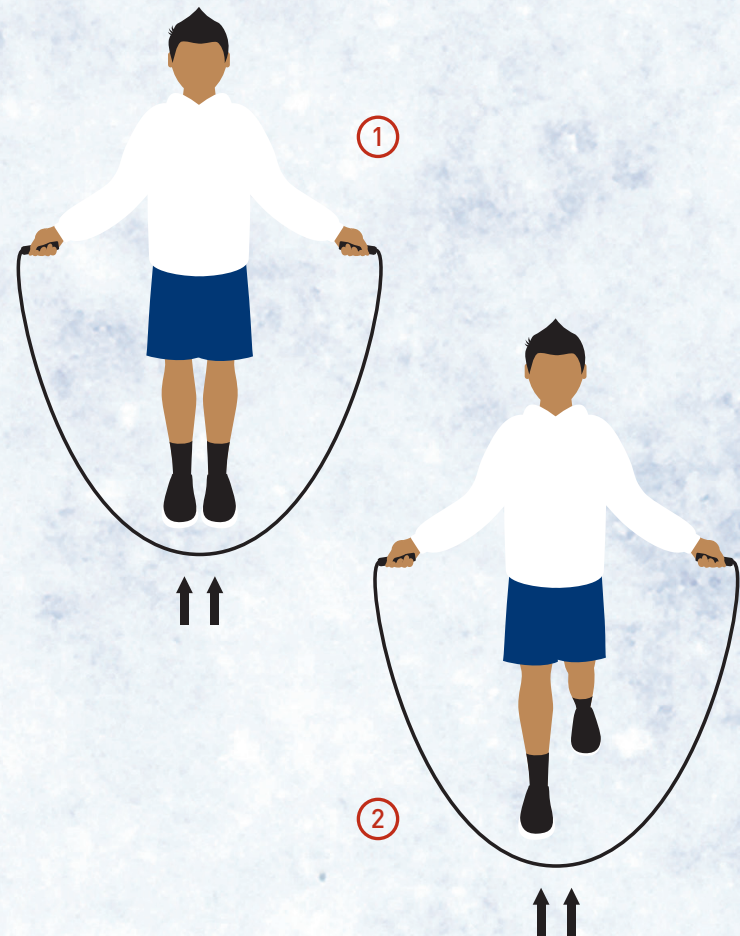
ADVANCED

- ②
 - Have players Jump Rope swinging rope backwards, hopping on one leg.



10U/12U PHASE I - RUNNING & JUMPING

JUMP ROPE



LADDER: 1 IN THE HOLE

① MOVEMENT

- Stand and face the ladder at one end.
- Run forward, with proper arm swing, placing one foot in each square of the ladder.
- Player tries to avoid stepping on a ladder rung (land mine).
- Have players look straight ahead, not down.
- Perform this drill leading with the opposite foot.
- Jog back to line.
- Repeat.

ADVANCED

Have players attempt this pattern backwards.

HOW TO MAKE AN AGILITY LADDER

- Ladders can either be purchased or homemade.
- Determine the length of the side rails using a measuring tape.
- Draw out the first side rail to the desired dimension using chalk, paint or tape.
- Place the second side rail that is equal in length parallel to first with 20 inches between them.
- Every 18 inches, use the chalk, paint, or blue painter's tape to draw out the rungs between the two side rails.



LADDER: 1 IN THE HOLE

