

10U/12U PHASE I - CORE & BACK

CRAB WALK BRIDGE

STATIONARY

- 1 • Sit on floor with hands about a foot behind glutes.

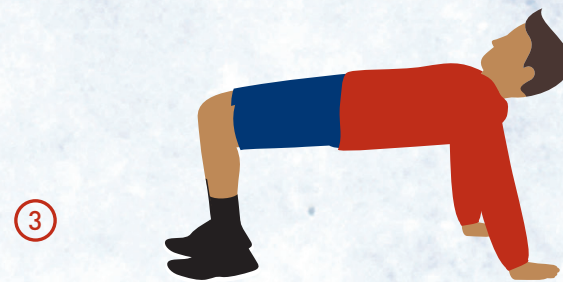
MOVEMENT

- 2 • Alternate lifting opposite hands and legs walking forward two steps.
- 3 • Stop and lift hips as high a possible contracting glutes.
 - Hold for 3-5 seconds.
 - Lower hips and Crab Walk forward another 2 steps.
 - Repeat for 10 yards.



10U/12U PHASE I - CORE & BACK

CRAB WALK BRIDGE



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

HOPPING TUG OF WAR & HOPPING PUSH OF WAR

HOPPING TUG OF WAR

SETUP

- Divide players into partners.
- Pair up players of similar size.
- Separate partners with a line (tape or chalk) on the floor.

MOVEMENT

- 1 Both players hop on one foot.
 - 2 Perform half of the interval hopping on the left foot and half on the right foot.
- 1 Try to pull partner across the line.
 - 2 1 point for each victory-first player to 5 wins.
- Switch partners and repeat.

HOPPING PUSH OF WAR

SETUP

- Divide players into partners.
- Pair up players of similar size.
- Separate partner with a line (tape or chalk) on the floor.

MOVEMENT

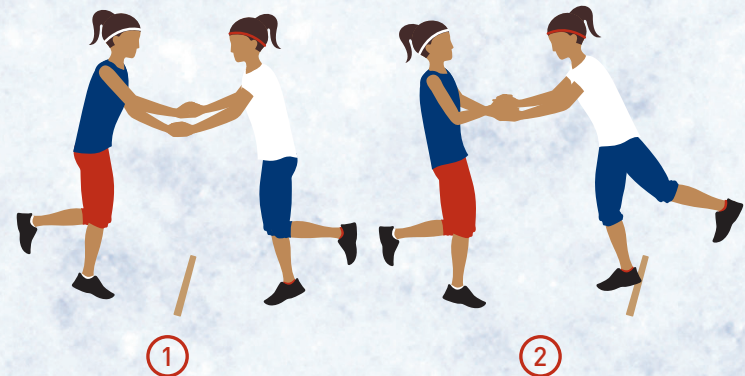
- 1 Both players hop on one foot.
 - 2 Perform half of the interval hopping on the left foot and half on the right.
- 1 Try to push partner across the line.
 - 2 1 point for each victory-first player to 5 wins.
- Switch partners and repeat.



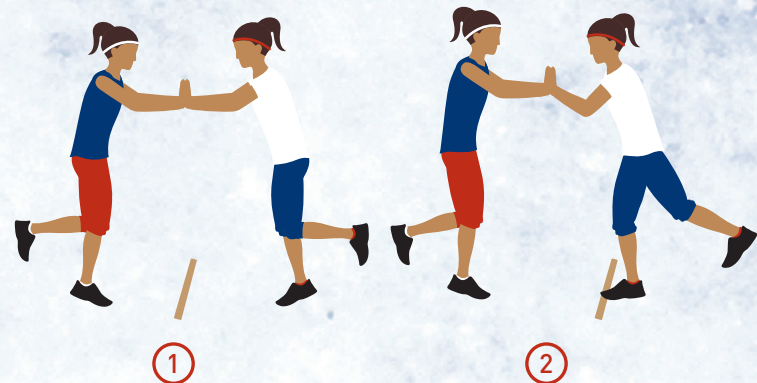
10U/12U PHASE I - UPPER & LOWER BODY

HOPPING TUG OF WAR & HOPPING PUSH OF WAR

HOPPING TUG OF WAR



HOPPING PUSH OF WAR



LADDER: 180s

① MOVEMENT

- Stand straddling the first rung of the ladder.
- Jump and turn 180 degrees in the air, land straddling the next rung.
- Continue completing these half turns as you progress down the ladder, straddling each preceding rung as you land.
- Each 180 degree turn alternate jumping opposite direction.
- Jog back to line.
- Repeat.

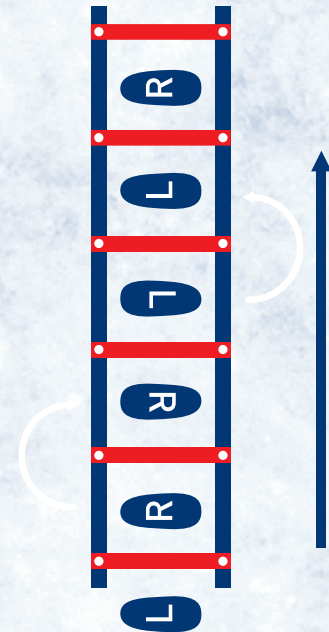
HOW TO MAKE AN AGILITY LADDER

- 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: 180s

①



10U/12U PHASE I - RUNNING & JUMPING

LATERAL SKI JUMPS

MOVEMENT

- 1 Stand with feet shoulder width apart, knees and hips slightly bent.
- 2 Stand to the side of stick or cone.
- 3 Arms slightly bent at side.
- 4 Using arms for momentum jump side to side over a cone or stick.
- 5 Jump from two feet and land on two feet.
- 6 Land softly with knees and hips slightly bent.

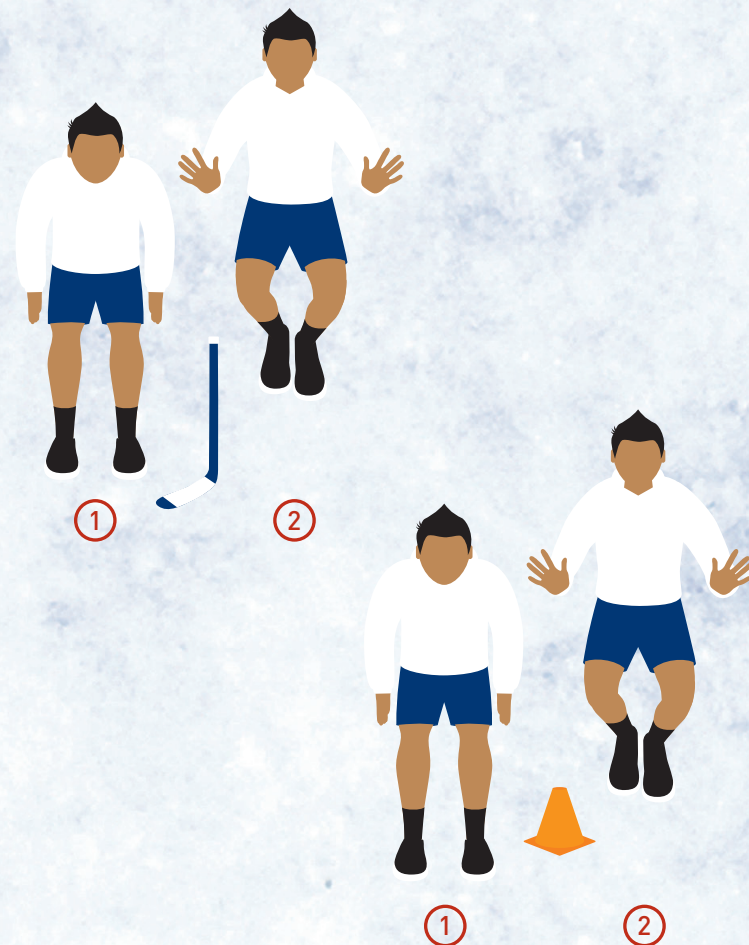
ADVANCED

Single leg jumps left foot to left foot, right to right, left to right and right to left.



10U/12U PHASE I - RUNNING & JUMPING

LATERAL SKI JUMPS



10U/12U PHASE I - PASSING, RECEIVING & SHOOTING

PASS, CATCH & WRIST SHOT

SET UP

- Use a hockey ball.
- One player stands 3-4 feet to the left or right of the goal post.
- Shooter stands 8-10 feet out from the middle of the net.
- Post player passes ball to shooter.
- Forehand Wrist Shot 20x.
- Backhand Wrist Shot 20x.

TECHNIQUE

- 1 Stand in a hockey ready position: knees and ankles bent with head and chest up.
- 2 Lower the bottom hand slightly on the shaft of the stick, grip is firm.
- 3 Ball begins on the heel of the blade with the blade cupped.
- Stick and ball start behind back foot.
- Sweep the ball forward and shift weight to the front leg.
- Use a quick push/pull action with the arms and quickly roll wrists over (top palm up, bottom palm down).
- Rotate upper body toward the net; shoulders finish square to net.
- Ball moves from heel to toe of the stick blade as the ball is released, ending with a flick of the wrists which accelerates the ball.
- Follow through by pointing the toe of the stick toward the target.
- Follow through until top hand palm is facing up and bottom hand palm is facing down.

Power of a Wrist Shot comes from lower body strength more than arm strength. Proper weight transfer gives the shot power.

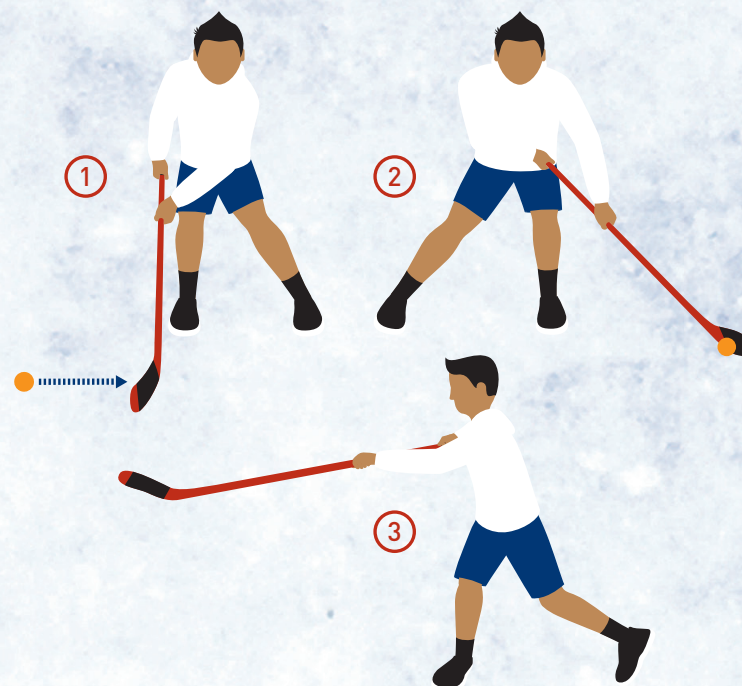
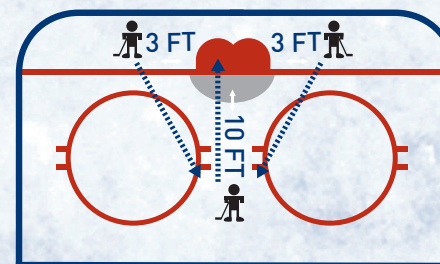
ADVANCED

Players shoot at a **Shooter Tutor** aiming for all 5 openings.



10U/12U PHASE I - PASSING, RECEIVING & SHOOTING

PASS, CATCH & WRIST SHOT



10U/12U PHASE I - PUCK HANDLING

PVC PIPE STICKHANDLING

FOCUS

Top hand control, top hand strength, loose bottom hand.

SETUP

- 6 inch x 1.5 inch diameter piece of PVC pipe placed over shaft of stick and held with bottom hand.

MOVEMENT

- Perform stationary Quick Stick movements and stickhandle around the body.
- Top hand will fatigue quickly.
- 20 seconds active 20 seconds rest...

TECHNIQUE

- 1
 - Feet are shoulder width apart.
 - Head and chest up.
 - Hands are closer together within a standard range.
 - Tight grip with top hand.
 - The top of the stick shaft should be held in the top hand with a hammer grip.
 - Loose grip with bottom hand holding pvc piping.
 - Arms loose and away from body.
 - Emphasis is on wrist movement, not arm movement.
- 2
 - Cup ball on forehand side of blade.
- 3
 - Cup ball on backhand side of blade.
 - Player rolls top wrist to cup the ball.

ADVANCED

"Chaos" stickhandle in designated area with other players.



10U/12U PHASE I - PUCK HANDLING

PVC PIPE STICKHANDLING

