

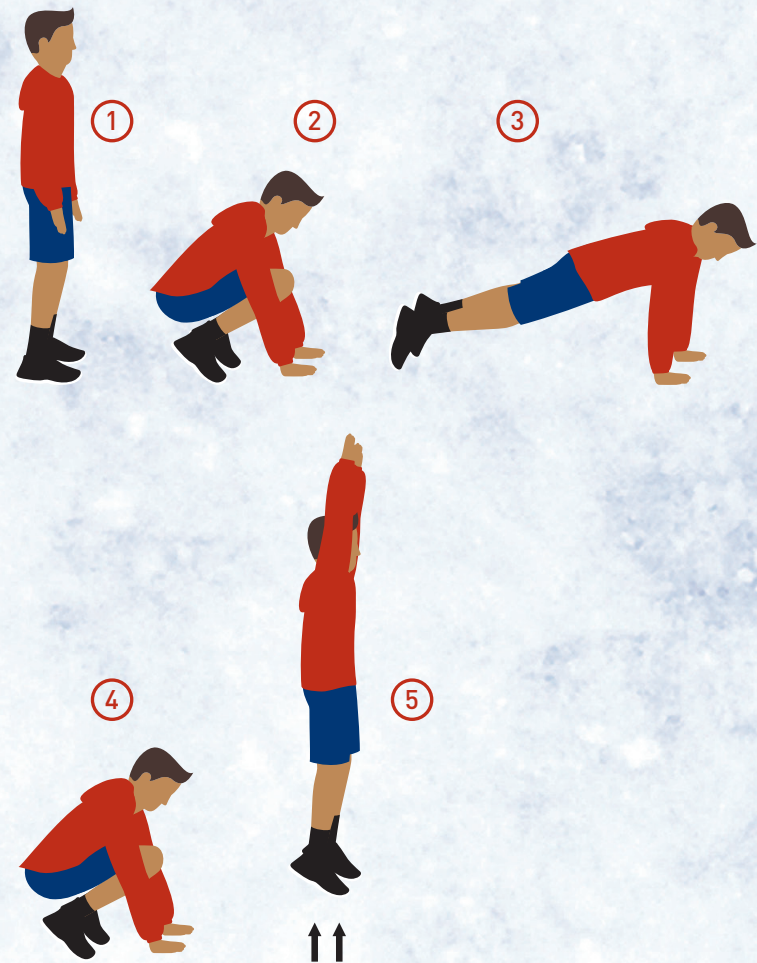
BURPEES

MOVEMENT

- ① • Stand in athletic position: feet shoulder width apart and knees slightly bent.
- ② • Squat down into a crouched position with hands on ground out in front of feet.
- ③ • Extend legs behind hands into a push-up position.
- ④ • Jump back into the crouched position.
- ⑤ • Jump up into a standing position.

*Repeat for 5-10 reps or 30 seconds, rest for 30 seconds.
Players will fatigue quickly.*

BURPEES



10U/12U PHASE II - 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

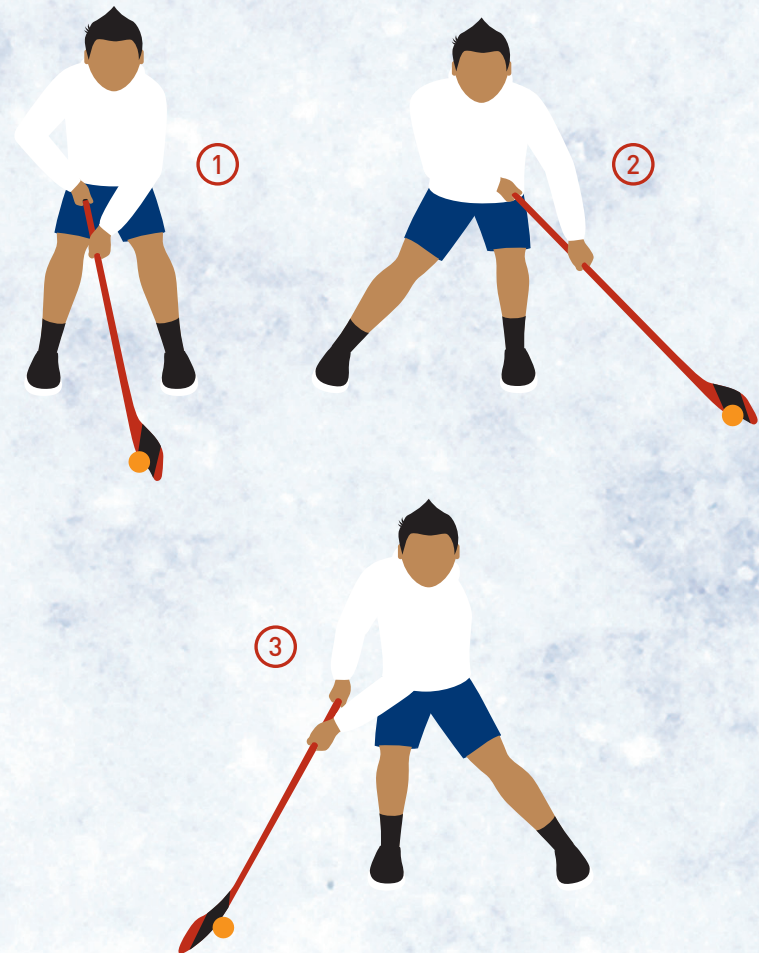
- Stand in basic hockey stance with feet shoulder width apart.
- Head and chest up.
- Hands are closer together within a standard range.
- Tight grip with top hand.
- Loose grip with bottom hand.
- Arms loose and away from body.
- Extend reach to maximum distance from body-slide hands together.
- More 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 II - PUCK HANDLING

EXPANSION OF REACH



10U/12U PHASE II - LOWER BODY

HIP TURNS & SPRINT

SETUP

- Stand facing coach with legs a little wider than shoulder width.
- Coach uses commands 1, 2, 3, reset.
- Turn hips/pivot 45 degrees to the left.

①

②

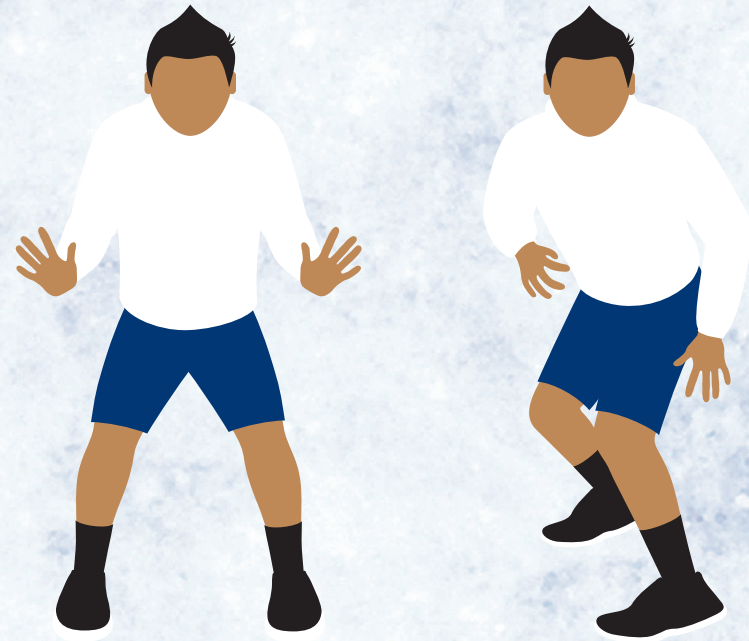
- Turn hips/pivots 45 degrees to the right.
- Sprint.
- Reset: stand facing coach with legs a little wider than shoulder width.
- Perform 1-4 hip turns to keep drill reactive, jog back to line.
- Repeat.

*Players should only turn hips. Shoulders should not turn.
To sprint players must cross-over feet to accelerate.*



10U/12U PHASE II - LOWER BODY

HIP TURNS & SPRINT



①

②



10U/12U PHASE II - RUNNING & JUMPING

HURDLE JUMPS FORWARD

SETUP

- Use 6 inch or 12 inch hurdles.
- Place 3 to 4 hurdles in a straight line approximately 2 feet between each other.

MOVEMENT

①

- Face hurdles standing in an athletic position.
- Bend knees and spring off both feet jumping forward over hurdle.
- Land on both feet, knees bent in an athletic position.
- Hold position for 3 seconds.
- Repeat jumps and technique over remaining hurdles.
- After last jump, land and sprint 10 yards.

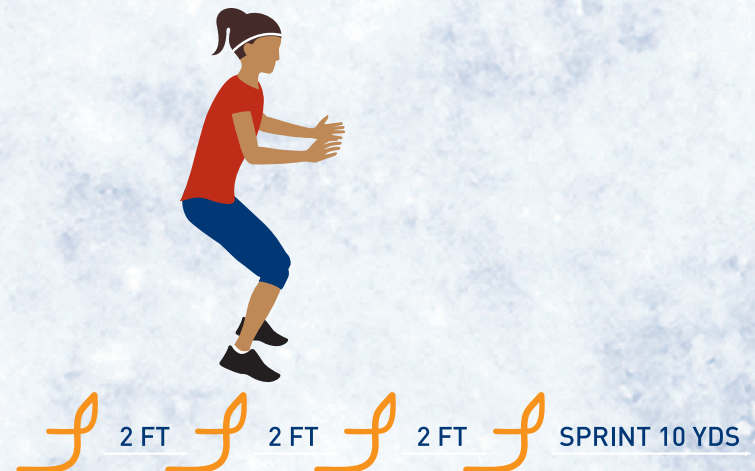
ADVANCED

Jump hurdles, land and immediately jump again...single leg low hurdle hops.



10U/12U PHASE II - RUNNING & JUMPING

HURDLE JUMPS FORWARD



①



10U/12U PHASE II - AGILITY & BALANCE

LADDER: ICKY SHUFFLE

MOVEMENT

- 1 • Begin standing at the end of the ladder and to the side of the first square.
- Facing forward step laterally into the first square of the ladder with each foot.
- Immediately step out with just the outside foot.
- Place the foot still in the square into the next square of the ladder followed by the outside foot.
- Immediately step out to the other side with just the outside foot.
- Continue this pattern moving as quickly as possible while maintaining good body control.
- Jog back to line.
- Halfway through time allocated repeat this drill leading with the opposite leg.

ADVANCED

Perform same movement 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.



10U/12U PHASE II - AGILITY & BALANCE

LADDER: ICKY SHUFFLE



10U/12U PHASE II - 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 Body is turned to the side with weight on the back foot.
- 3 Lower the bottom hand slightly on the shaft of the stick, grip is firm.
- 4 Ball begins on the heel of the blade with the blade cupped.
- 5 Stick and ball start behind back foot.
- 6 Sweep the ball forward and shift weight to the front leg.
- 7 Use a quick push/pull action with the arms and quickly roll wrists over (top palm up, bottom palm down).
- 8 Rotate upper body toward the net; shoulders finish square to net.
- 9 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.
- 10 Follow through by pointing the toe of the stick toward the target.
- 11 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 II - PASSING, RECEIVING & SHOOTING

PASS, CATCH & WRIST SHOT

