

LADDER: TAPIOCA

MOVEMENT

- ①
 - Begin by standing sideways at one end of the ladder with the lead foot directly next to the ladder.
 - Move sideways using smaller steps, cross the trail leg in front of the lead leg placing the trail foot in the first square.
 - The lead leg then steps behind the trail leg back into the lead position in the same square.
 - The lead leg foot then steps into the next square, followed by trail leg.
 - Rotate the hips and shoulders with the movement of the feet throughout the duration of this drill.
 - Jog back to line.
 - Repeat this drill leading with the opposite leg.

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: TAPIOCA



①

10U/12U PHASE II - CORE & BACK

SIDE PLANK LIFTS

MOVEMENT

- ①
 - Begin with elbow directly under shoulder and weight on forearm.
 - Legs and hips are fully extended.
 - Body should be straight with ears in line with shoulders, shoulders in line with hips, hips in line with ankles.
 - Core tight, tuck tail, squeeze glutes.
- ②
 - Raise up on forearm and heels.
 - Pause for 2 seconds, lower back to ground.

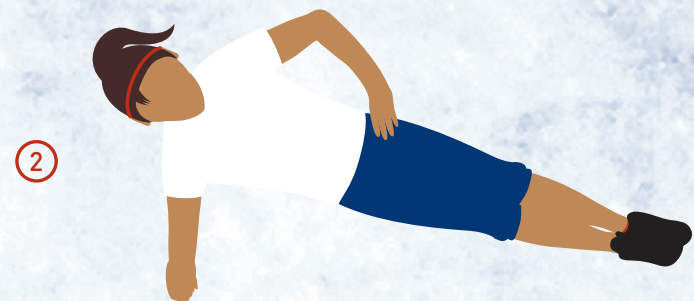
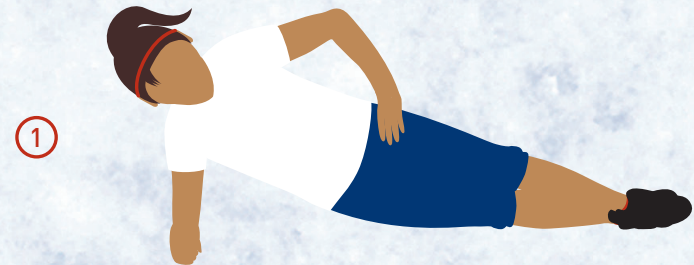
If Side Plank Lift on heels is too difficult, start from knees.

Perform for 30 seconds, rest for 30 seconds.



10U/12U PHASE II - CORE & BACK

SIDE PLANK LIFTS



10U/12U PHASE II - RUNNING & JUMPING

SKIPPING ROPE PATTERNS

STATIONARY

Options for Jump Rope patterns:

- ① • Skipping (feet are staggered).
- Swinging rope backwards.
- ② • Lateral Jumps.
- Lateral skipping both directions.
- 1 foot hops with each foot, both directions.

MOVEMENT

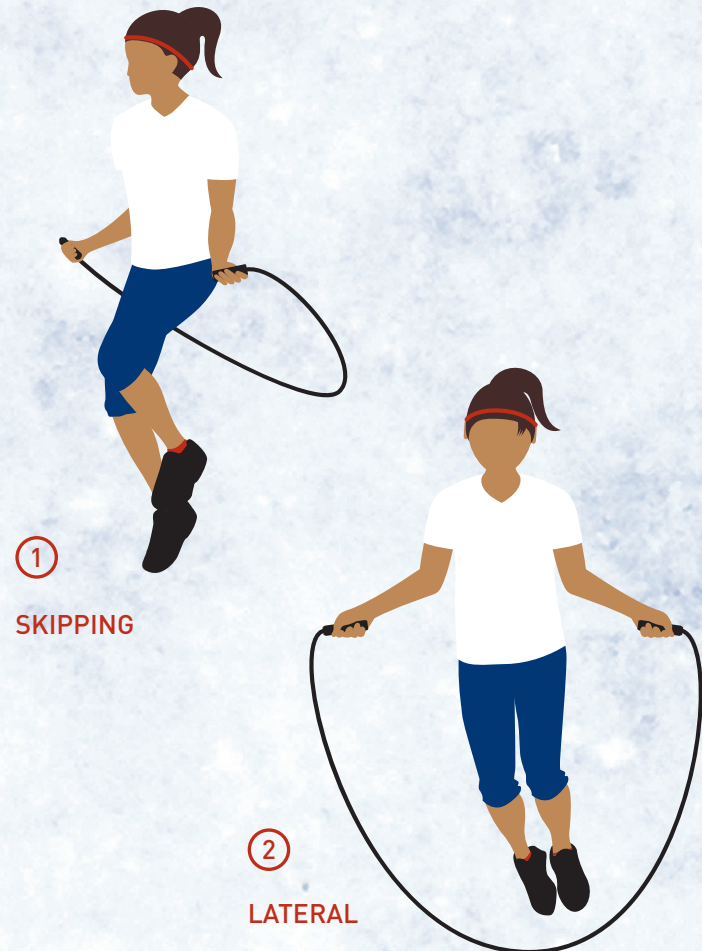
- Set up two cones 20 yards apart.
- Skip forward, backwards, lateral, and 1 foot in all directions.

If too advanced, jump without rope.



10U/12U PHASE II - RUNNING & JUMPING

SKIPPING ROPE PATTERNS



10U/12U PHASE II - LOWER BODY

TEAMWORK SINGLE LEG DEAD LIFT

SETUP

- Partner players up who are approximately the same height.
- Players use a long hockey stick or a 4-6 foot rope.

MOVEMENT

- 1 • Stand in athletic position: feet shoulder width apart and knees slightly bent.
- 1 • Both partners hold 1 hockey stick (or a jump rope) with 2 hands straight above head reaching for the ceiling.
- 2 • Both players stand on right leg.
- 2 • Both players bend forward touching stick to toes.
- 2 • Return to hands above head reaching for the ceiling.
- 2 • Repeat 5 times.
- 2 • Perform 5 repetitions standing on left foot.

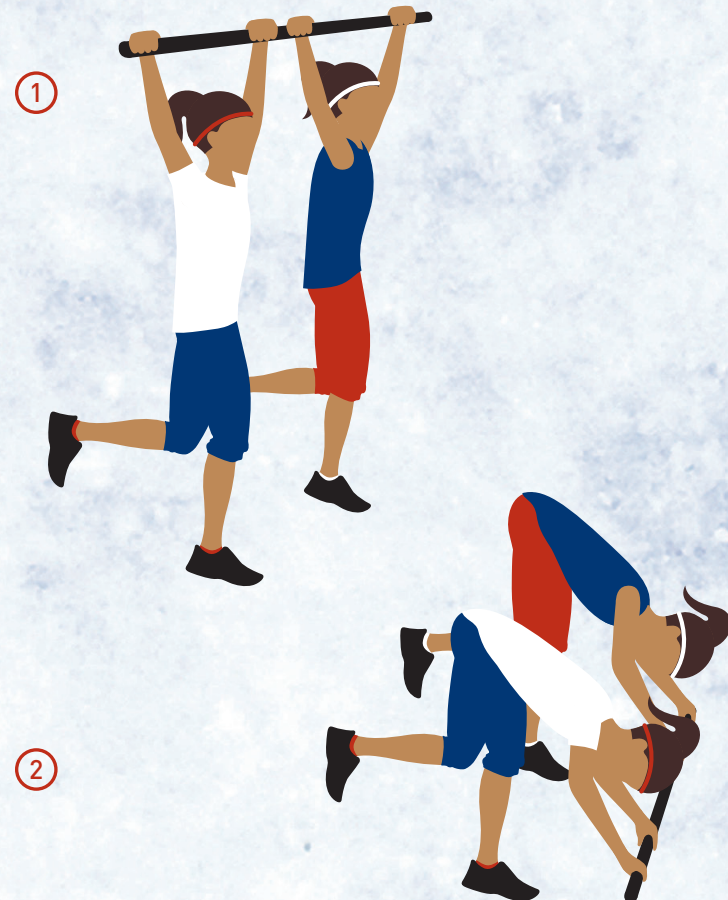
ADVANCED

Execute with only one hand on stick, switch hands...



10U/12U PHASE II - LOWER BODY

TEAMWORK SINGLE LEG DEAD LIFT



10U/12U PHASE II - PUCK HANDLING

TOE DRAG DECEPTION

FOCUS

- Push/pull/hand slide-push with heel of blade, pull with toe of blade, top hand control.

MOVEMENT

- Push ball away from body to entice opponent.
 - Quickly pull ball back using toe of blade.
 - Quick, short dribble in front of body then push ball away from front of body as far as possible and quickly pull back.
 - In tight, hands are wide. The ball is pushed forward with the heel out in front of the body while the hands slide together.
- The ball is stopped with toe of blade pulled back in tight to body.
 - The same process is repeated out to the forehand side.

ADVANCED

Perform movement #1 and #2 in one fluid movement.

SET UP-TOE DRAG DECEPTION

- 8 Stationary pucks 2 feet apart in a vertical line.

FOCUS

- Push/pull/hand slide-push with heel of blade, pull with toe of blade, top hand control.

MOVEMENT

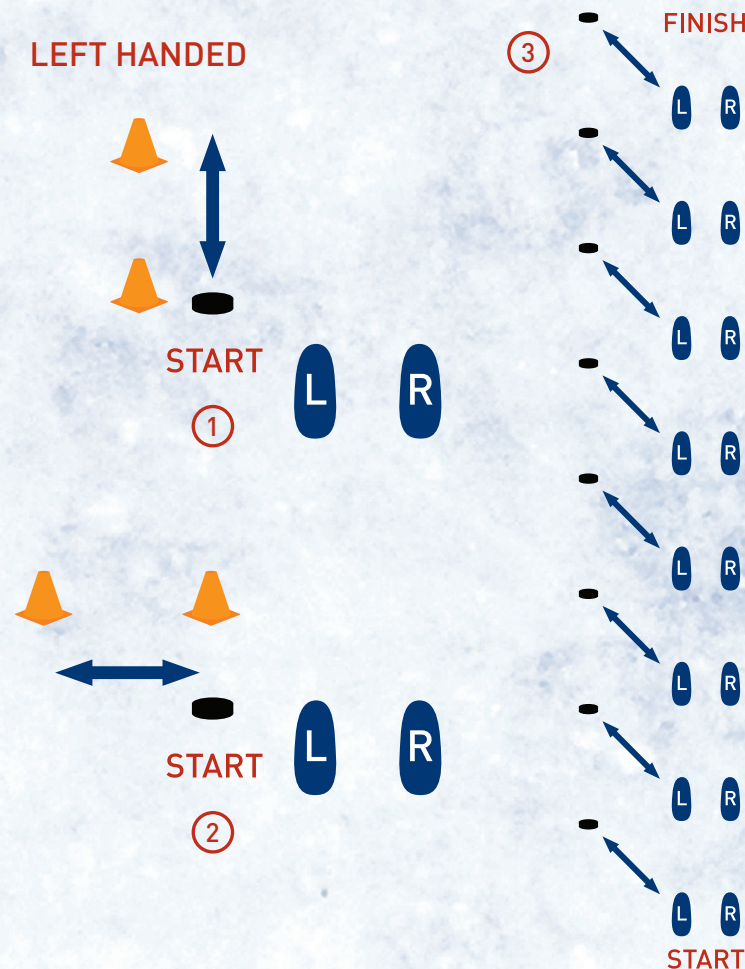
- Push ball away from body, with heel of blade (to entice opponent), towards puck.
 - Quickly pull ball back using toe of blade.
 - Top hand wrist roll controls the stick and ball while the bottom hand is kept loose and used as a guide.
 - Repeat through entire course.



10U/12U PHASE II - PUCK HANDLING

TOE DRAG DECEPTION

LEFT HANDED



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

TOUCH PASSING

SETUP

- Players partner up.
- Stand 8-10 feet apart.
- Feet face partner.
- Use a hockey ball.

Touch Passing can only be done on the forehand and should be used to receive and pass the ball all in one motion. It can be used most effectively in a "give and go" situation where the passing distance is very short.

TECHNIQUE

- 1
 - Bottom hand should be low on the shaft.
 - Bear down, putting plenty of weight on bottom hand.
 - The ball should be Touch Passed on the heel of the stick.
 - This is the strongest part of the blade and it will eliminate bouncing.
 - As the ball meets the stick player pushes through with bottom hand while pushing back with top hand quickly (push-pull action).
 - The ball spins off the stick from heel to toe keeping the ball on the ground.
 - Touch Pass ball in slow controlled movement.
 - Players need to move feet and hands to one touch pass back to partner on forehand.

ADVANCED

As technique is learned players can pass harder and/or shorten distance between partners. Introduce 2 balls, Touch Passing. Player will need to lengthen the distance between partners and Touch Pass softer.



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

TOUCH PASSING



1

