

YOUTH HOCKEY 2-DAY IN-SEASON PROGRAM	
DAY 1	DAY 2
Foam Roll:	Foam Roll:
Quads Hamstrings Hip Rotators Adductors Q.L. Pecs	Quads Hamstrings Hip Rotators Adductors Q.L. Pecs
Stretch:	Stretch:
Quads Hamstrings Hip Rotators Adductors Q.L. Pecs	Quads Hamstrings Hip Rotators Adductors Q.L. Pecs
Activation:	Activation:
Glute Bridge x10 Lying Psoas w/Mini Band- x10ea	Glute Bridge x10 Lying Psoas w/Mini Band- x10ea
Movement Prep:	Agility Ladder:
High Knee Tuck Heel To butt and Reach SLDL Cradle Fwd Lunge to instep+T-Spine Rev Lunge w/Reach High Knees But Kicks High Knee Skip Backwards Open Door Skip Backwards Run Jog	2-In Hole- R/L, LR, F/R/L Ickey Shuffle- F/B Crossover- (F)- F/B Crossover- (B)- F/B 2-In/2-Out- F/B/R/L
	Mini Bands- F/B/R/L
	Movement Prep:
	Lateral Squat R/L Shuffle R/L Carioca R/L
	Med Ball:
	Kneeling Chest Throw- 2x10 Kneeling OH Throw- 2x10
Plyo's:	Plyos:
Box Jump w Stab. 4x5	Heiden w/Stick- 4x5ea.
Strength:	Strength:
Kettlebell Swing- 3x15 Pair With Hip Flexor stretch- x2ea.	Hang Clean- 4x5 (technique emphasis) Pair with Plank- 2x:30
Goblet Squat- 3x10 Tri Set With Chin Ups- 3x8 and Ball Roll Out- 2x10	Bench Press- 3x8 Tri Set with 1-Leg DB SLDL- 3x8ea. and Side Bridge (knees) and hold- 2x5(:10)
DB Incline Press- 3x8 Tri Set With Ball-Leg Curl- 3x8 and Get Up to Hip Extension- 2x5ea.	DB Split Squat- 3x8ea. Tri Set With DB Row- 3x8ea. Suitcase Carry- x3 Trips