

Easy, Simple, Off-Ice Training Program

U13 and Above

Complete this program in the off-season to maintain and enhance performance. Other summer activities and sports are important; so prioritize them as needed. Aim to complete the full program across the entire off season for best results. Maintaining 1 or 2 days during the Hockey season for the 30/30 Work-Out, and the 100 shot challenge on any off day, will certainly also go a long way in your development.

Included Materials:

- [30/30 Strength and Agility Tracking Sheet](#)
- [5000 Shot Challenge Tracking Sheet](#)
- [10,000 Touches](#) (optional)

Weekly Goals

30/30 Challenge

- 3 workouts per week (20 mins each)
- Minimal equipment: shorts, t-shirt, water bottle, stopwatch, hockey stick, small ball (ie. Mini basketball) and running shoes
- Parent participation/assistance encouraged

Workout Details:

1. **10m (30ft) Sprints** – Touch each cone = 1 rep each
 2. **Overhead Squats** – Complete squat = 1 rep
 3. **Star Jumps** – Complete Star Jump **or** a 16-20” box jump = 1 rep ([Box @ Amazon](#) [Optional](#))
 4. **Push-ups** – Complete push-up = 1 rep
 5. **Monster Walks** – 1 LH + 1 RH Lunge = 1 rep (each leg is ½ rep)
 6. **Burpees** – Complete burpee = 1 rep
 7. **Russian Twists** – 1 Left Side Touch + 1 Right Side Touch = 1 rep (each touch is ½ rep)
 8. **Icky Shuffle** – Back and forth across ladder = 1 rep (Ladder can be found on [Amazon for \\$19.99](#), or get creative with ropes or cones if you have them).
 9. **Log Roll Push Ups** – Complete roll back to start = 1 rep
 10. **Hurdle Jumps** – 3 Hurdles = 1 rep
- Perform each exercise for 30s, rest for 30s
 - Record reps on tracking sheet, aim to improve weekly
 - Instructional Video: [Exercise Video](#)

- Tip: Use an Interval Timer App on your Smart Phone, and connect to a Bluetooth Speaker to keep you going hands free. This one is great, and will announce the next exercise to you! <https://apps.apple.com/us/app/interval-timer-hiit-timer/id1124297113>

5000 Shot Challenge:

- Shoot 5000 pucks in 10 weeks (100 shots/day, 5 days/week)
- Goal: Improve shot speed, quickness, and accuracy
- Continue to September 15 for 10,000 shots
- Tips and Tricks Video: [Shooting Playlist](#)

Summary:

- Complete 30/30 Challenge and 5000 Shot Challenge weekly
- Optional: 10,000 Touches stickhandling drills
- Record progress on tracking sheets

Contact your Coach or Assistants for Questions!

Let's have a great summer of training!

Sample week

Here is what a sample week could look like, although, you can apply it any way that works for you and your child:

	SUN	MON	TUES	WED	THURS	FRI	SAT
30/30 WORKOUT		X		X		X	
5000 SHOT		X	X	X	X	X	
10,00 TOUCH (OPTIONAL)		Optional	Optional	Optional	Optional	Optional	