

Brady Hockey Summer Conditioning

Designed to work on upper body strength, endurance, legs and core. Perform this program for thirty minutes every other day. The program can be done in the basement, in the driveway or the local school parking lot. All you need is a good pair of sneakers and a piece of chalk.

Warm-up

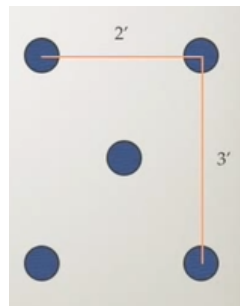
Do a few minutes of basic stretching exercises.

- o Quad pulls
- o Down the middle
- o Side to side
- o Toe grabs
- o Butterfly

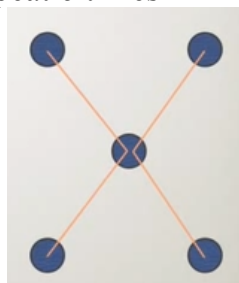
Part I

These drills are performed in a continuous flow. Go from one to the next with no break in between.

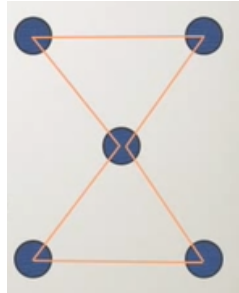
- 10 Push-Ups
- 5 Dot Agility Drill
 - o Setup (5" circles)



- o Exercise 1 "Hour Glass"
 - Start with heels on bottom dots
 - Jump with both feet to the middle dot
 - Jump to far dots
 - Repeat sequence backwards to original starting point
 - Repeat 6 times



- Exercise 2 “Figure 8” (Right Foot)
 - Start with right foot on bottom right dot
 - Using only one foot, jump to the middle dot, upper right, upper left, middle, lower left and back to lower right always facing forward
 - Repeat 6 times



- Exercise 3 “Figure 8” (Left Foot)
 - Repeat Exercise 2 with left foot
- Exercise 4 “Figure 8” (Both Feet)
 - Repeat Exercise 2 with both feet together
- Exercise 5 “Hour Glass with Spin”
 - Start with heels on bottom dots
 - Jump with both feet to the middle dot
 - Jump to far dots
 - Spin and return to original starting point
 - Repeat 6 times
- 5 Dot Agility Drill: How Fast is Fast?
 - **Goal: Complete in 40 seconds or less**

	Skill Athlete	Power Athlete
Good:	60 sec.	65 sec.
Great:	55 sec.	60 sec.
All-Region:	50 sec.	55 sec.
National:	40 sec.	45 sec.

Example: http://www.youtube.com/watch?v=dKcfbH_zwIA

- 10 Sit-Ups
- 10 Left Leg Hops (ladder 16” spacing) – 2 sets

- 10 Push-Ups (Incline if you can)
- 10 Two Leg Hops (ladder 16" spacing) – 4 Sets
- 10 Sit-Ups
- 10 Right Leg Hops (ladder 16" spacing) – 2 Sets
- Octagon Hop (jump out and back in on all 8 sides) – 4 sets

Example: http://www.youtube.com/watch?v=_hGRhHhTFNo

Break 2 minutes

Part II

These drills are performed in a continuous flow.

- 10 Push-Ups (Incline if possible)
- 10 Prisoner Squats – 2 Sets
Example: http://www.youtube.com/watch?v=gB6BHzD05_Y
- 10 Bicycle Sit-ups
Example: http://www.youtube.com/watch?v=tp_h59ytZgo
- 10 Burpees– 4 Sets
Example: <http://www.youtube.com/watch?v=Pf7wZvraWV0>
- Planks – 3 @ 20 seconds each – 2 Sets
Example: http://www.youtube.com/watch?v=u_iG_DWLdN8
- 10 Push-Ups (Incline if Possible)
- 10 Bicycle Sit-ups

Break 2 minutes

Part III

- 20 Push-Ups
- 20 Sit-Ups
- 1/2 mile run (goal time is 3:30)

The above program is designed to work a player for 30 minutes every other day and help them stay in shape throughout the summer when they are not with their team. Each player can increase the total number of push-ups and sit-ups above and beyond what is outlined above if they want to go longer and harder than 30 minutes. If possible work with a friend who can help keep you motivated and on course.

Additional Training

Russian box

<https://www.youtube.com/watch?v=TEGQloVg-BE>

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