

Off Ice Training – Ma-Te-Way Park

11:50 Students Run to Ma-Te-Way

12:05 Dynamic Warm Up at Ma-Te-Way

Warm Up
<ul style="list-style-type: none"> • Rolls: toes stay stationary, rotate foot clockwise, then counter clockwise • Heel to Toe rocks • Outside edges, inside edges (Bow-legged, Pigeon-toed) • "Hula Hoop" - large circles with the hips rotating clockwise, then counter clockwise • Arms overhead, bend at the knees and hinge at the hips, perform large circles keeping arms extended, both directions • Leg swings - front to back and side to side, with arms • Sumo Squat Reach - feet wide, toes pointed out, squat down with chest tall, fingers toward the floor, stretch up tall onto toes with arms extended overhead • Forward stepping lunges - start with arms down at sides, extend arms overhead while lunging forward • Hamstring Push Ups - from standing, reach up, drag hands along front of legs to the floor (keeping legs as straight as possible), the walk hands out as far as comfort allows, pause, walk hands in to proper push up position, do a single push up, then walk hands all the way back toward feet and stand up. • Slow motion high knees (looks like a sprinter), drive knee upwards, using arm pumps, but remain on toes, heels never touch the ground to force hip extension • Repeat, but pound the foot down into the floor • Facing stage, step left leg out into a lateral lunge, reaching as close to the floor with hands as possible, while keeping chest tall. Step in with the right leg and into a squat with arms extended overhead • Basic skip with forward arm circles, then backward arm circles • Side shuffle with arms crossing - be as light on the feet as possible • "Crossovers" with a high knee step

12:20 Stations – 10 minutes/station

Station	Equipment	Description
Skipping	<ul style="list-style-type: none"> • Skipping ropes 	<p><i>Complete 20, then move on to next step.</i></p> <ol style="list-style-type: none"> 1. Regular 2. Side to side hops 3. Forward and back hops 4. Criss cross feet 5. Heel to toe 6. Running on the spot 7. Double hops 8. Scissors (forward and back with feet) 9. High knees 10. Butt kicks 11. Left, left, right, right 12. One forward and back (one foot hops) 13. One foot side to side 14. Heel jumps 15. Rope criss cross (use for rest instead of stopping) 16. Short sprints forward and slowly come back <p>Freestyle – mix them all together</p>
Shooting	<ul style="list-style-type: none"> • Pucks 	<p>Wrist shot</p>

	<ul style="list-style-type: none"> • Shooting pads • Nets with shooter tutors • Radar 	100-200 pucks
Slideboards	<ul style="list-style-type: none"> • Slideboards • Booties • Stick • Green Biscuit 	<p><u>Slide With Lunge</u> - At the completion of each slide, step ahead with your inside foot into a lunge. Be explosive and step up as quickly as possible.</p> <p><u>Slide With Ground Touch</u> This exercise helps build a deeper knee bend. At the completion of each slide bend down and touch the ground on the bumper side.</p> <p><u>Slide With Crossover</u> The Slide Board can be used for crossover training. At the completion of the slide cross you inside leg under you outside leg and touch toe on the ground. Good exercise for balance and muscle memory.</p> <p><u>Slide Boarding & Stickhandling</u> With the board it is possible to use your stick and handle the puck while sliding.</p> <p>Slide Boarding For Goalies</p> <p><u>T push</u> Use the Slide Board to do a T-push. Point your glide foot up the Slide so that it forms a T with the pushing foot.</p> <p><i>*Complete 20 of each before moving on to the next step.</i></p>
Stairs/Playing Cards	<ul style="list-style-type: none"> • Playing cards • Mats • Medicine Balls • BOSU Ball • Balance Boards 	<p><i>Begin each stage with a jog down the stairs and RUN up according to designated stage.</i></p> <p><i>Flip 2 cards up and complete a variation of the assigned task.</i></p> <p>A) Run up EVERY step</p> <p>Push Ups -Modified -Hands on Balance Board -Hands on Bosu Ball</p> <p>B) Run up every OTHER step</p> <p>Squats Regular Medicine ball in hands (feet facing forward) Jump squats</p> <p>C) 2 Foot HOPS</p> <p>Sit Ups Bicycles –opposite elbow to opposite knee Sit ups on BOSU Side to side with medicine ball</p> <p>D) RIGHT leg only</p> <p>Burpees With medicine ball in hands With 2 mountain climbers while on ground</p> <p>E) LEFT leg only</p> <p>Lunges Regular</p>

		Jump and switch legs
Parachute Sprints	<ul style="list-style-type: none"> • Parachutes • Pylons 	One partner wears the parachute while the other holds the parachute in a ball. On "GO!" the student begins to sprint while the other student holding the chute throws it up in the air. Student runs to the designated pylon.
Juggling	<ul style="list-style-type: none"> • Tennis balls 	<p>Step 1 Standing straight, hold a tennis ball in your throwing hand. Place your elbows to your sides, with your forearms out in front of your body and parallel to the ground. Using your wrist, toss the tennis ball underhand to your left hand, creating a high arc. This arc should pass just over your forehead. Catch the ball with your left hand, and pass it to your right. Do not toss the ball with your left hand – at this point we are perfecting only the right toss. After you feel comfortable with throwing the ball with your right hand, repeat the process with your left. Spend a minimum of 10 minutes perfecting your style.</p> <p>Step 2 Place a second ball in your left hand. Toss the ball that in your right hand towards your left. As it reaches the top of the arc, toss the second ball inside the path of the first. Catch the balls and stop. Repeat the exercise again, throwing the right ball first, until you are comfortable. The most common mistake at this point is to rush the second ball. It may help to count "one and two and ..." to help with your rhythm.</p> <p>Step 3 Once you have perfected step 2, place a third ball in your right hand along with the first ball. Rest one ball on two fingers, with the other in your palm. Do the same exercise as in the last drill, but with one extra throw. Toss one of the ball from the right hand toward your left. As the ball hits the peak, toss the ball from your left to right. As that ball hits its peak, you should have caught the first ball (with your left hand) and be throwing the third (from your right hand). You'll end with one ball in your right hand and two in your left. Make no more than three tosses until you can consistently control all three balls. Now, place one of the balls you have in your left hand into your right and repeat the sequence.</p> <p>Step 4 If you can complete the last step, you are ready to juggle. Simply follow the last instructions, but continue by throwing for a second time with your left hand. Count how many throws you can make before you lose control. It won't be long until you're juggling naturally. Once you've learned the basic skills, you can try different techniques: different weight, throwing the balls outside your hands instead of inside, or behind your back.</p>

1:25 Full field soccer game

2:00 Students jog/walk back to SJHS

2:25 Bell and dismissal from SJHS