



**VL-9**

## Day 1

Perform the designated number of reps for each block with a rest of 2-3 minutes between each set

Exercise	Sets	Reps	Weight / Distance
Push-Up	3	10	Bodyweight
Sit-Up	3	12	Bodyweight
Squat	3	20	Bodyweight
Sprint	3	4	5 Meters
Category	Sets	Reps	Drill / Distance
Stick Handling	4	3 Down and Back	10 Puck Straight Line
Stick Handling	3	10 Figure 8's	2 Puck Figure 8

Today is the first day of this program. We have split up the each workout into two blocks. Block A is off ice training that consists of Upper Body, Core, Lower Body, and Conditioning. Block B is off ice hockey training that consists of Stick Handling and Shooting. The goal is to-do each rep / set as structured as possible. Make sure to be rested between each set to make sure you perform this workout at your best. It is important that you stretch 10 - 15 min before each workout and that you stretch from your head to toes, and get a little warmup to get the blood flow and muscles warmed up before your workout.

### Exercises

For Push-up, Sit-up, Squat. The goal is to do each rep with bodyweight and the right tempo for maximum results.

For the 5 Meter Sprint. The goal is to focus on the first 3 steps to make sure they are as quick and efficient as possible.

### Stick Handling

For 10 Puck Straight Line. The goal is to make sure you slow down and do the drill as smooth as possible and to pick your head up before picking up the tempo. There are going to be 4 sets. Each set is a down and back progression.

Set 1 - Forehand / Backhand Push

Set 2 - Forehand Stick Handle / Backhand Push

Set 3 - Forehand Push / Backhand Stick Handle

Set 4 - Forehand Stick Handle / Backhand Stick Handle



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## Day 2

Perform the designated number of reps for each block with a rest of 2-3 minutes between each set

Exercise	Sets	Reps	Weight / Distance
<b>Pull-Up</b>	3	10	Bodyweight / Rubber Band If Needed
<b>Ankle Touches</b>	3	10 Each Side	Bodyweight
<b>Side Lunge</b>	3	10 Each Side	Bodyweight
<b>Crossover Step Drive</b>	3	1 Each Side	20 Meters
Category	Sets	Reps	Drill / Distance
<b>Shooting</b>	3	1	10 Puck Straight Line Wrist Shot
<b>Shooting</b>	3	1	10 Puck Straight Line Slap Shot
<b>Shooting</b>	3	1	25 Puck Pile Wrist Shot

Today is the second day of this program. We have split up the each workout into two blocks. Block A is off ice training that consists of Upper Body, Core, Lower Body, and Conditioning. Block B is off ice hockey training that consists of Stick Handling and Shooting. The goal is to-do each rep / set as structured as possible. Make sure to be rested between each set to make sure you perform this workout at your best. It is important that you stretch 10 - 15 min before each workout and that you stretch from your head to toes, and get a little warmup to get the blood flow and muscles warmed up before your workout.

### Exercises

For Pull-up, Ankle Touches, Side Lunge. The goal is to do each rep with bodyweight and the right tempo for maximum results.

For the 20 Meter Crossover Step Drive. The goal is to focus on the first 3 crossovers and the overall tempo of them.

### Shooting

For the 10 Puck Straight Line Wrist Shot / Slap Shot, and the 25 Puck Pile Wrist Shot. The goal is to focus on your accuracy and keeping your head up.

## Day 3

Perform the designated number of reps for each block with a rest of 2-3 minutes between each set

Exercise	Sets	Reps	Weight / Distance
<b>Sprint 1</b>	10	1	20 Meters / Timed Each Sprint
<b>Sprint 2</b>	8	1	50 Meters / Timed Each Sprint
<b>Sprint 3</b>	5	1	100 Meters / Timed Each Sprint
Category	Sets	Reps	Drill / Distance
<b>Stick Handling</b>	10 Sets	30 Sec Work / 30 Sec Rest = 10 Min Total	Stick Handle Around All Pucks

Today is the third day of this program. We have split up the each workout into two blocks. Block A is off ice training that consists of Upper Body, Core, Lower Body, and Conditioning. Block B is off ice hockey training that consists of Stick Handling and Shooting. The goal is to-do each rep / set as structured as possible. Make sure to be rested between each set to make sure you perform this workout at your best. It is important that you stretch 10 - 15 min before each workout and that you stretch from your head to toes, and get a little warmup to get the blood flow and muscles warmed up before your workout. **Make sure today you focus on stretching your back, ankle, and knees.**

### Exercise

For each Sprint, have somebody time each sprint and record the best sprint. Make sure to save the best time from each sprint.

### StickHandling

For Stick Handling Around All Pucks, Spread all the pucks out and work for 30 seconds then rest for 30 seconds for a total of 10 minutes.

## Day 4

Perform the designated number of reps for each block with a rest of 2-3 minutes between each set

Exercise	Sets	Reps	Weight / Distance
<b>Elevated Push-Up</b>	3	10	Bodyweight
<b>Wrist Curl</b>	5	1 Min Work / 30 Sec Rest	1.5 lbs - 2.5 lbs
<b>Crunches</b>	3	15	Bodyweight
<b>One Legged Squat</b>	3	10 Each	Bodyweight
<b>Split Squat Jump</b>	3	10 Each	Bodyweight
<b>Zig Zag Cone Sprint</b>	3	2	20 Meters

Today is the fourth day of this program. We have split up the each workout into one block. Block A is off ice training that consists of Upper Body, Core, Lower Body, and Conditioning. The goal is to-do each rep / set as structured as possible. Make sure to be rested between each set to make sure you perform this workout at your best. It is important that you stretch 10 - 15 min before each workout and that you stretch from your head to toes, and get a little warmup to get the blood flow and muscles warmed up before your workout.

### Exercises

For Elevated Push-Up, Crunches, and One Legged Squat. The goal is to do each rep with bodyweight and the right tempo for maximum results.

For the Wrist Curl. The goal is to have straight arms and to go slowly up and slowly down.

For the Split Squat Jump. The goal is to go fully down then to explode and tuck your knees when in the air to switch to the other leg.

For the Zig Zag Cone Sprint. You start on one side of the cone and weave around 4 cones in 20 meters. The goal is to change direction as quick as possible while maintaining maximum speed as possible. Make sure to start on opposite sides each rep.



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## Day 5

Perform the designated number of reps for each block with a rest of 2-3 minutes between each set

Exercises	Sets	Reps	Weight / Distance
Stretch	1	1	10 - 15 Min
Run	1	1	3 Miles - 3.5 Miles Run
Category	Sets	Reps	Drill / Distance
Shooting	1	1	50 - 60 Favorite Shots

Today is the fifth day of this program. We have split up the each workout into two blocks. Block A is off ice training that consists of Upper Body, Core, Lower Body, and Conditioning. Block B is off ice hockey training that consists of Stick Handling and Shooting. The goal is to-do each rep / set as structured as possible. Make sure to be rested between each set to make sure you perform this workout at your best. It is important that you stretch 10 - 15 min before each workout and that you stretch from your head to toes, and get a little warmup to get the blood flow and muscles warmed up before your workout. **Make sure today you focus on stretching your back, ankle, and knees.**

### Exercise

For Running. The goal is to run between 3 and 3.5 Miles at a good tempo. Make sure to stretch.

### Shooting

For Shooting. The goal is to shoot 50 - 60 of your Favorite Shots, and to shoot as hard as possible.



