

Off Ice Plyometrics – Day 1

Total Time = 20-25 minutes

Warm-up: 5-minute jog/Quick stretch

1-2-3-4 Jumps

Take a piece of hockey tape or chalk and make a box on the ground. There will be 4 boxes as seen below. **REST 15 seconds in between each set.**

1	2
4	3

1. Jump with both feet from box 1 to box 2. 30 seconds, 3 times.
2. Jump with both feet from box 2 to box 3. 30 seconds, 3 times.
3. Jump with both feet from box 1 to box 3. 30 seconds, 3 times.
4. Jump with both feet around the world from box 1 to box 2 to box 3 to box 4. 30 seconds, 3 times.

Total Time on this exercise = 9 minutes

Shuttle Run

Get 4 items (bean bags/hockey pucks/bottles). Make a line about 20 feet away. Place all 4 items on the line you start at. When you start pick up one item and take it over to the other line and drop it off. Go back and get the other items one at a time. Repeat 3 times. Rest in between for 1 minute.

Total Time on this exercise = About 7-10 minutes

Hockey Stride Jumps

Starting with your feet together, jump laterally to your right foot. Have your left foot swing slightly behind the right leg and then immediately jump back to your left leg. Use your arms like you're skating (front to back). 30 seconds, 3 sets. Rest 30 seconds in between.

Total Time on this exercise = 3-4 minutes

Cool down

Stretch all parts of your body, remember stretching is just as important as working out!

Recover

Eat protein or drink ½ cup of chocolate milk within 30 minutes of your workout. Do not drink or eat high sugar items during this recovery time.

Off Ice Plyometrics – Day 2

Total Time = 20-25 minutes

Warm-up: 5-minute jog/Quick stretch

1 Foot - 1-2-3-4 Jumps

Take a piece of hockey tape or chalk and make a box on the ground. There will be 4 boxes as seen below. **REST 15 seconds in between each set. ON 1 FOOT!**

1	2
4	3

1. Jump with one foot from box 1 to box 2. 30 seconds, 3 times.
2. Jump with one foot from box 2 to box 3. 30 seconds, 3 times.
3. Jump with one foot from box 1 to box 3. 30 seconds, 3 times.
4. Jump with one foot around the world from box 1 to box 2 to box 3 to box 4. 30 seconds, 3 times.

Total Time on this exercise = 9 minutes

Mountain Climbers

Get in the push-up position. Run in place and have your knees come up to your elbows. 40 seconds, 3 sets. Rest 40 seconds between each set.



Total Time on this exercise = About 4 minutes

Squat Jumps

Starting with your feet together, jump vertically as high as you can go. Have your knees go towards your nose. Keep your back straight. Posture is very important. As you land, get set for your next jump. It should be a continuous motion. 3 sets of 15 in a row. Rest 30 seconds between each set.

Total Time on this exercise = 5 minutes

Planks

Get into pushup position on the floor. Now bend your elbows 90° and rest your weight on your forearms. Your elbows should be directly beneath your shoulders, and your body should form a straight line from your head to your feet. Hold the position for as long as you can. 3 sets. Rest 20 seconds in between

Total Time on this exercise = 5 minutes

Cool down

Stretch all parts of your body, remember stretching is just as important as working out!

Recover

Eat protein or drink ½ cup of chocolate milk within 30 minutes of your workout. Do not drink or eat high sugar items during this recovery time.

Off Ice Plyometrics – Day 3

Total Time = 20-25 minutes

Warm-up: 5-minute jog/Quick stretch

Sprints

Make sure you get up on your toes and your first few steps are short and powerful. Measure about 30 yards. Sprint 10 times. Jog back to your start. Rest 20 seconds in between.

Total Time on this exercise = 10 minutes

Burpees

Start standing up. Jump up vertically and then get down into the push-up position. If more advanced, do a push-up. Then pull your knees into your chest and jump up vertically. Repeat. 12 Burpees, 3 sets. Rest 60 seconds between each set.

Total Time on this exercise = About 8 minutes

Jumping Jacks/Jump Rope

Work hard. Have fun. 50 jumping jacks or 50 rope jumps. 3 set. Rest 30 seconds in between.

Total Time on this exercise = About 5 minutes

Cool down

Stretch all parts of your body, remember stretching is just as important as working out!

Recover

Eat protein or drink ½ cup of chocolate milk within 30 minutes of your workout. Do not drink or eat high sugar items during this recovery time.