

1. Forward and Defensemen Workout = Monday, Wednesday, Friday.
  - a. Warm up- 5 minute Bike Ride or Jog \* Stretch \*
  - b. Ply metrics
    - i. Box jumps (This is used for quick feet so do it as quick as possible)
      1. With duck tape make a square 4 feet by 4 feet and then put a cross through it making a four square box. Label them starting with the top left and moving right 1,2,3 and 4.
      2. First exercise, jump from box 1 to box 2 as quickly as possible for 10 seconds. Do this twice.
      3. Second exercise, do the same exercise as the first one but jump from box 1 to box 4 (forward and backward). Do this twice.
      4. Third exercise, jump from boxes 1 to 3. Make sure that your toes do not face the direction your going but instead face forwards at all times. Do this twice
      5. Fourth exercise, Do the same exercise as the fourth one but this time jump from box 4 to 2. Do this twice.
      6. Fifth exercise, Start at box 1 and jump around touching all of the boxes (1, 2, 3, 4). Make sure to touch all of the boxes and do this as quickly as possible. This will increase your quickness of your feet. Do this twice and then reverse the order.
      7. Seventh exercise, Go back and do the first two exercises with one foot. Left to right twice with each foot, and forward and backward twice with both feet.
      8. These exercises are only ten seconds long so do them hard with a 40 second break in between ( unless your doing one footed jumps, then take a rest after you have gone through both feet) and you will be done in less than 20 minutes.
    - ii. Lunges
      1. Three sets of ten for each leg. Make sure to go all the way to a 90 degree angle or else it does not help.
    - iii. Wall sits
      1. 2 minute minimum, try to do it longer if you can.
      2. 3 sets.
  - c. Puck Handling
    - i. Minimum of 15 minutes
    - ii. Make sure to go past your comfort zone when stick handling. If you do not lose the ball during your drills, then you did not push yourself.
  - d. Shoot pucks
    - i. 150 pucks a day
    - ii. Make sure to go through all of your shots (wrist shot, slap shot, backhand). If you want a harder shot, shoot more!
  - e. Sprints – 5- 40 yard dashes.

- f. Abs
  - i. 4 sets of 20 leg raises with 10 push ups in between each set.
  
- 2. Forward and Defensemen Workout = Tuesday, Thursday.
  - a. Puck Handling
    - i. Minimum of 15 minutes.
  - b. Shoot Pucks
    - i. 150 pucks a day, work on all of your shots.
  - c. Cardio
    - i. Running for 1 mile or Rollerblade 2.
      - 1. If you rollerblade, make sure to use good form by staying low and working hard.
      - 2. When doing cardio, if it starts to become easy, extend the workout.
  - d. Abs
    - i. Same as Monday, Wednesday, Friday.

This workout is for your benefit, it is not mandatory but it will help you improve. Any questions about this workout or anything else call me on my cell phone 1(515) 371-9681.

A.J. Smith