

10U/12U PHASE II - UPPER & LOWER BODY

INVERTED ROWS

SETUP

- 1
 - Divide players into partners.
 - One player lies on ground face up.
 - Player straddles partner holding hockey stick horizontally in front of body.
 - Player on the ground holds the stick with palms facing in, knees bent, feet flat the on floor.

MOVEMENT

- 2
 - Perform an Inverted Row pulling chest and hips to a bridge position.
 - Keep elbows tucked close to body.
 - Lead with chest, keeping chin tucked and shoulder blades back and down.
 - Lower body back to the ground.

Repeat for 5 repetitions then switch roles with partner.

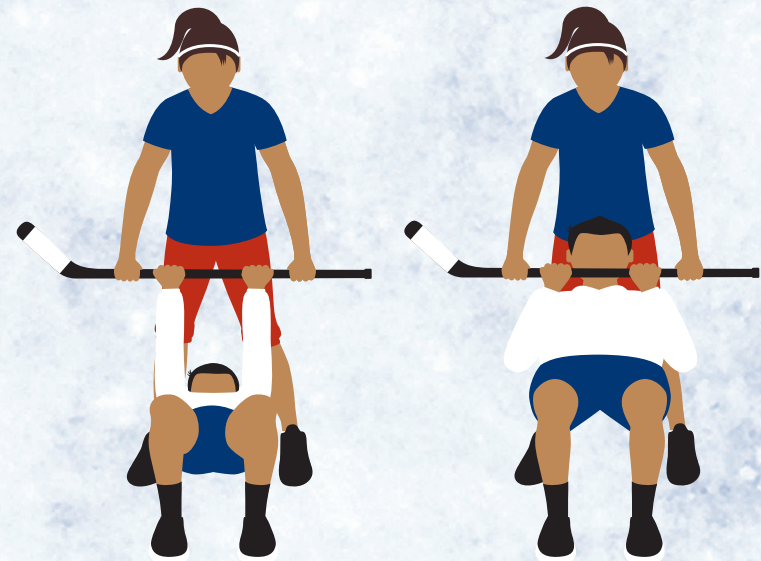
ADVANCED

Perform Inverted Rows with legs straight and heels on the floor.



10U/12U PHASE II - UPPER & LOWER BODY

INVERTED ROWS



1

