

Apple Valley - Squirt Phase 1
Week 1 - 4 Day 1

Core Stability	Dynamic Warm-up
Exercise	Set/Reps
Sit-ups	3X15
Leg Throw	3X10 (per leg)
Good Mornings	3X10

Weight Training				
Exercise	Set/Reps	Wt.	Rest	Comments
Lunge	4X8	Stick	1:00 Min.	
Push Ups	4X8	None	1:00 Min.	
Bear Squat	3X8	Stick	1:00 Min.	Stay under control. Chest out 4 steps forward 4 steps back.
Front Shoulder raise	3X8	Stick or 2 Lb. DB	1:00 Min.	Power position raise arm forward and pour out the milk.

Skill Training	
Drill	Comments
Figure 8 and shoot	One figure 8 with puck then shoot. 5 pucks each hole. Forehand and backhand.
3 quick out wide	3 quick dribbles then out wide. Alternate sides, 10 each side. Stay in power position.

Toe Heel	Start puck at toe of stick. Pull puck back to heel of stick and shoot.
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Week 1 - 4 Day 2

Core Stability	Dynamic Warm-up
Exercise	Set/Reps
Sit-ups	3X15
Super Mans	3X15
Plank Flies	3X10

Weight Training

Exercise	Set/Reps	Wt.	Rest	Comments
Rockers	4X8	Stick	1:00 Min.	Stay under control. Chest out, head up, stay in skating position.
Wheelbarrow Race	4X8	None	1:00 Min.	
Frog Jumps	3X8	None	1:00 Min.	Stay under control. Start in frog position and explode up. Land softly.
Crab Walk	3X10 yards	None	1:00 Min.	Chest facing the ceiling hand on floor fingers forward. Butt off ground walk forward.

Speed Ladder Work

Exercise	Reps	Wt.	Rest	Comments

Two out two in	2	None	Line	Start with both feet on side of ladder. Quickly place both in side and exit other side.
Crossover	2	None	Line	Start with both feet on side of ladder. Quickly crossover outside foot into ladder and continue to end.
Toe taps	2	None	Line	Start facing first square as quickly as possible tap each foot into ladder.