

10U // INTRO

10U PROGRAM

10U

9-10 year olds

- Learn to Train
- Rhythm
- Coordination
- Reaction to Visual/Audio Clues

COACH'S BAG:

10 tennis balls (Play it Again, \$0.50 ea), 20 mini cones (Play It Again, \$5), enough jump ropes for each player on the team (dollar store, or online for \$2 ea).

STRUCTURE OF EACH WORKOUT:

2 sessions a week for 20 weeks. Each session about 20 mins.

1. WARM UP

Movement fundamentals, occasionally a rhythm component. **5 mins.**

2. GAME 1

Anything to get them moving and having fun. **5 mins.**

3. SKILL 1

Balance, coordination, reaction time, etc. **5 mins.**

4. GAME 2

Finish with a game to compliment/reinforce skill 1. **5 mins.**

10U // INTRO

10U PROGRAM

LINE WARMUP:

March, Airplanes, Spiderman, Skip, Shuffle, Carioca, 2 foot jumps, 1-Way Lateral Bounds, Inchworms.

STATIONARY WARMUP:

Forward/backward bending, BW Squat, Crab to Bear, 1-Leg Compass Arm Reach, Over/Under, 1-Leg Airplanes, Spiderman, Reverse Lunges.

***** Alternate warm ups, or use the one that suits the space you have at the rink.**

10U // WEEK 1, DAY 1

WARM UP

GAME 1: TENNIS BALL PARTNER TOSS

One hand throw, one hand catch.

- **Same Side.** Toss to partner on same side of body (your right hand throws to their left hand), both sides about 1 min each. [Video](#)
- **Cross Body.** Toss to partner cross body (your right to their right), both sides 1 min each. [Video](#)
- **Same Side, Cross Body.** One partner throws across, one throws straight, both sides then switch roles, 2 min total. [Video](#)
- **No-Handed Catch.** Partners try to set each other up for catching the ball with no hands, about 1 min. [Video](#)

SKILL 1: JUMP ROPE

5 minutes - player must get 30 in a row on 1 variation before moving to another.

- **2 Foot Hop.** [Video](#)
- **2 Foot Side to Side** (back and forth over an imaginary line). [Video](#)
- **Boxers.** [Video](#)
- **Alternating Feet.** [Video](#)

GAME 2: 2 FOOT HOP TAG

Players play tag, but have to hop with feet together. [Video](#)

10U // WEEK 1, DAY 2

WARM UP

GAME 1: PERIPHERAL TRACKING TAG

Players should tag partners hand as quickly and accurately as possible. Partner 1 has his back to Partner 2). Partner 2 reaches out and puts his hand somewhere in partner 1's visual field. Partner 1 has to find the hand and tag it as quickly as possible. First tag with same-side hand, then with opposite side hand, about 1 minute total, then switch partners. [Video 1](#) | [Video 2](#)

SKILL 1: SPRINTS

From various start positions - coach says "GO," have players go about 40 feet as fast as possible.

- **Split Stance** (left foot back and right foot back). [Video](#)
- **Lateral Start** (each way). [Video](#)
- **1-Knee Start** (each knee). [Video](#)
- **1-Knee Lateral Start** (each way, front knee up/back knee up). [Video](#)

GAME 2: RELAY RACE (MOVE THE BALL)

Create lines of mini cones and place a tennis ball on the first cone of each line. Players from each line will run out, pick up the ball and advance it to the next cone then return to the line and tag the next player. This continues until the ball is at the last cone, then the last player will grab it and bring it back to the line. Variation: players can also work the ball to the first cone in the same fashion. [Video](#)

10U // WEEK 2, DAY 1

WARM UP

GAME 1: TRIANGLE TAG

Tagger can't reach through the middle, must try to tag target around the outside of the triangle. [Video](#)

SKILL 1: BALANCE PROGRESSION

All players can do this at once. About 20 seconds on, 10 seconds off for each drill/foot. Do 2-3 rounds of this.

- 1-Leg Balance, each leg. [Video](#)
- Eyes Closed 1-Leg Balance, each leg. [Video](#)
- 1-Leg Balance, reaching forward and backward, each leg. [Video](#)
- 1-Leg Balance, reaching side to side, each leg. [Video](#)
- 1-Leg Balance, rotate upper body, each leg. [Video](#)

Try all drills with eyes closed.

GAME 2: 1-LEG STICK WRESTLE (BATTLE)

Try to get partner to put the other foot down, let go of the stick, or otherwise lose balance. [Video](#)

10U // WEEK 2, DAY 2

WARM UP

GAME 1: CRAWL TAG

Keeping knees off the ground and backs flat, try to tag partner's forearm. If a player's knee touches, that's a point against them. Suggestion: Play first one to 3 points. About 3 min. [Video](#)

SKILL 1: BODYWEIGHT STRENGTH CIRCUIT

3 rounds of 20 second holds each exercise.

- Lateral Squat Hold, each side. Feet wide, then bend one leg while keeping the other straight. Hold in the lowest position the player can. [Video](#)
- Pushups. Hold with elbows at 90 degrees. [Video](#)
- 1-Leg Hip Press (Glute Bridge Press). Lay on back with knees bent and feet flat on the floor. Using the heel of 1 leg, push into the ground and raise hips up into a bridge position. Hold at that top position. [Video](#)
- Elbow Push Hold. Player lies on his back and curls knees towards his chest. With elbows bent and hands toward the ceiling, push elbows down into the floor as though the player was trying to lift himself off the floor (think of it as an upside-down pushup). [Video](#)
- Side Plank. 20 second hold each side. [Video](#)

GAME 2: LAST ONE STANDING

Have players tuck a hockey sock in their shorts on the side or back so it hangs out like a tail. Players will try to pull the sock out of others while keeping their own. Players can't touch their own sock (no grabbing or guarding). Last one with their sock wins.

10U // WEEK 3, DAY 1

WARM UP

GAME 1: TOE TAG

Partners are in front of each other with arms extended and hands on partner's shoulders. Partners try to tap the other person's foot with their toes. First one to 5 wins. [Video](#)

SKILL 1: JUMP ROPE 5 MINUTES

Player has to get 30 in a row on 1 variation before moving to another.

- **2 Foot Bounce.** [Video](#)
- **2 Foot Bounce, side to side** (back and forth over an imaginary line). [Video](#)
- **Boxers.** [Video](#)
- **Alternating Feet.** [Video](#)
- **1-Leg.** 30 on one leg, then 30 on other leg. [Video](#)

GAME 2: GLADIATOR HANDS

Partners face each other and stand with feet together as if standing on top of a telephone pole. The object is to make your partner fall off the telephone pole (any foot movement counts as a fall). Contact with palms of hands only, no grabbing/pulling. [Video](#)

10U // WEEK 3, DAY 2

WARM UP

GAME 1: SHIN TAG

Try to tag the shin of your partner. About 2 minutes. [Video](#)

SKILL 1: SPRINTS

From various start positions - coach says "GO," have players go about 40 feet as fast as possible.

- **Split Stance** (left foot back and right foot back). [Video](#)
- **Lateral Start** (each way). [Video](#)
- **1-Knee Start** (each knee). [Video](#)
- **1-Knee Lateral Start** (each way, front knee up/back knee up). [Video](#)

GAME 2: RELAY RACE (MOVE THE BALL)

Create lines of mini cones and place a tennis ball on the first cone of each line. Players from each line will run out, pick up the ball and advance it to the next cone then return to the line and tag the next player. This continues until the ball is at the last cone, then the last player will grab it and bring it back to the line. Variation: players can also work the ball to the first cone in the same fashion. [Video](#)

10U // WEEK 4, DAY 1

WARM UP

GAME 1: TRIANGLE TAG

Tagger can't reach through the middle, must try to tag target around the outside of the triangle. [Video](#)

SKILL 1: BALANCE PROGRESSION

All players can do this at once. About 20 seconds on, 10 seconds off for each drill/foot. Do 2-3 rounds of this.

- **1-Leg Balance**, each leg. [Video](#)
- **Eyes Closed 1-Leg Balance**, each leg. [Video](#)
- **1-Leg Balance**, reaching forward and backward, each leg. [Video](#)
- **1-Leg Balance**, reaching side to side, each leg. [Video](#)
- **1-Leg Balance**, rotate upper body, each leg. [Video](#)

Try all drills with eyes closed.

GAME 2: 1-LEG TAG

Play a game of tag with every player only allowed to hop on 1 leg. [Video](#)

10U // WEEK 4, DAY 2

WARM UP

GAME 1: TENNIS BALL PARTNER TOSS

One hand throw, one hand catch.

- **Same Side**. Toss to partner on same side of body (your right hand throws to their left hand), both sides about 1 min each. [Video](#)
- **Cross Body**. Toss to partner cross body (your right to their right), both sides 1 min each. [Video](#)
- **Back to back**. Toss up and over. [Video](#)
- **No-Handed (Body) Catch**. Partners try to set each other up for catching the ball with no hands, about 1 min. [Video](#)

SKILL 1: BODYWEIGHT STRENGTH CIRCUIT

3 rounds of 25 second holds each exercise.

- **Split Squat Hold, each side**. Player will take a knee, then push feet into the ground so her knee comes off the ground about 2 inches. Hold in this position. [Video](#)
- **Pushups**. Hold with elbows at 90 degrees. [Video](#)
- **1-Leg Hip Press (Glute Bridge Press)**. Lay on back with knees bent and feet flat on the floor. Using the heel of 1 leg, push into the ground and raise hips up into a bridge position. Hold at that top position. [Video](#)
- **Elbow Push Hold**. Player lies on his back and curls knees towards his chest. With elbows bent and hands toward the ceiling, push elbows down into the floor as though the player was trying to lift himself off the floor (think of it as an upside-down pushup. [Video](#)
- **Side Plank**. 20 second hold each side. [Video](#)

GAME 2: LAST ONE STANDING

Have players tuck a hockey sock in their shorts on the side or back so it hangs out like a tail. Players will try to pull the sock out of others while keeping their own. Players can't touch their own sock (no grabbing or guarding). Last one with their sock wins.

10U // WEEK 5, DAY 1

WARM UP

GAME 1: PERIPHERAL TRACKING TAG

Players should tag partners hand as quickly and accurately as possible. Partner 1 has his back to Partner 2). Partner 2 reaches out and puts his hand somewhere in partner 1's visual field. Partner 1 has to find the hand and tag it as quickly as possible. First tag with same-side hand, then with opposite side hand, about 1 minute total, then switch partners. [Video 1](#) | [Video 2](#)

SKILL 1: JUMP ROPE 5 MINUTES

Player has to get 30 in a row on 1 variation before moving to another.

- 2 Foot Bounce. [Video](#)
- 2 Foot Bounce, side to side (back and forth over an imaginary line). [Video](#)
- Boxers. [Video](#)
- Alternating Feet. [Video](#)
- 2 Each, Alternating double hop. [Video](#)

GAME 2: GLADIATOR HANDS

Partners face each other and stand with feet together as if standing on top of a telephone pole. The object is to make your partner fall off the telephone pole (any foot movement counts as a fall). Contact with palms of hands only, no grabbing/pulling. [Video](#)

10U // WEEK 5, DAY 2

WARM UP

GAME 1: LASER TAG. [Video](#)

SKILL 1: SPRINTS

From various start positions - coach says "GO," have players go about 40 feet as fast as possible.

- Split Stance (left foot back and right foot back). [Video](#)
- Lateral Start (each way). [Video](#)
- 1-Knee Start (each knee). [Video](#)
- 1-Knee Lateral Start (each way, front knee up/back knee up). [Video](#)

GAME 2: RELAY RACE (MOVE THE BALL)

Create lines of mini cones and place a tennis ball on the first cone of each line. Players from each line will run out, pick up the ball and advance it to the next cone then return to the line and tag the next player. This continues until the ball is at the last cone, then the last player will grab it and bring it back to the line. Variation: players can also work the ball to the first cone in the same fashion. [Video](#)

10U // WEEK 6, DAY 1

WARM UP

GAME 1: TRIANGLE TAG

Tagger can't reach through the middle, must try to tag target around the outside of the triangle. [Video](#)

SKILL 1: BALANCE PROGRESSION

All players can do this at once. About 20 seconds on, 10 seconds off for each drill/foot. Do 2-3 rounds of this.

- 1-Leg Balance, each leg. [Video](#)
- Eyes Closed 1-Leg Balance, each leg. [Video](#)
- 1-Leg Balance, reaching forward and backward, each leg. [Video](#)
- 1-Leg Balance, reaching side to side, each leg. [Video](#)
- 1-Leg Balance, rotate upper body, each leg. [Video](#)

Try all drills with eyes closed.

GAME 2: 1-LEG STICK WRESTLE (BATTLE)

Try to get partner to put the other foot down, let go of the stick, or otherwise lose balance. [Video](#)

10U // WEEK 6, DAY 2

WARM UP

GAME 1: CRAWL TAG

Keeping knees off the ground and backs flat, try to tag partner's forearm. If a player's knee touches, that's a point against them. Suggestion: Play first one to 3 points. About 3 min. [Video](#)

SKILL 1: BODYWEIGHT STRENGTH CIRCUIT

3 rounds of 10 reps each exercise.

- Lateral Squat - feet wide, then bend one leg while keeping the other straight. [Video](#)
- Pushups. If players can't do 10 good pushups, have them lower themselves to the ground slowly, then return to the top however they need to. [Video](#)
- 1-Leg Hip Press (Glute Bridge Press) - lay on back with knees bent and feet flat on the floor. Using the heel of 1 leg, push into the ground and raise hips up into a bridge position. Hold at that top position. [Video](#)
- Wall Slide. [Video](#)
- Elbows to Hands (5 each side). [Video](#)

GAME 2: LAST ONE STANDING

Have players tuck a hockey sock in their shorts on the side or back so it hangs out like a tail. Players will try to pull the sock out of others while keeping their own. Players can't touch their own sock (no grabbing or guarding). Last one with their sock wins.

10U // WEEK 7, DAY 1

WARM UP

GAME 1: TENNIS BALL PARTNER TOSS

One hand throw, one hand catch.

- **Same Side.** Toss to partner on same side of body (your right hand throws to their left hand), both sides about 1 min each. [Video](#)
- **Cross Body.** Toss to partner cross body (your right to their right), both sides 1 min each. [Video](#)
- **Back to Back.** [Video](#)
- **Bounce Reaction.** Catcher faces away, thrower bounces the ball to catcher, who reacts to the sound of the bounce, quickly does a 180 and catches the ball. [Video](#)

SKILL 1: JUMP ROPE 5 MINUTES

Player has to get 30 in a row on 1 variation before moving to another.

- **2 Foot Bounce.** [Video](#)
- **2 Foot Bounce, Side to Side** (back and forth over an imaginary line). [Video](#)
- **Boxers.** [Video](#)
- **Alternating Feet.** [Video](#)
- **2 Each,** Alternating double hop. [Video](#)

GAME 2: GLADIATOR HANDS

Partners face each other and stand with feet together as if standing on top of a telephone pole. The object is to make your partner fall off the telephone pole (any foot movement counts as a fall). Contact with palms of hands only, no grabbing/pulling. [Video](#)

10U // WEEK 7, DAY 2

WARM UP

GAME 1: SHIN TAG

Try to tag the shin of your partner. About 2 minutes. [Video](#)

SKILL 1: SPRINTS

From various start positions - coach says "GO," have players go about 40 feet as fast as possible.

- **Split Stance** (left foot back and right foot back). [Video](#)
- **Lateral Start** (each way). [Video](#)
- **1-Knee Start** (each knee). [Video](#)
- **1-Knee Lateral Start** (each way, front knee up/back knee up). [Video](#)

GAME 2: RELAY RACE (MOVE THE BALL)

Create lines of mini cones and place a tennis ball on the first cone of each line. Players from each line will run out, pick up the ball and advance it to the next cone then return to the line and tag the next player. This continues until the ball is at the last cone, then the last player will grab it and bring it back to the line. Variation: players can also work the ball to the first cone in the same fashion. [Video](#)

10U // WEEK 8, DAY 1

WARM UP

GAME 1: TRIANGLE TAG

Tagger can't reach through the middle, must try to tag target around the outside of the triangle. [Video](#)

SKILL 1: BALANCE PROGRESSION

All players can do this at once. About 20 seconds on, 10 seconds off for each drill/foot. Do 2-3 rounds of this.

- 1-Leg Balance, each leg. [Video](#)
- Eyes Closed 1-Leg Balance, each leg. [Video](#)
- 1-Leg Balance, reaching forward and backward, each leg. [Video](#)
- 1-Leg Balance, reaching side to side, each leg. [Video](#)
- 1-Leg Balance, rotate upper body, each leg. [Video](#)

Try all drills with eyes closed.

GAME 2: 1-LEG TAG

Play a game of tag with every player only allowed to hop on 1 leg. [Video](#)

10U // WEEK 8, DAY 2

WARM UP

GAME 1: CRAWL TAG

Keeping knees off the ground and backs flat, try to tag partner's forearm. If a player's knee touches, that's a point against them. Suggestion: Play first one to 3 points. About 3 min. [Video](#)

SKILL 1: BODYWEIGHT STRENGTH CIRCUIT

3 rounds of 12 reps each exercise.

- Split Squat. [Video](#)
- Pushups. If players can't do 12 good pushups, have them lower themselves to the ground slowly, then return to the top however they need to. [Video](#)
- 1-Leg "Airplanes" (SLDL). [Video](#)
- Floor Slide. [Video](#)
- Elbows to Hands (6 each side). [Video](#)

GAME 2: LAST ONE STANDING

Have players tuck a hockey sock in their shorts on the side or back so it hangs out like a tail. Players will try to pull the sock out of others while keeping their own. Players can't touch their own sock (no grabbing or guarding). Last one with their sock wins.

10U // WEEK 9, DAY 1

WARM UP

GAME 1: STICK TOSS

Partners toss a hockey stick back and forth, 1-handed catches.

- **Same Side of Body** (right hand to left hand). [Video](#)
- **Cross Body** (right hand to right hand). [Video](#)
- **Same Side, Cross Body**. [Video](#)

SKILL 1: MIRROR DRILLS

Whole team in lines.

- **Forward/Backward**. [Video](#)
- **Lateral Shuffle**.
- **Always Running Forward** (designate a direction to turn). [Video](#)

GAME 2: PARTNER STICK SPRINT

Partners start about 6 feet away from each other with sticks standing on the butt end. Partners communicate and decide when to go, and will let go of their own stick and grab their partner's stick before it falls to the ground. After success at 6 feet apart, move to 8 feet apart, and so on. [Video](#)

10U // WEEK 9, DAY 2

WARM UP

GAME 1: LASER TAG. [Video](#)

SKILL 1: JUMP ROPE 5 MINUTES

Player has to get 30 in a row on 1 variation before moving to another.

- **2 Foot Bounce**. [Video](#)
- **2 Foot Bounce, Side to Side** (back and forth over an imaginary line). [Video](#)
- **Boxers**. [Video](#)
- **Alternating Feet**. [Video](#)
- **2 Each, Alternating double hop**. [Video](#)
- **1-Leg**. 30 on one leg, then 30 on other leg. [Video](#)

GAME 2: 1-LEG TAG

Play a game of tag with every player only allowed to hop on 1 leg. [Video](#)

10U // WEEK 10, DAY 1

WARM UP

GAME 1: PERIPHERAL TRACKING TAG

Players should tag partners hand as quickly and accurately as possible. Partner 1 has his back to Partner 2). Partner 2 reaches out and puts his hand somewhere in partner 1's visual field. Partner 1 has to find the hand and tag it as quickly as possible. First tag with same-side hand, then with opposite side hand, about 1 minute total, then switch partners. [Video 1](#) | [Video 2](#)

SKILL 1: 1-LEG BALANCE DRILLS

Count the team off by 2's. 1's go for 20 seconds then 2's go. All drills done on 1 leg at a time (make sure to do a set for each leg).

- **Reach to the sky**, reach to the ground. [Video](#)
- **Reach as far as you can** to your left, right. [Video](#)
- **Leg Circles** (in skating posture). [Video](#)
- **Knee Pulls** - keep chest up. [Video](#)

GAME 2: BALL TAG

1 or 2 tennis balls for the whole team (start with 1). 1 player is "it" and tries to tag other players BUT the player with the ball is safe. So players try to work together to get the ball in the hands of the player who is being chased.

10U // WEEK 10, DAY 2

WARM UP

GAME 1: CRAWL TAG

Keeping knees off the ground and backs flat, try to tag partner's forearm. If a player's knee touches, that's a point against them. Suggestion: Play first one to 3 points. About 3 min. [Video](#)

SKILL 1: BODYWEIGHT STRENGTH CIRCUIT

3 rounds of 12 reps each exercise.

- **Lateral Lunge.** [Video](#)
- **Pushups.** If players can't do 12 good pushups, have them lower themselves to the ground slowly, then return to the top however they need to. [Video](#)
- **1-Leg Hip Press (Glute Bridge Press)** - lay on back with knees bent and feet flat on the floor. Using the heel of 1 leg, push into the ground and raise hips up into a bridge position. Hold at that top position. [Video](#)
- **Floor Slide.** [Video](#)
- **Alternating Side Planks** (6 each side). [Video](#)

GAME 2: LAST ONE STANDING

Have players tuck a hockey sock in their shorts on the side or back so it hangs out like a tail. Players will try to pull the sock out of others while keeping their own. Players can't touch their own sock (no grabbing or guarding). Last one with their sock wins.

10U // WEEK 11, DAY 1

WARM UP

GAME 1: STICK TOSS

Partners toss a hockey stick back and forth, 1-handed catches.

- **Same Side of Body** (right hand to left hand). [Video](#)
- **Cross Body** (right hand to right hand). [Video](#)

SKILL 1: MIRROR DRILLS

Whole team in lines.

- **Forward/Backward.** [Video](#)
- **Lateral Shuffle.**
- **Always Running Forward** (designate a direction to turn). [Video](#)

GAME 2: PARTNER STICK SPRINT

Partners start about 6 feet away from each other with sticks standing on the butt end. Partners communicate and decide when to go, and will let go of their own stick and grab their partner's stick before it falls to the ground. After success at 6 feet apart, move to 8 feet apart, and so on. [Video](#)

10U // WEEK 11, DAY 2

WARM UP

GAME 1: TENNIS BALL PARTNER TOSS

One hand throw, one hand catch.

- **Same Side.** Toss to partner on same side of body (your right hand throws to their left hand), both sides about 1 min each. [Video](#)
- **Cross Body.** Toss to partner cross body (your right to their right), both sides 1 min each. [Video](#)
- **Back to back.** [Video](#)
- **Bounce Reaction.** Catcher faces away, thrower bounces the ball to catcher, who reacts to the sound of the bounce, quickly does a 180 and catches the ball. [Video](#)

SKILL 1: JUMP ROPE 5 MINUTES

Player has to get 30 in a row on 1 variation before moving to another.

- **2 Foot Bounce.** [Video](#)
- **2 Foot Bounce, Side to Side** (back and forth over an imaginary line). [Video](#)
- **Boxers.** [Video](#)
- **Alternating Feet.** [Video](#)
- **2 Each, Alternating double hop.** [Video](#)
- **1-Leg.** 30 on one leg, then 30 on other leg. [Video](#)

GAME 2: 1-LEG TAG

Play a game of tag with every player only allowed to hop on 1 leg. [Video](#)

10U // WEEK 12, DAY 1

WARM UP

GAME 1: PERIPHERAL TRACKING TAG

Players should tag partners hand as quickly and accurately as possible. Partner 1 has his back to Partner 2). Partner 2 reaches out and puts his hand somewhere in partner 1's visual field. Partner 1 has to find the hand and tag it as quickly as possible. First tag with same-side hand, then with opposite side hand, about 1 minute total, then switch partners. [Video 1](#) | [Video 2](#)

SKILL 1: 1-LEG BALANCE DRILLS

Count the team off by 2's. 1's go for 20 seconds then 2's go. All drills done on 1 leg at a time (make sure to do a set for each leg).

- **Reach to the sky**, reach to the ground. [Video](#)
- **Reach as far as you can** to your left, right. [Video](#)
- **Leg Circles** (in skating posture). [Video](#)
- **Knee Pulls** - keep chest up. [Video](#)
- **Leg Switch**. [Video](#)

GAME 2: BALL TAG

1 or 2 tennis balls for the whole team (start with 1). 1 player is "it" and tries to tag other players BUT the player with the ball is safe. So players try to work together to get the ball in the hands of the player who is being chased.

10U // WEEK 12, DAY 2

WARM UP

GAME 1: CRAWL TAG

Keeping knees off the ground and backs flat, try to tag partner's forearm. If a player's knee touches, that's a point against them. Suggestion: Play first one to 3 points. About 3 min. [Video](#)

SKILL 1: BODYWEIGHT STRENGTH CIRCUIT

3 rounds of 12 reps each exercise.

- **Bodyweight Squat**. [Video](#)
- **Reverse Lunge**. [Video](#)
- **Pushups**. If players can't do 12 good pushups, have them lower themselves to the ground slowly, then return to the top however they need to. [Video](#)
- **1-Leg "Airplanes" (SLDL)**. [Video](#)
- **Wall Slide**. [Video](#)
- **Elbows to Hands** (6 each side). [Video](#)

GAME 2: LAST ONE STANDING

Have players tuck a hockey sock in their shorts on the side or back so it hangs out like a tail. Players will try to pull the sock out of others while keeping their own. Players can't touch their own sock (no grabbing or guarding). Last one with their sock wins.

10U // WEEK 13, DAY 1

WARM UP

GAME 1: CHASE SPRINTS

Player 1 starts about 6 feet ahead of player 2. Player 1 sprints when ready, player 2 has to react and try to race player 1 to a designated line.

- **Forward Start, Feet Staggered.** [Video](#)
- **Forward Start, Feet Square.**
- **Lateral (Side) Start.** [Video](#)
- **Pushup Start.** [Video](#)

SKILL 1: JUMP ROPE 5 MINUTES

Player has to get 30 in a row on 1 variation before moving to another.

- **2 Foot Bounce.** [Video](#)
- **2 Foot Bounce, Side to Side** (back and forth over an imaginary line). [Video](#)
- **Boxers.** [Video](#)
- **Alternating Feet.** [Video](#)

GAME 2: PARTNER STICK SPRINT

Partners start about 6 feet away from each other with sticks standing on the butt end. Partners communicate and decide when to go, and will let go of their own stick and grab their partner's stick before it falls to the ground. After success at 6 feet apart, move to 8 feet apart, and so on. [Video](#)

10U // WEEK 13, DAY 2

WARM UP

GAME 1: LASER TAG. [Video](#)

SKILL 1: STATIONARY LINE DRILLS

Tape or draw or designate a line on the floor, enough for half the players to use it at the same time. Players partner up, 1 partner will go at a time, then switch. Intervals should be 10-20 seconds.

- **2 Foot Side to Side (Lateral) Hops.** [Video](#)
- **2 Foot Forward/Backward Hops.** [Video](#)
- **Criss-Cross.** Alternate which foot is in front. [Video](#)
- **2 Foot 180's, feet parallel to the line.** Face down the line, jump over the line and spin in the air so toes point down the line the other way. Do an interval for both spins. [Video](#)
- **2 foot 180's, feet perpendicular to the line.** Toes point at the line, jump forward over the line and spin so toes point at the line. Do an interval for toes facing the line and heels facing the line. [Video](#)

GAME 2: 1-LEG TAG

Play a game of tag with every player only allowed to hop on 1 leg. [Video](#)

10U // WEEK 14, DAY 1

WARM UP

GAME 1: TOE TAG

Partners are in front of each other with arms extended and hands on partner's shoulders. Partners try to tap the other person's foot with their toes. First one to 5 wins. [Video](#)

SKILL 1: 1-LEG BALANCE DRILLS

Count the team off by 2's. 1's go for 20 seconds then 2's go. All drills done on 1 leg at a time (make sure to do a set for each leg).

- **Reach to the sky**, reach to the ground. [Video](#)
- **Reach as far as you can** to your left, right. [Video](#)
- **Leg Circles** (in skating posture). [Video](#)
- **Knee Pulls** - keep chest up. [Video](#)
- **Leg Switch**. [Video](#)

GAME 2: BALL TAG

1 or 2 tennis balls for the whole team (start with 1). 1 player is "it" and tries to tag other players BUT the player with the ball is safe. So players try to work together to get the ball in the hands of the player who is being chased.

10U // WEEK 14, DAY 2

WARM UP

GAME 1: CRAWL TAG

Keeping knees off the ground and backs flat, try to tag partner's forearm. If a player's knee touches, that's a point against them. Suggestion: Play first one to 3 points. About 3 min. [Video](#)

SKILL 1: BODYWEIGHT STRENGTH CIRCUIT

3 rounds of 15 reps each exercise.

- **Bodyweight Squat**. [Video](#)
- **Lateral Lunge**. [Video](#)
- **Pushups**. If players can't do 15 good pushups, have them lower themselves to the ground slowly, then return to the top however they need to. [Video](#)
- **1-Leg "Airplanes" (SLDL)**. [Video](#)
- **Wall Slide**. [Video](#)
- **Side Planks** (25 secs each side). [Video](#)

GAME 2: LAST ONE STANDING

Have players tuck a hockey sock in their shorts on the side or back so it hangs out like a tail. Players will try to pull the sock out of others while keeping their own. Players can't touch their own sock (no grabbing or guarding). Last one with their sock wins.

10U // WEEK 15, DAY 1

WARM UP

GAME 1: CHASE SPRINTS

Player 1 starts about 6 feet ahead of player 2. Player 1 sprints when ready, player 2 has to react and try to race player 1 to a designated line.

- **Forward Start, Feet Staggered.** [Video](#)
- **Forward Start, Feet Square.**
- **Lateral (Side) Start.** [Video](#)
- **Pushup Start.** [Video](#)

SKILL 1: JUMP ROPE 5 MINUTES

Player has to get 30 in a row on 1 variation before moving to another.

- **2 Foot Bounce.** [Video](#)
- **2 Foot Bounce, Side to Side** (back and forth over an imaginary line). [Video](#)
- **Boxers.** [Video](#)
- **Alternating Feet.** [Video](#)

GAME 2: PARTNER STICK SPRINT

Partners start about 6 feet away from each other with sticks standing on the butt end. Partners communicate and decide when to go, and will let go of their own stick and grab their partner's stick before it falls to the ground. After success at 6 feet apart, move to 8 feet apart, and so on. [Video](#)

10U // WEEK 15, DAY 2

WARM UP

GAME 1: TENNIS BALL PARTNER TOSS

One hand throw, one hand catch.

- **Same Side.** Toss to partner on same side of body (your right hand throws to their left hand), both sides about 1 min each. [Video](#)
- **Cross Body.** Toss to partner cross body (your right to their right), both sides 1 min each. [Video](#)
- **Back to back.** [Video](#)
- **Bounce Reaction.** Catcher faces away, thrower bounces the ball to catcher, who reacts to the sound of the bounce, quickly does a 180 and catches the ball. [Video](#)

SKILL 1: STATIONARY LINE DRILLS

Tape or draw or designate a line on the floor, enough for half the players to use it at the same time. Players partner up, 1 partner will go at a time, then switch. Intervals should be 10-20 seconds.

- **2 Foot Side to Side (Lateral) Hops.** [Video](#)
- **2 Foot Forward/Backward Hops.** [Video](#)
- **Criss-Cross.** Alternate which foot is in front. [Video](#)
- **Boxers.** Face the line with 1 foot in front and 1 foot behind the line, then jump and switch feet. [Video](#)
- **2 Foot 180's, feet parallel to the line.** Face down the line, jump over the line and spin in the air so toes point down the line the other way. Do an interval for both spins. [Video](#)
- **1 Foot Side to Side (Lateral) Hops.** Stay on 1 foot for whole interval, then the other foot for the next interval. [Video](#)

GAME 2: 1-LEG STICK WRESTLE (BATTLE)

Try to get partner to put the other foot down, let go of the stick, or otherwise lose balance. [Video](#)

10U // WEEK 16, DAY 1

WARM UP

GAME 1: PERIPHERAL TRACKING TAG

Players should tag partners hand as quickly and accurately as possible. Partner 1 has his back to Partner 2). Partner 2 reaches out and puts his hand somewhere in partner 1's visual field. Partner 1 has to find the hand and tag it as quickly as possible. First tag with same-side hand, then with opposite side hand, about 1 minute total, then switch partners. [Video 1](#) | [Video 2](#)

SKILL 1: 1-LEG BALANCE DRILLS

Count the team off by 2's. 1's go for 20 seconds then 2's go. All drills done on 1 leg at a time (make sure to do a set for each leg).

- **Reach to the sky**, reach to the ground. [Video](#)
- **Reach as far as you can** to your left, right. [Video](#)
- **Leg Circles** (in skating posture). [Video](#)
- **Lateral Leg Switch**. Like skating in place. [Video](#)

GAME 2: BALL TAG

1 or 2 tennis balls for the whole team (start with 1). 1 player is "it" and tries to tag other players BUT the player with the ball is safe. So players try to work together to get the ball in the hands of the player who is being chased.

10U // WEEK 16, DAY 2

WARM UP

GAME 1: CRAWL TAG

Keeping knees off the ground and backs flat, try to tag partner's forearm. If a player's knee touches, that's a point against them. Suggestion: Play first one to 3 points. About 3 min. [Video](#)

SKILL 1: BODYWEIGHT STRENGTH CIRCUIT

3 rounds of 15 reps each exercise.

- **Bodyweight Squat**. [Video](#)
- **Reverse Lunge**. [Video](#)
- **Pushups**. If players can't do 15 good pushups, have them lower themselves to the ground slowly, then return to the top however they need to. [Video](#)
- **1-Leg Hip Press (Glute Bridge Press)** - lay on back with knees bent and feet flat on the floor. Using the heel of 1 leg, push into the ground and raise hips up into a bridge position. Hold at that top position. [Video](#)
- **Wall Slides**. [Video](#)
- **Plank with 1 Arm Reach** (25 secs each side). [Video](#)

GAME 2: LAST ONE STANDING

Have players tuck a hockey sock in their shorts on the side or back so it hangs out like a tail. Players will try to pull the sock out of others while keeping their own. Players can't touch their own sock (no grabbing or guarding). Last one with their sock wins.

10U // WEEK 17, DAY 1

WARM UP

GAME 1: CHASE SPRINTS

Player 1 starts about 6 feet ahead of player 2. Player 1 sprints when ready, player 2 has to react and try to race player 1 to a designated line.

- **Forward Start, Feet Staggered.** [Video](#)
- **Forward Start, Feet Square.**
- **Mirror Sprint Forward.** Partners face each other (player 1 reacts to player 2, turns and runs forward to the line). In this one, player 2 decides when to go and player 1 has to react. [Video](#)

SKILL 1: JUMP ROPE 5 MINUTES

Player has to get 30 in a row on 1 variation before moving to another.

- **2 Foot Bounce.** [Video](#)
- **2 Foot Bounce, Side to Side** (back and forth over an imaginary line). [Video](#)
- **Boxers.** [Video](#)
- **Alternating Feet.** [Video](#)
- **1-Leg.** 30 on one leg, then 30 on other leg. [Video](#)

GAME 2: PARTNER STICK SPRINT

Partners start about 6 feet away from each other with sticks standing on the butt end. Partners communicate and decide when to go, and will let go of their own stick and grab their partner's stick before it falls to the ground. After success at 6 feet apart, move to 8 feet apart, and so on. [Video](#)

10U // WEEK 17, DAY 2

WARM UP

GAME 1: TENNIS BALL PARTNER TOSS

One hand throw, one hand catch. Balance on 1 leg.

- **Same Side.** Toss to partner on same side of body (your right hand throws to their left hand), both sides about 1 min each. [Video](#)
- **Cross Body.** Toss to partner cross body (your right to their right), both sides 1 min each. [Video](#)
- **Back to back.** [Video](#)
- **Bounce Reaction.** Catcher faces away, thrower bounces the ball to catcher, who reacts to the sound of the bounce, quickly does a 180 and catches the ball. [Video](#)
- **No-Handed (Body) Catch.** [Video](#)

SKILL 1: STATIONARY LINE DRILLS

Tape or draw or designate a line on the floor, enough for half the players to use it at the same time. Players partner up, 1 partner will go at a time, then switch. Intervals should be 10-20 seconds.

- **2 Foot Forward/Backward Hops.** [Video](#)
- **Criss-Cross.** Alternate which foot is in front. [Video](#)
- **Boxers.** Face the line with 1 foot in front and 1 foot behind the line, then jump and switch feet. [Video](#)
- **1 Foot Side to Side (Lateral) Hops.** Stay on 1 foot for whole interval, then the other foot for the next interval. [Video](#)
- **1 Foot Crossover Hops.** Stand next to the line on the leg closest to the line, cross the outside leg over to the other side of the line and stick the landing. Repeat going back the other way. [Video](#)

GAME 2: 1-LEG STICK WRESTLE (BATTLE)

Try to get partner to put the other foot down, let go of the stick, or otherwise lose balance. [Video](#)

10U // WEEK 18, DAY 1

WARM UP

GAME 1: PERIPHERAL TRACKING TAG

Players should tag partners hand as quickly and accurately as possible. Partner 1 has his back to Partner 2). Partner 2 reaches out and puts his hand somewhere in partner 1's visual field. Partner 1 has to find the hand and tag it as quickly as possible. First tag with same-side hand, then with opposite side hand, about 1 minute total, then switch partners. [Video 1](#) | [Video 2](#)

SKILL 1: 1-LEG BALANCE DRILLS

Count the team off by 2's. 1's go for 20 seconds then 2's go. All drills done on 1 leg at a time (make sure to do a set for each leg).

- **Reach to the sky**, reach to the ground. [Video](#)
- **Reach as far as you can** to your left, right. [Video](#)
- **Leg Circles** (in skating posture). [Video](#)
- **Lateral Leg Switch**. Like skating in place. [Video](#)

GAME 2: BALL TAG

1 or 2 tennis balls for the whole team (start with 1). 1 player is "it" and tries to tag other players BUT the player with the ball is safe. So players try to work together to get the ball in the hands of the player who is being chased.

10U // WEEK 18, DAY 2

WARM UP

GAME 1: CRAWL TAG

Keeping knees off the ground and backs flat, try to tag partner's forearm. If a player's knee touches, that's a point against them. Suggestion: Play first one to 3 points. About 3 min. [Video](#)

SKILL 1: BODYWEIGHT STRENGTH CIRCUIT

3 rounds of 15 reps each exercise.

- **Bodyweight Squat**. [Video](#)
- **Lateral Lunge**. [Video](#)
- **Pushups**. If players can't do 15 good pushups, have them lower themselves to the ground slowly, then return to the top however they need to. [Video](#)
- **1-Leg "Airplanes" (SLDL)**. [Video](#)
- **Wall Slides**. [Video](#)
- **Alternating Side Planks**. [Video](#)

GAME 2: LAST ONE STANDING

Have players tuck a hockey sock in their shorts on the side or back so it hangs out like a tail. Players will try to pull the sock out of others while keeping their own. Players can't touch their own sock (no grabbing or guarding). Last one with their sock wins.

10U // WEEK 19, DAY 1

WARM UP

GAME 1: CHASE SPRINTS

Player 1 starts about 6 feet ahead of player 2. Player 1 sprints when ready, player 2 has to react and try to race player 1 to a designated line.

- **Forward Start, Feet Staggered.** [Video](#)
- **Forward Start, Feet Square.**
- **Mirror Sprint Forward.** Partners face each other (player 1 reacts to player 2, turns and runs forward to the line). In this one, player 2 decides when to go and player 1 has to react. [Video](#)

SKILL 1: JUMP ROPE 5 MINUTES

Player has to get 30 in a row on 1 variation before moving to another.

- **2 Foot Bounce.** [Video](#)
- **2 Foot Bounce, Side to Side** (back and forth over an imaginary line). [Video](#)
- **Boxers.** [Video](#)
- **Alternating Feet.** [Video](#)
- **2 Each, Alternating double hop.** [Video](#)
- **1-Leg.** 30 on one leg, then 30 on other leg. [Video](#)

GAME 2: PARTNER STICK SPRINT

Partners start about 6 feet away from each other with sticks standing on the butt end. Partners communicate and decide when to go, and will let go of their own stick and grab their partner's stick before it falls to the ground. After success at 6 feet apart, move to 8 feet apart, and so on. [Video](#)

10U // WEEK 19, DAY 2

WARM UP

GAME 1: TENNIS BALL PARTNER TOSS

One hand throw, one hand catch. Balance on 1 leg.

- **Same Side.** Toss to partner on same side of body (your right hand throws to their left hand), both sides about 1 min each. [Video](#)
- **Cross Body.** Toss to partner cross body (your right to their right), both sides 1 min each. [Video](#)
- **Back to back.** [Video](#)
- **Bounce Reaction.** Catcher faces away, thrower bounces the ball to catcher, who reacts to the sound of the bounce, quickly does a 180 and catches the ball. [Video](#)
- **Back to back.** [Video](#)
- **No-Handed (Body) Catch.** [Video](#)

SKILL 1: STATIONARY LINE DRILLS

Tape or draw or designate a line on the floor, enough for half the players to use it at the same time. Players partner up, 1 partner will go at a time, then switch. Intervals should be 10-20 seconds.

- **2 Foot Side to Side (Lateral) Hops.** [Video](#)
- **Lateral Shuffle.** [Video](#)
- **1 Foot Side to Side (Lateral) Hops.** Stay on 1 foot for whole interval, then the other foot for the next interval. [Video](#)
- **2 Foot 180's.** Feet parallel to the line - face down the line, jump over the line and spin in the air so toes point down the line the other way. Do an interval for both spins. [Video](#)

GAME 2: 1-LEG TAG

Play a game of tag with every player only allowed to hop on 1 leg. [Video](#)

10U // WEEK 20, DAY 1

WARM UP

GAME 2: GLADIATOR HANDS

Partners face each other and stand with feet together as if standing on top of a telephone pole. The object is to make your partner fall off the telephone pole (any foot movement counts as a fall). Contact with palms of hands only, no grabbing/pulling. [Video](#)

SKILL 1: 1-LEG BALANCE DRILLS

Count the team off by 2's. 1's go for 20 seconds then 2's go. All drills done on 1 leg at a time (make sure to do a set for each leg).

- **Reach to the sky**, reach to the ground. [Video](#)
- **Reach as far as you can** to your left, right. [Video](#)
- **Leg Circles** (in skating posture). [Video](#)
- **Lateral Leg Switch**. Like skating in place. [Video](#)

GAME 2: BALL TAG

1 or 2 tennis balls for the whole team (start with 1). 1 player is "it" and tries to tag other players BUT the player with the ball is safe. So players try to work together to get the ball in the hands of the player who is being chased.

10U // WEEK 20, DAY 2

WARM UP

GAME 1: CRAWL TAG

Keeping knees off the ground and backs flat, try to tag partner's forearm. If a player's knee touches, that's a point against them. Suggestion: Play first one to 3 points. About 3 min. [Video](#)

SKILL 1: BODYWEIGHT STRENGTH CIRCUIT

3 rounds of 15 reps each exercise.

- **Bodyweight Squat**. [Video](#)
- **Lateral Lunge**. [Video](#)
- **Pushups**. If players can't do 15 good pushups, have them lower themselves to the ground slowly, then return to the top however they need to. [Video](#)
- **1-Leg "Airplanes" (SLDL)**. [Video](#)
- **Wall Slide**. [Video](#)
- **Alternating Side Planks**. [Video](#)

GAME 2: LAST ONE STANDING

Have players tuck a hockey sock in their shorts on the side or back so it hangs out like a tail. Players will try to pull the sock out of others while keeping their own. Players can't touch their own sock (no grabbing or guarding). Last one with their sock wins.