

Mustang Dryland Training

Handbook



2025/2026

8U Dryland Program (Ponies/Mustangs)

Duration:

- **20 to 30 minutes per session**
The sessions should be short and fun to keep them engaged and prevent fatigue. Focus on keeping drills dynamic, engaging, and varied to maintain their attention.

Focus Areas:

1. **Basic Agility – Running, shuffling, and quick stops.**
2. **Strength – Bodyweight exercises like squats, push-ups, and planks.**
3. **Balance – Single-leg exercises, hopping, and jumping drills.**
4. **Hand-Eye Coordination – Light stickhandling, catching, and passing.**
5. **Fun Games – Incorporate playful activities that promote movement without feeling like a structured workout.**

Progression Over Time:

As the players get older and more experienced, you can increase the intensity, introduce more skill-specific drills, and add variety to the training to challenge them further.

This approach should help players develop the foundational athleticism needed for hockey while maintaining a positive and fun environment!

Structure (30 Minutes)

- **5-Minute Warm-up:** Fun movement-based games
 - **20-Minute Stations:** (10 minutes per station, then switch)
 - **Station 1: Shooting Games**
 - **Station 2: Agility & Strength Challenges**
 - **5-Minute Cool-down:** Stretching + silly games
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WARM-UP (5 min) – Fun Movement Games

1. **"Red Light, Green Light" (Skater Style)** – 1 min
 - Players run in place, "skate" side to side, or freeze when coach says "red light."
 2. **"Monkey See, Monkey Do" Stretching** – 1 min
 - Coach does silly stretches, players copy.
 3. **Bear Crawls & Crab Walk Races** – 1 min
 - Crawl like a bear, then flip over and crab walk back.
 4. **Superhero Jumps** – 1 min
 - Squat down, then jump as high as possible like a superhero.
 5. **Quick Feet Fire Drill** – 1 min
 - Fast feet in place; when coach yells "FIRE," kids drop and pop up quickly!
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STATION 1: Shooting Games (10 min)

- **Setup:** Small net, shooting tarp, or a wall with a target.
- **Goal:** Make it feel like a game instead of just "practice."

Week 1-5: Target Blaster

- **Game 1: "Knock Down the Monsters"** (5 min)
 - Place cones or targets in the net. Players "knock them out" with wrist shots.
- **Game 2: "Rapid Fire!"** (5 min)
 - Players take 3-5 quick shots in a row and try to hit different targets.

Week 6-10: Power & Quick Hands

- **Game 1: "Pass, Shoot, Score!"** (5 min)
 - Players get a pass (from coach or self-pass), then shoot quickly.
- **Game 2: "One-Timer Smash"** (5 min)
 - Coach drops or passes a ball, player one-times it at the net!

Week 11-15: Accuracy & Fun Challenges

- **Game 1: "Call Your Shot"** (5 min)
 - Before shooting, kids must yell "top left," "five-hole," etc., then try to hit it!
- **Game 2: "Beat the Goalie"** (5 min)
 - Coach (or a player) acts as a "goalie," trying to stop the shots.

Week 16-20: Shooting Under Pressure

- **Game 1: "Shooter vs. Defender"** (5 min)
 - A player has 3 seconds to shoot before a "defender" (coach or another player) tries to block!
 - **Game 2: "Lightning Round"** (5 min)
 - Players compete to see who can score the most goals in 30 seconds!
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STATION 2: Agility & Strength Challenges (10 min)

- **Setup:** Use cones, agility ladders, and bodyweight exercises.
- **Goal:** Make movement drills feel like fun challenges!

Week 1-5: Speed & Agility Fun

- **Game 1: "Obstacle Course Relay"** (5 min)
 - Players weave through cones, hop over sticks, and do a jump at the end.
- **Game 2: "Freeze Tag (with Skating Moves)"** (5 min)
 - Players must use lateral hops and quick feet to avoid being tagged.

Week 6-10: Strength & Balance Games

- **Game 1: "Hockey Ninja"** (5 min)
 - Players balance on one foot and try to knock each other's raised foot with their hands.
- **Game 2: "Balance Ball Catch"** (5 min)
 - Players stand on one leg and catch a ball without falling.

Week 11-15: Reaction & Quick Thinking

- **Game 1: "Coach Says" (Like Simon Says)** (5 min)
 - Coach calls out different hockey movements (jump, squat, sprint, skate).
- **Game 2: "Fast Hands Race"** (5 min)
 - Players do quick hand taps on their knees or floor, racing to a finish line.

Week 16-20: Endurance & Fun Competitions

- **Game 1: "Superhero Sprint"** (5 min)
 - Kids pretend to be superheroes, running fast with "flying arms."
 - **Game 2: "Skater Jumps Showdown"** (5 min)
 - Players see who can do the most side-to-side jumps in 30 seconds.
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COOL-DOWN (5 min) – Silly & Relaxing

1. **"Sleeping Bears" (Deep Breathing)** – 1 min
 - Players lie on the floor, take deep breaths, and pretend to hibernate.
 2. **"Wiggle & Freeze" (Full Body Stretch)** – 1 min
 - Wiggle all over, then freeze in a stretch position.
 3. **"High Five Circle"** – 1 min
 - Players go around and give each other high fives.
 4. **Coach's Fun Challenge (Joke or Trick Question)** – 1 min
 - Example: "What's the best hockey player's favorite kind of cake? Hat-trick cake!"
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Why This Program is Fun & Effective

- ✓ **Fast-Paced & Engaging:** Keeps 8U kids moving and laughing.
- ✓ **Games Instead of Drills:** Turning training into play boosts effort & excitement.
- ✓ **Small-Space Friendly:** No huge areas required—just enthusiasm!
- ✓ **Builds Hockey Skills Without Feeling Like Work:** They improve without even realizing it!

This **20-week plan** gets **8U players excited about dryland training** while **developing real hockey skills**.

10U Dryland Program (Squirts)

For 10U hockey players, the frequency of dryland training can be a bit higher than for 8U players as they are starting to develop more advanced skills, coordination, and strength. Here's a general guideline for 10U players:

Frequency:

- **2 to 4 times per week**

At this age, 10U players can handle a bit more volume, especially if they have a strong foundation in basic skills. However, it's still important to balance with their on-ice practices and school activities to avoid burnout.

Duration:

- **30 to 45 minutes per session**

Sessions should still be relatively short, but you can increase the intensity and complexity of the drills compared to 8U. It's important to maintain a fun and engaging atmosphere while providing a challenge.

Focus Areas:

- 1. Agility & Speed – Drills that improve quickness, change of direction, and lateral movement (e.g., cone drills, shuttle runs).**
- 2. Strength & Conditioning – Bodyweight exercises like squats, lunges, push-ups, and planks, as well as resistance work with bands or light weights (if available).**
- 3. Balance & Stability – Single-leg drills, lateral hops, and core strengthening exercises.**
- 4. Hand-Eye Coordination & Stickhandling – Light stickhandling drills, puck control, and passing.**
- 5. Shooting Technique – Wrist shots, snap shots, and backhand shots on targets.**
- 6. Flexibility – Dynamic stretching and mobility exercises.**

Rest & Recovery:

Make sure there's enough recovery time between dryland sessions, particularly if the players have other sports or activities. Rest days are just as important as active days for young athletes to grow and avoid overuse injuries.

Progression Over Time:

As players develop more strength and technique, you can increase the intensity of the drills, introduce more complex movements, and gradually introduce exercises that simulate in-game situations (e.g., stickhandling with pressure, shooting under fatigue).

With consistent training, this age group can improve key physical qualities like speed, agility, and strength, setting a great foundation for future hockey development!

10U Dryland Program (Squirts)

Structure (30 Minutes)

- **5-Minute Warm-up** (Dynamic Stretching & Activation)
 - **20-Minute Stations** (10 minutes per station, then switch)
 - **Station 1: Shooting Technique**
 - **Station 2: Dryland Conditioning & Agility**
 - **5-Minute Cool-down** (Stretching & Mobility)
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Weekly Plan Overview

Each week, progress the drills slightly to keep kids engaged and improving.

Warm-up (5 min)

- High knees (30 sec)
 - Butt kicks (30 sec)
 - Arm circles & shoulder stretches (30 sec)
 - Bodyweight squats (30 sec)
 - Lateral lunges (30 sec)
 - Jumping jacks (30 sec)
 - Fast feet (30 sec)
 - Stickhandling warm-up (if space allows)
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Station 1: Shooting Technique (10 min)

- Week 1-5: **Wrist Shots** – Focus on form, weight transfer, and follow-through.
 - Week 6-10: **Snap Shots** – Quick release, proper stick flex, weight shift.
 - Week 11-15: **Backhand Shots** – Accuracy and power.
 - Week 16-20: **One-Timers & Quick Release** – Reaction time, body positioning.
 - **Extra Focus:** Accuracy drills (targets), quick hands, under-pressure shooting.
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Station 2: Dryland Conditioning & Agility (10 min)

- **Week 1-5:**
 - Ladder drills (quick feet, lateral movement)
 - Bodyweight squats & lunges
 - Core work (planks, Russian twists)

- **Week 6-10:**
 - Sprint variations (forward, lateral, backpedal)
 - Plyometrics (box jumps, broad jumps)
 - Resistance band work (leg strength)
 - **Week 11-15:**
 - Reaction drills (coach call sprint, mirror drills)
 - Single-leg balance & strength exercises
 - Battle exercises (tug-of-war with sticks)
 - **Week 16-20:**
 - Sport-specific agility (quick starts, stops, pivots)
 - Explosive power movements (burpees, jumping lunges)
 - Small space shuttle runs
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Cool-down (5 min)

- Static stretching (legs, arms, back)
- Deep breathing and recovery

This plan keeps players engaged, builds endurance, strength, and shooting fundamentals over 20 weeks. Let me know if you want tweaks!

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You said:

add specific drills

ChatGPT said:

Here's your **detailed 30-minute 10U hockey dryland program** with **specific drills** that can be done in a small space over 20 weeks. The group is split in half, with one focusing on **shooting technique** and the other on **dryland conditioning & agility**.

Structure (30 Minutes)

- **5-Minute Warm-up** (Dynamic Stretching & Activation)
 - **20-Minute Stations** (10 minutes per station, then switch)
 - **Station 1: Shooting Technique**
 - **Station 2: Dryland Conditioning & Agility**
 - **5-Minute Cool-down** (Stretching & Mobility)
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WARM-UP (5 min) – Dynamic Movement

1. **High Knees** – 30 sec
 2. **Butt Kicks** – 30 sec
 3. **Arm Circles & Shoulder Stretches** – 30 sec
 4. **Lateral Lunges** – 30 sec
 5. **Jumping Jacks** – 30 sec
 6. **Fast Feet (quick feet in place, then sprint 5 yards on coach's cue)** – 30 sec
 7. **Stickhandling Warm-up (If space allows)** – 30 sec
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STATION 1: Shooting Technique (10 min)

- **Setup:** Use a shooting tarp, net with targets, or wall with a marked goal. Players rotate shots every 30-60 seconds.
- **Progression:** Over 20 weeks, build from basic wrist shots to advanced shooting techniques.

Week 1-5: Wrist Shot Fundamentals

- **Drill 1: Weight Transfer Shot** (5 min)
 - Players practice shifting weight from back to front foot while shooting.
- **Drill 2: Target Shooting** (5 min)
 - Set up 4 targets in the net. Players aim for one target at a time.

Week 6-10: Snap Shot & Quick Release

- **Drill 1: Quick Hands & Snap Shot** (5 min)
 - Focus on rolling wrists, getting power from the lower body.
- **Drill 2: One-touch Snap Shot** (5 min)
 - Players receive a pass (or simulate it) and quickly release a shot.

Week 11-15: Backhand Shot & Accuracy

- **Drill 1: Backhand Power Shots** (5 min)
 - Players work on getting more power with proper body rotation.
- **Drill 2: Moving Backhand Shots** (5 min)
 - Skate or shuffle sideways before shooting backhand.

Week 16-20: One-Timers & Game Situational Shooting

- **Drill 1: One-Timer Basics** (5 min)

- Coach or partner rolls a ball or passes a puck, and the player one-times it.
 - **Drill 2: Rebound & Quick Release** (5 min)
 - Players shoot, retrieve a rebound, and shoot again quickly.
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STATION 2: Dryland Conditioning & Agility (10 min)

- **Setup:** Use agility ladders, cones, resistance bands, and bodyweight exercises.
- **Progression:** Increase speed, intensity, and difficulty over time.

Week 1-5: Footwork & Core Strength

- **Drill 1: Ladder Drills** (5 min)
 - Quick feet (two feet in each square), lateral movement, and Ickey shuffle.
- **Drill 2: Core & Leg Strength** (5 min)
 - 20 squats, 10 lunges per leg, and 30-second plank.

Week 6-10: Sprint Variations & Power

- **Drill 1: Reaction Sprint Drills** (5 min)
 - Players react to coach's call (forward, lateral, backpedal).
- **Drill 2: Explosive Power Jumps** (5 min)
 - Box jumps (onto a bench or small platform), broad jumps.

Week 11-15: Speed, Reaction & Balance

- **Drill 1: Mirror Drill** (5 min)
 - Partner-based drill where one player mirrors another's movements.
- **Drill 2: One-Leg Balance & Strength** (5 min)
 - Stand on one leg, catch a light ball, hold for 30 sec.

Week 16-20: Game Situational Movement

- **Drill 1: Agility Shuttle Runs** (5 min)
 - Sprint 5 yards, touch the ground, shuffle back.
 - **Drill 2: Battle Drills** (5 min)
 - Stick tug-of-war or resistance band pulls to simulate battles for pucks.
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COOL-DOWN (5 min) – Static Stretching & Recovery

1. **Hamstring Stretch** – 30 sec each leg
 2. **Quad Stretch** – 30 sec each leg
 3. **Hip Stretch (Butterfly Stretch)** – 30 sec
 4. **Arm Across Body Stretch** – 30 sec each arm
 5. **Deep Breathing & Recovery Focus** – 30 sec
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ADJUSTMENTS & VARIATIONS

- If space is tight, use resistance bands instead of running-based drills.
- Add a **passing element** to shooting drills if players have a partner.
- Use a tennis ball if shooting with pucks isn't possible.

This **20-week plan** ensures steady skill development while keeping kids engaged and improving their hockey abilities in a **small space**. Let me know if you'd like any modifications! 🏒🥅

12U Dryland Program (Peewees)

For **12U hockey players**, their physical abilities are developing significantly, and they can handle more structured dryland training. The focus should be on building strength, speed, agility, power, and hockey-specific skills to enhance their on-ice performance.

Frequency:

- **3 to 4 times per week**

At this age, players can tolerate more frequent training. A mix of dryland sessions along with on-ice practices is ideal. Dryland training can be spread out over the week, ensuring a balance between active training days and rest or recovery days.

Duration:

- **45 to 60 minutes per session**

The sessions can be a bit longer than for younger age groups, allowing for a more comprehensive focus on conditioning, strength, and hockey-specific skills. However, it's important to avoid fatigue, so incorporating rest periods or lighter recovery sessions is also essential.

Focus Areas:

1. **Speed & Agility** – Improve quickness, reaction time, and change of direction (e.g., cone drills, ladder drills, shuttle sprints).
2. **Strength & Power** – Begin to incorporate more advanced strength exercises like squats, lunges, push-ups, planks, and more advanced core work. Some players might also start working with light weights or resistance bands, with proper supervision.
3. **Plyometrics** – Jumping drills, bounding, and explosive movements to develop power and strength for quick starts and stops on the ice.
4. **Stickhandling & Passing** – More advanced stickhandling drills (e.g., toe drags, one-handed puck control) and passing under pressure.
5. **Shooting Technique** – Focus on wrist shots, snap shots, one-timers, and shooting accuracy under fatigue or pressure.
6. **Core & Stability** – Stability exercises like planks, bridges, and single-leg exercises to develop balance and overall body control.
7. **Flexibility & Mobility** – Dynamic stretches before workouts and static stretching for flexibility after workouts.

Rest & Recovery:

- As the volume increases, ensure proper recovery days are included in the training schedule. Incorporating low-intensity activities or stretching on recovery days will help with muscle recovery and prevent injury.

Progression Over Time:

- As players grow, the intensity and complexity of the dryland exercises should progressively increase. This might include adding more resistance (bands, light weights), higher intensity drills, and more complex movement patterns.
- Incorporate more sport-specific drills (e.g., shooting while moving, quick releases, stickhandling under pressure) as players mature.

With 12U players, dryland training can be a key component of developing strength, agility, and hockey-specific skills. At this age, athletes are starting to make great strides in their athletic development, so structured training can significantly enhance their on-ice performance.

12U Dryland Program (Peewees)

Each session lasts 45 minutes. The program is structured with **two groups**:

1. **Shooting Group** (12 minutes)
2. **Workout and Stickhandling Group** (12 minutes)

At the end of each session, the groups switch.

Warm-up (5 minutes) - Each Session

- **Jumping Jacks** (30 seconds)
 - **High Knees** (30 seconds)
 - **Arm Circles** (30 seconds forward, 30 seconds backward)
 - **Bodyweight Squats** (1 minute)
 - **Lunges** (1 minute)
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Week 1-4: Foundation of Shooting and Stickhandling

Shooting Group (12 minutes)

- **Drill 1: Wrist Shot on Wall**
 - Stand 6-8 feet from the wall, practice wrist shots focusing on technique (weight transfer, follow-through).
 - 30 seconds of shooting, 15 seconds rest. Repeat for 3-4 sets.
- **Drill 2: Shooting with Targets**
 - Set up tape or targets on the wall and shoot for specific target areas (top corners).
 - Focus on aiming for accuracy.
- **Drill 3: Quick Release Wrist Shots**
 - Shoot as quickly as possible, focusing on getting a fast shot off with accuracy and control.
 - 30 seconds of shooting, 15 seconds rest. Repeat for 3-4 sets.

Workout and Stickhandling Group (12 minutes)

- **Drill 1: Figure 8 Stickhandling**
 - Set 2 cones 3 feet apart. Stickhandle the puck around the cones in a figure-8 motion.
 - Focus on control, speed, and smooth transitions.
- **Drill 2: Lateral Skating (Imaginary Movement)**

- Perform lateral shuffles as if skating. Focus on maintaining a low stance and quick footwork.
 - 30 seconds of movement, 15 seconds rest. Repeat for 3-4 sets.
 - **Drill 3: Plank to Push-up**
 - Start in a plank position, perform a push-up, and return to the plank.
 - 10-12 repetitions, focusing on core stability and upper body strength.
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Week 5-8: Shooting Progression & Stickhandling under Pressure

Shooting Group (12 minutes)

- **Drill 1: Snap Shot**
 - Focus on a quick, compact shot with minimal backswing and fast release.
 - Shoot for 30 seconds, rest for 15 seconds. Repeat for 3-4 sets.
- **Drill 2: Shooting Off the Pass (Rebounder or Wall)**
 - Use a rebounder or pass to yourself off the wall and shoot immediately.
 - Focus on timing, quick release, and accuracy.
- **Drill 3: One-Timer Practice (If partner is available)**
 - Practice receiving a pass and shooting a one-timer.
 - Focus on accuracy and shooting under pressure.

Workout and Stickhandling Group (12 minutes)

- **Drill 1: Cone Weaving**
 - Set up 4-5 cones in a line and weave the puck through them quickly.
 - Focus on hand-eye coordination and speed.
 - **Drill 2: Stickhandling with Quick Direction Changes**
 - Stickhandle and change direction quickly. Focus on deception and moving the puck in tight spaces.
 - Work on increasing speed as the drill progresses.
 - **Drill 3: Lateral Bounds**
 - Perform lateral jumps side to side, emphasizing explosive power and agility.
 - 30 seconds of jumps, rest for 15 seconds. Repeat for 3-4 sets.
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Week 9-12: Advanced Shooting & Stickhandling under Pressure

Shooting Group (12 minutes)

- **Drill 1: Slap Shot (Wall Shots)**
 - Practice full slap shot mechanics using a soft puck/ball.
 - Focus on power and accuracy with each shot.

- **Drill 2: Shooting on the Move**
 - Perform lateral movements or quick changes of direction, then shoot immediately.
 - Work on shooting balance and precision while in motion.
- **Drill 3: Quick Shot Repetitions**
 - Rapid-fire wrist shots with minimal pause between shots.
 - Focus on shooting with consistency and speed.

Workout and Stickhandling Group (12 minutes)

- **Drill 1: Puck Protection Stickhandling**
 - Stickhandle while protecting the puck from an imaginary defender using your body.
 - Focus on body positioning and puck control under pressure.
 - **Drill 2: Toe Drag and Pull-Back**
 - Practice toe drags in both directions, followed by quick pull-backs.
 - Focus on improving hand-eye coordination and deceptive moves.
 - **Drill 3: Mountain Climbers**
 - Start in a plank position, then alternate bringing your knees to your chest as quickly as possible.
 - 30 seconds of work, 15 seconds rest. Repeat for 3-4 sets.
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Week 13-16: Speed and Precision

Shooting Group (12 minutes)

- **Drill 1: Slap Shot with Targeting**
 - Practice slap shots while aiming for specific targets on the wall.
 - Focus on accuracy and power in the shot.
- **Drill 2: Shooting Off the Pass (Partner or Rebounder)**
 - Pass to yourself off the wall or use a partner to receive passes and shoot immediately.
 - Focus on shooting with a quick release.
- **Drill 3: Quick Shot Challenge**
 - Shoot rapidly for 30 seconds, focusing on keeping the shots quick and accurate.
 - Perform this drill for 3-4 sets.

Workout and Stickhandling Group (12 minutes)

- **Drill 1: Fast Figure 8 Stickhandling**
 - Stickhandle the puck quickly around cones in a figure-8 pattern.
 - Focus on maintaining control at high speeds.
- **Drill 2: Puck Protection with Movement**

- Stickhandle and move in small spaces while protecting the puck from an imaginary defender.
 - Work on quick turns and tight control under pressure.
 - **Drill 3: Lateral Skating with Sprints**
 - Shuffle laterally, then sprint forward for a few seconds before returning to lateral movement.
 - Focus on explosive movements and agility.
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Week 17-20: High-Intensity and Final Progression

Shooting Group (12 minutes)

- **Drill 1: Rapid Fire Shooting**
 - Shoot continuously for 30 seconds, focusing on quick wrist or snap shots.
 - Work on shooting at full intensity with consistency.
- **Drill 2: One-Timer with Movement**
 - Practice receiving passes and taking one-timers while moving.
 - Focus on accuracy and quick releases.
- **Drill 3: Slap Shot and Wrist Shot Combo**
 - Alternate between slap shots and wrist shots, shooting with power and precision.
 - Focus on consistency and control under pressure.

Workout and Stickhandling Group (12 minutes)

- **Drill 1: Cone Weaving with Speed**
 - Weave through cones quickly, working on speed and control.
 - Focus on quick, sharp turns and tight puck handling.
 - **Drill 2: Toe Drag and Change of Direction**
 - Stickhandle with quick toe drags, then immediately change direction.
 - Focus on deception and agility.
 - **Drill 3: Speed and Agility Sprints**
 - Perform sprints with quick changes of direction.
 - Build explosive power and speed.
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Cool Down (5 minutes) - Each Session

- **Stretching:**
 - **Hamstring Stretch** (30 seconds each leg)
 - **Quad Stretch** (30 seconds each leg)
 - **Shoulder Stretches** (30 seconds each arm)
 - **Child's Pose** (1 minute)

This program ensures that players improve their shooting and conditioning while also developing stickhandling and agility. The rotation of groups allows for focused practice in each area, with the shooting group developing more precise and powerful shots, and the workout group focusing on skills and fitness. The intensity builds over time to prepare for peak performance in games.

14U Dryland Program (Bantams)

For **14U hockey players**, their physical and skill development is advancing rapidly, and they can handle more intense and specialized dryland training. At this age, the focus should be on refining hockey-specific skills, building strength, power, and endurance, and improving overall athleticism.

Frequency:

- **4 to 5 times per week**

At the 14U level, players can handle a more frequent dryland training schedule, particularly if they are also doing on-ice practices. A good balance is to have **2-3 dryland sessions focused on strength, conditioning, and skills** and **1-2 sessions focused on recovery, mobility, or lighter skill work**.

Duration:

- **60 minutes per session**

Sessions can be longer and more intense, lasting up to 60 minutes. This allows for a comprehensive focus on strength, agility, power, conditioning, and hockey-specific movements. Keep in mind that players should have time for proper warm-up, skill work, and cool down to prevent injury.

Focus Areas:

1. **Strength & Power Development**

- **Weight Training (if available)** – Focus on compound movements like squats, deadlifts, lunges, and presses to build lower body and upper body strength. For players not yet doing weight training, bodyweight exercises like squats, push-ups, and lunges are effective.
- **Plyometrics** – Box jumps, lateral bounds, and explosive exercises to improve power for quick starts, stops, and jumps.

2. **Speed & Agility**

- Sprint drills (10-20 yards) with rest and explosive starts.
- Cone drills and ladder drills to enhance footwork, change of direction, and reaction time.
- Agility with the puck, such as stickhandling while performing directional changes at high speed.

3. **Core Stability & Flexibility**

- Core exercises like planks, side planks, Russian twists, and stability ball work to enhance overall body control, balance, and stability.

- Flexibility and mobility exercises to improve range of motion, particularly in the hips, hamstrings, and shoulders.
4. **Endurance & Conditioning**
 - High-intensity interval training (HIIT) or circuit training to improve aerobic and anaerobic conditioning. Include sprints, burpees, or other high-intensity drills that simulate hockey shifts.
 - Station-based drills with short, intense bursts of activity followed by rest (e.g., 30 seconds of effort, 30 seconds of rest, repeating for 10-15 minutes).
 5. **Stickhandling & Shooting**
 - Advanced stickhandling drills like toe drags, puck control with head fakes, and one-handed puck work to build quick, precise movements.
 - Shooting practice with a focus on wrist shots, snap shots, one-timers, and shooting off the pass. Practice shooting with accuracy and power under pressure.
 6. **Mobility & Recovery (Active Rest)**
 - Recovery days should focus on low-intensity activities like yoga, light stretching, foam rolling, or a light skate to enhance recovery and reduce muscle tightness.

Rest & Recovery:

- **Rest days** are essential for 14U players to prevent overtraining and burnout. Players should have 1-2 rest or active recovery days per week, especially after high-intensity dryland or on-ice practices.
- Focus on proper nutrition, hydration, and sleep to support recovery and growth.

Progression Over Time:

- As players mature physically and mentally, dryland sessions should increase in intensity and complexity. Gradually introduce more advanced resistance training (e.g., Olympic lifts, heavier weights), increase the volume of conditioning and agility drills, and incorporate game-like situations into shooting and stickhandling drills (e.g., shooting while fatigued or under pressure).

By **4-5 days of dryland training per week**, 14U players can effectively enhance their speed, strength, power, conditioning, and hockey skills, giving them a well-rounded approach to developing as athletes and hockey players.

14U Dryland Program (Bantams)

Weekly Structure:

- **Warm-up (5 minutes):** Dynamic stretches (arm circles, leg swings, high knees, etc.)
 - **Cooldown (5 minutes):** Static stretching
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Weeks 1-4: Foundational Skills

Shooting Group (30 minutes):

1. **Shooting Mechanics (10 minutes):**
 - **Drill:** Stationary wrist shots (shoot against a wall or into a net).
 - **Focus:** Proper hand placement, follow-through, and shooting accuracy.
2. **Quick Release Shots (10 minutes):**
 - **Drill:** Practice shooting quickly after stickhandling (moving to a spot and shooting without hesitation).
 - **Focus:** Fast release, accuracy, and speed.
3. **Stickhandling and Shooting Combo (10 minutes):**
 - **Drill:** Stickhandle in a small space, then shoot (can be wrist shot or snap shot).
 - **Focus:** Smooth transition between stickhandling and shooting.

Workout & Stickhandling Group (30 minutes):

1. **Stickhandling in Tight Spaces (10 minutes):**
 - **Drill:** Stickhandle a puck or ball in a small area with quick, tight movements.
 - **Focus:** Developing tight puck control and quick hands.
 2. **Lower Body Strength (10 minutes):**
 - **Drill:** Bodyweight squats, squat jumps, lunges, Bulgarian split squats.
 - **Focus:** Leg power for skating.
 3. **Core & Stickhandling Combo (10 minutes):**
 - **Drill:** Perform stickhandling drills (such as figure eights) while holding a plank position or performing leg raises.
 - **Focus:** Core strength and puck control simultaneously.
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Weeks 5-8: Building on Fundamentals

Shooting Group (30 minutes):

1. **Wrist Shots with Movement (10 minutes):**
 - **Drill:** Take a wrist shot after moving 2-3 steps (focus on positioning the puck for a shot).
 - Focus: Shooting under pressure and on the move.
2. **One-Timer Shots (10 minutes):**
 - **Drill:** Practice receiving a pass (or a self-pass off the wall) and shooting in one motion.
 - Focus: Timing and quick shots.
3. **Backhand Shots (10 minutes):**
 - **Drill:** Practice backhand shots from stationary and while moving.
 - Focus: Accuracy and power on the backhand.

Workout & Stickhandling Group (30 minutes):

1. **Stickhandling with Movement (10 minutes):**
 - **Drill:** Stickhandle while moving forward and backward (small area skating with the puck).
 - Focus: Improving hand-eye coordination and puck control while moving.
2. **Plyometrics (10 minutes):**
 - **Drill:** Box jumps, lunge jumps, lateral bounds.
 - Focus: Explosive power for skating.
3. **Core Strength & Stickhandling (10 minutes):**
 - **Drill:** Stickhandle through obstacles or cones while holding a plank or performing stability exercises.
 - Focus: Core strength and tight puck control.

Weeks 9-12: Intermediate Skills and Intensity

Shooting Group (30 minutes):

1. **Snap Shots on the Move (10 minutes):**
 - **Drill:** Stickhandle to create space, then snap shot.
 - Focus: Shooting while moving, quick release.
2. **Deceptive Shots (10 minutes):**
 - **Drill:** Fake shot and quick release (using head fakes or body positioning).
 - Focus: Faking defenders and goalies with deception.
3. **Off the Rush Shots (10 minutes):**
 - **Drill:** Take a few strides, then shoot (simulate a rush with a quick shot).
 - Focus: Accuracy and shooting under pressure.

Workout & Stickhandling Group (30 minutes):

1. **Stickhandling Drills with Obstacle Course (10 minutes):**

- **Drill:** Stickhandle through cones or obstacles in a zigzag pattern.
 - Focus: Agility, quick hands, and puck control.
 - 2. **Agility Drills (10 minutes):**
 - **Drill:** Ladder drills, cone weaving, T-drills.
 - Focus: Speed, agility, and footwork.
 - 3. **Full Body Strength (10 minutes):**
 - **Drill:** Deadlifts (light weights or bodyweight), burpees, wall sits.
 - Focus: Full body strength and endurance.
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Weeks 13-16: Advanced Skills and Explosive Power

Shooting Group (30 minutes):

1. **Quick Stickhandling and Shooting (10 minutes):**
 - **Drill:** Quick stickhandling followed by a shot (shoot immediately after stickhandling, with a partner or rebounder).
 - Focus: Fast transitions between stickhandling and shooting.
2. **Off the Rush Shots (10 minutes):**
 - **Drill:** Take a few strides, then shoot (simulate a rush with a quick shot).
 - Focus: Shooting while skating at speed.
3. **Advanced Stickhandling (10 minutes):**
 - **Drill:** Stickhandle through tight spaces or use a rebounder for more realistic passes.
 - Focus: Quick hands, tight puck control, and deception.

Workout & Stickhandling Group (30 minutes):

1. **Stickhandling and Plyometric Combo (10 minutes):**
 - **Drill:** Perform stickhandling drills while jumping or doing explosive movements (e.g., plyometric push-ups or squat jumps).
 - Focus: Combining skill work with explosive movement.
 2. **Explosive Plyometrics (10 minutes):**
 - **Drill:** Depth jumps, tuck jumps, broad jumps.
 - Focus: Power and explosiveness.
 3. **Core & Upper Body Strength (10 minutes):**
 - **Drill:** Plank variations, stability ball rollouts, dumbbell rows.
 - Focus: Core and upper body strength for balance and puck handling.
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Weeks 17-20: Refining Skills and High Intensity

Shooting Group (30 minutes):

1. **Timed Shooting Challenge (10 minutes):**
 - **Drill:** Shoot as many shots as possible in 1 minute (stationary or moving shots).
 - **Focus:** Speed, accuracy, and endurance.
2. **Shooting Under Pressure (10 minutes):**
 - **Drill:** Practice shooting quickly after stickhandling through traffic or with limited time.
 - **Focus:** Quick shots, accuracy, and dealing with pressure.
3. **Game Simulation (10 minutes):**
 - **Drill:** Stickhandling in a tight space with a quick transition to shooting in game-like scenarios.
 - **Focus:** Quick decision-making, shooting under pressure.

Workout & Stickhandling Group (30 minutes):

1. **Conditioning Circuit with Stickhandling (10 minutes):**
 - **Drill:** Perform a conditioning circuit (jump squats, push-ups, mountain climbers, shuttle sprints) with stickhandling elements (e.g., stickhandle before doing each exercise).
 - **Focus:** Full-body conditioning while incorporating stickhandling.
2. **Strength Endurance (10 minutes):**
 - **Drill:** Kettlebell swings, medicine ball slams, planks to push-ups.
 - **Focus:** Strength endurance for maintaining power throughout the game.
3. **Advanced Stickhandling Drills (10 minutes):**
 - **Drill:** Perform complex stickhandling exercises (e.g., figure eights or weaving through tight cones).
 - **Focus:** Refining stickhandling under pressure and improving puck control.

Notes:

- **Equipment:** If possible, use a stickhandling ball or puck, rebounders, or a shooting tarp. If space is tight, substitute drills that require more movement with stationary skill work.
- **Adjustments:** Modify intensity based on fitness levels and player abilities.
- **Rest:** Include rest as needed between sets, especially during high-intensity drills.

This updated program now incorporates **stickhandling directly into the workout group**, ensuring players develop both their puck skills and their physical conditioning at the same time.