

## BYHA Off-Ice Practice

**Practice Theme / Goals:** athleticism, balance, core strength, plyometrics

**Equipment Required:** ladders, cones, tennis balls, hockey sticks

**Set-up:** to be ran in Peterson Rink. Include water breaks between activities.

**Number of Players:** 20-35

**Time:** 60 minutes

### Warm-up: Ladder Drills (15 min.)

<https://www.youtube.com/watch?v=S7NuVcxhzDI>

See video: Any combination that works for group. This activity is for the entire group.

Form 2-4 lines with a ladder (or tape ladder). Players should perform activity then walk around back in line.

### Activity 1: Core & Back Strength (15 min.)

1) Bear Crawl - 30' Forward & Backward (3x)

<https://www.youtube.com/watch?v=-qeEfV5zMjE>

2) Bridge Roll - 5 each direction (3x)

<https://www.youtube.com/watch?v=1T8tYYhxEyQ>

3) Crab Walk - 30' Forward & Backward (3x)

<https://www.youtube.com/watch?v=aATmERo1-o4>

4) Superman Push Up Walk (3x)

<https://www.youtube.com/watch?v=kxE4GOWCdng>

### Activity 2: Jumps & Sprints (15 min.)

Form 4 groups and assign to stations.

1) Setup 2 cones 3' apart. Players 2-foot hop over both cones then sprint 35'-50'. Jump/hop as quickly as possible. Add additional cones for tougher drill.

2) Lateral Jumps - Use sticks, tape, or cones

<https://www.youtube.com/watch?v=BE2U0RMoj3E>

3) Square Sprints - 20' x 20'

<https://www.youtube.com/watch?v=lpUFy5hWROU>

4) Diamond Jumps

<https://www.youtube.com/watch?v=3nwExeewj1o>

### Activity 3: Games (15 min.)

1) Tennis Ball Drop

<https://www.youtube.com/watch?v=k6G6yq9EMsc>

2) Quick Guns Hand Slap Game

Partner player. One player starts with hands on hips. Other player holds prayer hands but point finger tips at partner. Using either or both hands, player with hands on hips tries to slap partner's prayer hands. Prayer hands must move his/her hands up or down to avoid slap.

3) Stick Balance Sprints

Partner players. Players stand 15'-20' apart and balance their hockey stick on its knob. On 'go' each player sprints toward partner's stick, attempting to catch it before it hits the ground.

