

Coaches,

My name is Jake Sailor and I will be providing programming for Sartell Youth Hockey. I am currently the head strength coach for Sartell School District and teach at the high school. If you ever need to reach out to me about anything, feel free to email me at [jacob.sailor@isd748.org](mailto:jacob.sailor@isd748.org)

In each folder there will be two dryland workouts that will be completed during your two different time slots throughout the week. Each day requires different equipment and I tried my best to not use the same equipment each workout. The first day only requires plyo boxes. The second day requires jump ropes, dots, hip bands, and cones. There might be multiple teams training at once so you will have to communicate with each other for who does what. So if Squirt A and Squirt C have the space at the same time...one will do workout 1 and the other will do workout 2.

The other aspect that you as coaches will have to figure out is the organization of the workout with what group is doing what within your team. Your team will warm-up as a team and then transition into plyos and speed work. If you have a big group, ½ could do speed and the other ½ could be doing plyos. It is up to you on how you organize and manage your team. If you are struggling with that, feel free to reach out.

Another thing that I would like you to include during this is stickhandling and shooting. That is if you have enough coaches to help. This can only be done if there is not a high school game. If you have enough coaches, you would send ½ of your to shoot or stick handle during the plyos/speed portion of the workout and then flip flop.

My goal with this program is to promote long term athletic development. There is a progression to everything that we will be doing. Long term athletic development is a process and takes time. With this being the first year of doing programming for youth hockey, squirts and peewees will be doing the same program. After this year, then I will construct a program to build onto those concepts for players in peewees. Just keep in mind that quality reps are always our focus.

Best Regards,

Jake Sailor  
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