

LS Girls Hockey

Train Together, Learn Together, Win Together



Week 4

Workout 1	Workout 2
<p>Warm up 2x20 seconds Jog in place Butt kicks High knees Side lunges <u>Inch worms</u></p> <p>Circuit 1 Upper & Lower body - 3x10 rep Pushups Wall sits (30 secs) Tricep dip Alt. forward lunge Plank shoulder taps <u>Alternating glute bridge</u></p> <p>Circuit 2 Core & Stick Handling <u>https://www.youtube.com/watch?v=0OISX7wEtHE</u></p> <p>Mobility <u>https://www.youtube.com/watch?v=5bBhDGsQOU4&t=275s</u> **Mobility training is important to prevent injuries especially with the season right around the corner and that we will be jumping into things quickly**</p>	<p>Warm Up x2 Jog in place (30 secs) Jumping jacks (20 reps) Squats (20 reps) Leg swings (10 each leg) Alternating forward lunges (10 each leg)</p> <p>Circuit 1 Upper & Lower body - 3x10 rep Burpees <u>Single leg RDLs</u> <u>Y-T-W-L's</u> (10 of each exercise x3) <u>Pause squats</u> <u>T-pushups</u> Calf raises</p> <p>Circuit 2 Core & Stick Handling <u>https://www.youtube.com/watch?v=0OISX7wEtHE</u></p> <p>Mobility <u>https://www.youtube.com/watch?v=5bBhDGsQOU4&t=275s</u></p>

Additional Videos

Agility Drills

https://www.youtube.com/watch?v=_EKmSz_GZbA

Cardio: Need a jump rope? Contact Coach Morris

<https://www.youtube.com/watch?v=TWytAuXv8NA>

Daily edge work routine

<https://www.youtube.com/watch?v=RVd37gBN0SI>

Goalies

Find a Maria Mountain video on YouTube in an area you would like to see improvement on.

Inspiration quote of the week from Coach Tom

"We become what we repeatedly do"- Stephen Covey