

## Hockey Lesson Plans

### 5 Min Fitness

20 quick jumps over the hockey stick. FWD/BWD & side to side

Quick Feet - FWD BWD & Side to Side

6 Big Jumps

Moving push ups

Quick Hands

Mountain Climbers

Hockey Slide Jumps

Quick Feet / High Knees

### Stickhandling

Side to Side

Front and Back

Get puck and move to open spaces around gym - different pathways

### Hockey Pirates

#### Passing

Passing and moving around the gym

Pass & Shoot - 1 vs 1

2 vs 2 - try to score on a cone

## Hockey Lesson Plans Day #2

### 5 Minute Fitness

18 squats (2 leg, R Leg, L Leg) with stick above head

Stationary Crab Walks

20 Lunges - Elbow to Instep of shoe

Froggies

core work

Burpies

4 rounds - Quick feet touch stick at knob sliding to side, slide to touch blade. Jump turn backpedal and touch knob again and quick feet forwards to touch blade.

4 Stations with Aurasma - Movies to be added tomorrow

One Timers with passes across crease

Goalies & Shooting - Practice longer wrist shots

3 v 2 with goalie - Moving puck around and getting to open spaces

2 v 1 keep away - passing & moving

- 2v2 to a cone (if there is time left)