

Dryland Training 1

Duration: 75-110 min

Warm-up (10 min)

Jogging (Fwd/Sideways/Bwd)
Sprints in groups of 4
Lunges – Forward and Backward
Shuffle sideways in both direction
Squat against the wall and hold (1 to 3 minutes)

Circuit (2 people at each station) (20-30 min)

Station 1: Triangle run
Station 2: Plank
Station 3: Medicine throw
Station 4: Triceps Dips
Station 5: Plank with Toe tap
Station 6: Skipping
Station 7: Cross side sit-ups
Station 8: Golf ball drops
Station 9: One leg standing for 20/30 seconds

Challenges (Break into teams) (10-15 min)

Single file Medicine Ball (MB) pass over and under
Single file Medicine Ball pass alternating left and right
Running to one end on one leg with a MB and returning on the other leg
Duck walk with the MB
Wheelbarrow carry
5 pylons speed race

Optional (10-15 min)

- Passing
 - a. Form circle w/one player in center to fight for the ball
 - b. Passing by coach and shots on net (wrist/slapshot/backhand, one timer)
 - c. Two passes and shoot on the net

Fun Time (20-30 min)

Shinny with a felt puck or a soft ball
Shoot out (optional)

Final Stretches (5-10 min)

Standing wide knees adductor
Standing toe-pointed hamstring stretch
Standing reach-down hamstring
Sitting butterfly (back shoes together)