

## **Dryland Training 2**

Duration: 75-110 min

### **Warm-up (10 min)**

Skipping rope

Jump ladder

Sprints

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

Station 1: Squats

Station 2: Cross run (front/back/left/right and repeat)

Station 3: Medicine Ball woodchops

Station 4: Push-ups

Station 5: Explosive jumps

Station 6: Hurdle jumps

Station 7: Twisters

Station 8: Ball toss on the wall

Station 9: Birpees

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

Stickhandling through pylons

One hand stickhandling through pylons

Soccer ball foot work end to end

### **Optional (10-15 min)**

Shooting from different angles

2 on 1

Quick release shots

Rushing Play: Sprint to corner gym, pick-up ball, stickhandle around pylons, shoot on goalie (take rebounds), receive another ball from coach and quick release

### **Fun Time (20-30 min)**

Shinny with a felt puck or a soft ball

Shoot out (optional)

### **Final Stretches (5-10 min)**

Sitting side reach stretch

Rising Stomach Stretch

Lying cross-over knee pull-down stretch

Lying double knee-to-chest stretch

Double lean-back quad stretch