M2 Hockey Workout Plan

Workout: Midget Major Dryland - 7:15pm

Date: 11/25/09

Exercise	Reps	Sets	Weight	Notes
Dyanmic Warmup/Stretch			-	
Stairs (Stupid Penalties)	1	2	-	
Group 1: Pushup Routine	10	1	-	Pushup Bars
Group 2: Stickhandling Courses	-	-		Quick hands, wide reach
Sprint Shuffles	1	3 each direction		
Stomach Sprints	1	3		
Backpedal Sprints	1	3		
V-Up Toe Touches	2	15		
Feet Hold-Ups	2	30 sec		
Side Arm Balance	2	15 sec ea side		

Notes:

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