



CONDITIONING/SKILLS PROGRAM (at home)

- Laura McIntosh, LMclntosh Hockey, Ravens Development Coordinator
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Hi Waterloo Ravens,

I hope all of you are doing well and staying safe during COVID-19.

I have decided to put together a simple workout program that all players/goalies are able to do to stay in shape and to work on some skills **at home**. The program is designed to be done **at home or outside**.

Phases:

Each Phase will be 2 weeks long and will consist of conditioning and skills exercises (mainly stick handling). There will be 3 workouts in each phase (day 1, day 2, and day 3). I would suggest you do day 1, rest, day 2, rest, day 3 rest. (Ie. Monday, Wednesday, Friday). The following week, you will do the same thing.

- Phase 1 will start Monday April 20, 2020 and end Sunday May 3, 2020. There are 3 workouts in Phase 1. In the 2-week period I would expect that the players complete each workout 2 times.
- Each workout will take between 25-45 minutes depending on how quickly you get through the exercises. Some of the exercises are about speed, and others are about form.
- I have completed videos of each exercise so that everyone can understand. Parents- feel free to do the workouts with your players/goalies!

ONLINE COACHING AVAILABLE:

Check out the Online Programs **PROMO**: <https://youtu.be/WjEwflt1w4M>

Many of you have emailed me regarding online coaching and that is an option for a fee. I will be taking some clients on and am available to coach/teach the players through the workouts. Through these coaching sessions we can also work on other things such as: extra skills/shooting- depending on what you have available at home. The cost is \$30 and the sessions will be 30-45 minutes long. We will do the online coaching through FaceTime or ZOOM.

If you are looking for online coaching, it will be first come first serve. You can email or call me.

Email: mcintosh.laura11@gmail.com

Phone: 519-588-3256

Other programs:

- **Virtual Skills and Conditioning Camps** 3:00-4:00pm and 4:30-5:30pm (dependent on birth year) Monday-Friday starting April 27, 2020
- **CALLING ALL HOCKEY MOMS: Hockey Skills Camp** 8:00-9:00pm Monday, Wednesday, and Friday starting April 27, 2020

Sign up for the virtual camps by visiting: www.lmcintoshhockey.com and I look forward to seeing you online soon!

PHASE 1: Day 1 of 3

Conditioning/Skills Workout 1: <https://youtu.be/Zdz6x09HXs0>

Warm-Up		Exercise	Time	Sets
<i>Complete the warm-up 2X with a 30 sec rest</i>	1A.	Running on the spot	30 sec	2
	1B.	Jumping Jacks	30 sec	2
	1C.	Rotating Touch Squats	30 sec	2
	1D.	Butt Kicks	30 sec	2
	1E.	High Knees	30 sec	2
	1F.	Rest	30 sec	2
Conditioning/Skills		Exercise		
	2A.	In/Outs QF	30 sec.	3
	2B.	Squats	10	3
	2C.	Narrow stick handling (F)	100	3
	2D.	Toe Touches	20	3
	3A.	Suicide Drills	30 sec.	3
	3B.	Skater Jumps (side to side)	8 each leg	3
	3C.	Narrow to Wide stick handling	100	3
	3D.	Flutter Kicks	30 sec.	3



PHASE 1: Day 2 of 3

Conditioning/Skills Workout 2: https://youtu.be/aPdJ5y_Sw_w

Warm-Up		Exercise	Time	Sets
<i>Complete the warm-up 2X with a 30 sec rest</i>	1A.	Running on the spot	30 sec	2
	1B.	Jumping Jacks	30 sec	2
	1C.	Butt Kicks	30 sec	2
	1D.	High Knees	30 sec	2
	1E.	Vertical Jumps	30 sec	2
	1F.	Rest	30 sec	2
Conditioning/Skills		Exercise		
	2A.	Forward/Backs QF	30 sec.	3
	2B.	Push Up Jacks	10	3
	2C.	Narrow stick handling (L/R)	100	3
	2D.	Bicycle Abs	20	3
	3A.	Burpees	10	3
	3B.	Stride toe taps	8 each leg	3
	3C.	Toe Drags (L/R)	100	3
	3D.	Penguin Abs	30 sec.	3



PHASE 1: Day 3 of 3

Conditioning/Skills Workout 3: https://youtu.be/z_9q08foEys

Warm-Up		Exercise	Time	Sets
<i>Complete the warm-up 2X with a 30 sec rest</i>	1A.	Running on the spot	30 sec	2
	1B.	Jumping Jacks	30 sec	2
	1C.	Butt Kicks	30 sec	2
	1D.	High Knees	30 sec	2
	1E.	Skater hops	30 sec	2
	1F.	Rest	30 sec	2
Conditioning/Skills		Exercise		
	2A.	Sprint Lunges	30 sec.	3
	2B.	Wall-Sit	45 sec.	3
	2C.	Narrow S.H. 1/2 circle	100	3
	2D.	Mountain Climbers	20 each	3
	3A.	Verticle Jumps	2X8 (break bw)	3
	3B.	Belt Kicks	10 each leg	3
	3C.	Up and Overs S.H.	100	3
	3D.	<u>Leg Lifts (in air)</u>	30 sec.	3

