



## 30/30 CHALLENGE

### Program Overview

The Ontario Minor Hockey Association (OMHA) is proud to present **the 30/30 Challenge**, part of the OMHA's Players Club.

This program was created as a development opportunity for hockey players to develop physical literacy skills and introduce them to an age-appropriate at-home dryland program.

**The 30/30 Challenge** also reinforces the concepts introduced Hockey Canada's **Long Term Player Development (LTPD) model** which sets out a development progression or pathway for hockey players. This program also aims to educate players, coaches, and parents on the LTPD model in a fun and interactive way.

The development of fundamental movement skills and fundamental sport skills is critical if children are to feel confident about physical activity. Whether this is confidence to lead a healthy and active life in sport, or to become an elite athlete, this strong foundation in the FUNdamentals will help children to reach their full potential.

**So, how well do you think your agility, balance, coordination (ABCs) and speed can improve over an 8-week period?**

We have created age-appropriate programs for players of all abilities to follow over 8 weeks to accomplish this goal.

**The GOAL** Improved physical literacy and fundamental movement skills

**The PLAN** 8 week program designed to develop physical literacy skills and ABC's using age-appropriate exercises and guidelines

**Weekly Goal** 3-5 days per week | 30-100 minutes per week

**Daily Goal** 10-20 minutes per day

Age appropriate training is one of the most important cornerstones of the LTPD. The **30/30 Challenge** focuses on Agility, Balance, Coordination (ABCs) and speed along with fundamental movement skills including running, jumping, and throwing.



We have created two programs – one for players 10 & Under and one for Players 11 & Over.

### **The Program**

- Each program is set up as a Circuit and consists of 10 exercises
- The exercises require minimal equipment so they can be done at home, on the playground or on a field
- Perform each exercise in order for 30 seconds; followed by 30 seconds rest
- Athletes track the number of repetitions they complete with good form for each exercise
- For the first 4 weeks of the program, complete the Circuit one time. For the last 4 weeks of the program, complete one Circuit, then repeat a second time

### **Getting Started | What You Need**

- Space – Have a dedicated place to set up your Circuit such as your basement, garage, playground or field
- Equipment – each exercise description outlines what is required, however, basics include cones or pylons, ladder or hockey sticks, stopwatch/timing device
- Wear athletic clothing and footwear
- Start slow – Rehearse each movement/skill then increase intensity or speed maintaining good form – *'Fast as you can, not fast as you can't'*
- Work with a partner and ensure you have a parent or coach supervise

### **Create a Routine**

- Visit the [OMHA website](#) to view video clips of each skill.
- Complete Circuit 3 times per week and a maximum of 5 times per week
- Get into a routine. Choose a time when you can train at the same time every day
- Plan ahead for days that you can't practice
- Be accountable – Do what you can without technique breaking down or losing your focus – don't just go through the motions.

### **Tracking your Progress**

- Players must track their activity using the **30/30 Challenge** Tracking Sheet
- Submit completed tracking sheets to win prizes
- Parents are required to sign-off on the number of shots completed each day
- Must be under the age of 18 and a member of the OMHA in order to win



**Remember ...**

Build a foundation of technique skills ➤ Be consistent/accountable ➤ Increase proficiency & confidence ➤ Have fun building your skills!

For more information on the OMHA Players Club, the Long Term Player Development (LTPD) model and other Development programs offered by the OMHA, [click here](#).

**30/30 Challenge Circuits**

- Each circuit has 10 exercises; follow order of exercises
- Perform each exercise for 30 seconds; followed by 30 seconds rest

**Weeks 1-4 – 1X each Circuit | Weeks 5-8 – 2X each Circuit**

<b>Players Aged 10 &amp; Under</b>	<b>Players Aged 11 &amp; Over</b>
1. 10m Sprint	1. 10m Sprint
2. Squats	2. Overhead Squats
3. Jumping Jacks	3. Star Jumps
4. Knee Push-ups	4. Push-ups
5. Spiderman Climbs	5. Monster Walks
6. Burpees	6. Burpees
7. Crab Walk	7. Russian Twists
8. Hopscotch	8. Icky Shuffle
9. Bridge Log Rolls	9. Log Roll Push-ups
10. Lateral Ski Jumps	10. Hurdle Jumps



## Exercise Descriptions | 10 & Under

### 10m Sprint

- Run Forward to cone #2, pivot and run forward to cone #1
- 1 rep = cone reached

### Squats

- Reach and hold hands straight out in front of body
- Feet shoulder width apart with toes pointing straight ahead
- Keep a tall chest and tight core
- Keep heels on ground and breathe in while pushing hips back, knees should go to below parallel
- 1 rep = complete squat

### Jumping Jacks

- Stand in a position with feet together and arms down by side
- Jump to a position with the legs spread wide and the hands touching overhead
- Jump back to starting position
- 1 rep = complete jumping jack

### Knee Push-ups

- Position your body with your arms straight out, abs tight, holding your body in a plank position from the knee
- Hands and arms should be positioned slightly below your shoulders, fingers pointed forwards
- Shoulders are pushed down away from your ears
- Lower your body until your chest is an inch or two above the floor, elbows pulling back at roughly a 45 degree angle
- Push your torso away from the ground until your arms lock, then repeat
- 1 rep = complete pushup

### Spiderman Climbs

- Start in the top of a push-up position keeping abdominals engaged for the entire exercise
- Back should form a flat bridge
- Slowly bring knee up, outside right arm and place foot on the ground beside hand
- Keeping abdominals braced
- Slowly return foot to starting position
- Alternate sides
- 1 rep = one left leg & one right leg spider man climb



### **Burpees**

- Stand in athletic position: feet shoulder width apart and knees slightly bent
- Squat down into a crouched position with hands on ground out in front of feet
- Extend legs behind hands into a push-up position
- Jump back into the crouched position
- Jump up into a standing position
- 1 rep = complete burpee

### **Crab Walk**

- Sit on floor with hand about a foot behind glutes
- Alternate lifting opposite hands and legs in place
- 1 rep = Every time all four limbs have been lifted off the ground.

### **Hopscotch**

- Jump forward in a 2-1-2 progression
- Jump 180 degrees on 4th jump and repeat 2-1-2 progression back to starting position
- Switch using left and right foot on single leg jumps
- 1 rep = complete back to starting position.

### **Bridge Log Rolls**

- Start on all fours in push-up position
- Rotate hip up towards ceiling lifting left hand and left foot off floor
- Stop with hips as high a possible contracting glutes
- Roll into the crab position
- Rotate hip back towards floor lifting right hand and right leg off the floor
- 1 rep = complete roll back to starting position.

### **Lateral Ski Jumps**

- Stand with feet shoulder width apart, knees and hips slightly bent
- Stand to the side of stick or cone
- Arms slightly bent at side
- Using arms for momentum jump side to side over a cone or stick
- Jump from two feet and land on two feet
- Land softly with knees and hips slightly bent
- 1 rep = two jumps



## Exercise Descriptions | 11 & Over

### 10m Sprint

- Run Forward to cone #2, pivot and run forward to cone #1
- 1 rep = cone reached.

### Overhead Squats

- Reach with both hands overhead, holding a broom handle or hockey stick
- Feet shoulder width apart with toes pointing straight ahead
- Keep a tall chest and tight core
- Keep heels on ground and breathe in while pushing hips back
- 1 rep = complete squat

### Star Jumps

- Stand with knees slightly bent
- Squat down with hands by sides
- Explode up into the air into the shape of a star, extending arms and legs out
- Before landing, pull legs and arms back together so feet touch ground shoulder width apart
- Drop back into squat position and repeat
- 1 rep = complete jump

### Push-ups

- Position your body with your arms straight out, abs tight, holding your body in a plank position
- Hands and arms should be positioned slightly below your shoulders, fingers pointed forwards
- Shoulders are pushed down away from your ears
- Lower your body until your chest is an inch or two above the floor, elbows pulling back at roughly a 45 degree angle.
- Push your torso away from the ground until your arms lock, then repeat
- 1 rep = complete pushup

### Monster Walks

- Lunge forward with arms above your head
- Eyes up looking ahead, wide strides
- 1 rep = both left and right leg lunges.

### Burpees

- Stand in athletic position: feet shoulder width apart and knees slightly bent
- Squat down into a crouched position with hands on ground out in front of feet
- Extend legs behind hands into a push-up position
- Jump back into the crouched position
- Jump up into a standing position
- 1 rep = complete burpee



### **Russian Twists**

- Sit on glutes with feet crossed and dangling in the air
- Hold ball with both hands straight out in front of body
- Keeping core tight, back straight, rotate ball to left and then to the right
- 1 rep = touch on each side of body

### **Ickey Shuffle**

- Begin standing at the end of the ladder and to the side of the first square
- Facing forward step laterally into the first square of the ladder with each foot
- Immediately step out with just the outside foot
- Place the foot still in the square into the next square of the ladder followed by the outside foot
- Immediately step out to the other side with just the outside foot
- Continue this pattern moving as quickly as possible while maintaining good body control
- 1 rep = every 3<sup>rd</sup> ladder

### **Log Roll Push-ups**

- Start in Push-Up hold position
- Perform 1 Push-Ups
- Back should form a flat bridge
- Rotate hip up towards ceiling lifting left hand and left foot off floor
- Stop with hips as high a possible contracting glutes
- Roll back, rotate hips back towards floor lifting right hand and right leg off the floor, into the Push-Up position
- 1 rep = one complete movement

### **Hurdle Jumps**

- Bend knees and spring off both feet jumping forward over hurdle
- Land soft on both feet, knees bent in an athletic position
- 1 rep = 3 hurdles