



Reston Raiders Hockey Club

2011 Summer Strength

&

Conditioning

PEEWEE'S

Developed & Written by:

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Reston Raiders
Off-Ice Conditioning – PeeWee’s
Weeks 1-4, Day 1

- a) Dynamic Warm Up (20 yards) 10 minutes**
1. Ankling 2 x each
 2. B-March
 3. Butt Kicks
 4. Power Shuffle
 5. Walking Lunge
 6. Knee grabs
 7. Leg Swings
- b) Core: 5 minutes**
1. Iso Abs 3 x 20-35 sec
 2. Crunch 3 x 20-35 reps
 - i. 1 second pause at top
- c) Strength/Lower Body Circuit 10 minutes**
1. Squat Press (med ball) 2 x 12-15
 2. Lunge 2 x 10-15/leg
 3. Med Ball RDL: 2 x 12-15
 4. Manual Hip Flexion 2 x 6-10
- d) Upper Body Circuit 10 minutes**
1. Push Ups 2 x 8-15
 2. Front Delt Raise 2 x 12-15
 3. Rear Delt Raise: 2 x 12-15
 4. Partner Towel Row 2 x 8-12
- e) Conditioning: 12-25 minutes**
- 240 Yard Turnovers
 - Week 1: 1 x 8, Week 2: 1 x 10, Week 3: 2 x 6, Week 4: 2 x 8
 - 80-90 seconds
 - rest 3:00 between sets (Weeks 3 & 4)
- f) Stretch: 10 minutes**
1. Hamstring 2 x 30s
 2. Quad
 3. Groin
 4. Hip Flexor
 5. Glutes
 6. Partner Chest

Reston Raiders
Off-Ice Conditioning – PeeWee’s
Weeks 1-4, Day 2

a) Dynamic Warm Up (20 yards)

- a. Ankling 2 x each **10 minutes**
- b. B-March
- c. Butt Kicks
- d. Power Shuffle
- e. Walking Lunge
- f. Knee grabs
- g. Leg Swings

b) Core/Brace:

- a. Side Bridge **5 minutes**
4 x 5-10s hold-5s rest/side
- b. Curl Up 6-8 x 10s hold-5s rest

c) Speed

- a. Fall Forward Sprint **10 minutes**
6-8 x 20-30 yards/meters
- b. Land From Jumps 3 x 8-12
- c. Double Leg Jump (low hurdle) 3 x 6-10
 - i. Emphasize landing mechanics

d) Conditioning:

- Cross Training: **30 minutes**
- 30 minutes basketball or soccer or lacrosse

e) Stretch:

- a. Hamstring **10 minutes**
2 x 30s
- b. Quad
- c. Groin
- d. Hip Flexor
- e. Glutes
- f. Partner Chest

Reston Raiders
Off-Ice Conditioning – PeeWee’s
Weeks 1-4, Day 3

- a) Dynamic Warm Up (20 yards)** **10 minutes**
- a. Ankling 2 x each
 - b. B-March
 - c. Butt Kicks
 - d. Power Shuffle
 - e. Walking Lunge
 - f. Knee grabs
 - g. Leg Swings
- b) Core:** **5 minutes**
- a. Iso Abs 2 x 20-35 sec
 - b. Crunch 2 x 20-35 reps
 - i. 2 second pause at top
- c) Strength/Lower Body Circuit** **10 minutes**
- a. Squat Press (med ball) 2 x 12-15
 - b. Lunge 2 x 10-15/leg
 - c. Med Ball RDL: 2 x 12-15
 - d. Manual Hip Flexion 2 x 6-10
- d) Upper Body Circuit** **10 minutes**
- a. Push Ups 2 x 8-15
 - b. Front Delt Raise 2 x 12-15
 - c. Rear Delt Raise: 2 x 12-15
 - d. Partner Towel Row 2 x 8-12
- e) Conditioning:** **10-20 minutes**
- 240 Yard Turnovers
 - Week 1: 1 x 8, Week 2: 1 x 10, Week 3: 2 x 6, Week 4: 2 x 8
 - 80-90 seconds
 - rest 3:00 between sets (Weeks 3 & 4)
- f) Stretch:** **10 minutes**
- a. Hamstring 2 x 30s
 - b. Quad
 - c. Groin
 - d. Hip Flexor
 - e. Glutes
 - f. Partner Chest

Reston Raiders
Off-Ice Conditioning – PeeWee’s
Weeks 5-8, Day 1

- a) Dynamic Warm Up (20 yards)** **10 minutes**
1. Ankling 2 x each
 2. Tin Soldiers
 3. Butt Kicks
 4. Power Shuffle
 5. Lunge Twist
 6. Knee grabs w/twist
 7. Leg Swings
 8. Rockers
- b) Core:** **8 minutes**
1. Planks 2 x 20-30 sec
 2. Iso Abs w/Towel Squeeze 2 x 20-30 reps
 3. Med Ball Side Toss 2 x 6-10/side
- c) Agility** **5 minutes**
1. 20 Yard Shuttle 6-8 x
- d) Speed:** **10 minutes**
1. Static Vertical Jumps: 3 x 6-8
-hold bottom position for 3 seconds
 2. Lateral Jumps: 3 x 6-10/side
-Weeks 5 & 6: stick landing
-Weeks 7 & 8: quick off the ground
- e) Strength Circuit** **12 minutes**
1. Towel Squat 3 x 12-25 reps
 2. Split Squat 3 x 8-15/leg
 3. Med Ball Good Morning: 3 x 8-15
 4. Push Up or D-Bell Press 3 x 10-15
 5. D-Bell Row: 3 x 10-15
- f) Conditioning:** **10-15 minutes**
- 10 to 14 x 100 yard sprints
 - Rest 1:00 between
 - run close to 100%
- g) Stretch:** **10 minutes**
1. Hamstring 2 x 30s
 2. Quad
 3. Groin
 4. Hip Flexor
 5. Glutes
 6. Partner Chest

Reston Raiders
Off-Ice Conditioning – PeeWee’s
Weeks 5-8, Day 2

- a) Dynamic Warm Up (20 yards)** **10 minutes**
1. Ankling 2 x each
 2. Tin Soldiers
 3. Butt Kicks
 4. Power Shuffle
 5. Lunge Twist
 6. Knee grabs w/twist
 7. Leg Swings
 8. Rockers
- b) Core:** **5 minutes**
1. Side Bridge 3-4 x 10-15s hold-5s rest/side
 2. Curl Up 6-8 x 15s hold-5s rest
- c) Speed:** **30 minutes**
1. Resisted Towel Sprints 8-10 x 20 yards
-resist for first 10 yards
 2. Broad Jump 3 x 6-10 reps
 3. Wall Drill: 6-8 x 10-15s work: 45s recovery
- d) Conditioning:** **20 minutes**
- 2 x 1 mile runs
 - 5 minute rest between each mile
 - time each mile...improve each week
- e) Stretch:** **10 minutes**
1. Hamstring 2 x 30s
 2. Quad
 3. Groin
 4. Hip Flexor
 5. Glutes
 6. Partner Chest

Reston Raiders
Off-Ice Conditioning – PeeWee’s
Weeks 5-8, Day 3

- a) Dynamic Warm Up (20 yards)** **10 minutes**
1. Ankling 2 x each
 2. Tin Soldiers
 3. Butt Kicks
 4. Power Shuffle
 5. Lunge Twist
 6. Knee grabs w/twist
 7. Leg Swings
 8. Rockers
- b) Core:** **5 minutes**
1. Planks 2 x 20-30 sec
 2. Iso Abs w/Towel Squeeze 2 x 20-30 reps
 3. Med Ball Side Toss 2 x 6-10/side
- g) Agility** **5 minutes**
- a. 5-Cone Drill 5-8 x
 - b. 1:3 work to rest
- h) Speed:** **10 minutes**
1. Static Vertical Jumps: 3 x 6-10
-hold bottom position for 3 seconds
 2. Lateral Jumps: 3 x 6-10/side
-Weeks 5 & 6: stick landing
-Weeks 7 & 8: quick off the ground
- c) Strength Circuit** **10 minutes**
1. Towel Squat 3 x 12-25 reps
 2. Lateral Squat 3 x 8-12/leg
 3. Med Ball Good Morning: 3 x 8-15
 4. Push Up or O’Head Press 3 x 10-15
 5. D-Bell Row: 3 x 10-15
- i) Conditioning:** **15-20 minutes**
- Tennis Court Drill
 - 2 sets of 5-8 reps
 - rest 1:00 between reps
 - rest 3:00-5:00 between sets
- j) Stretch:** **10 minutes**
- a. Hamstring 2 x 30s
 - b. Quad
 - c. Groin
 - d. Hip Flexor
 - e. Glutes
 - f. Partner Chest

Reston Raiders
Off-Ice Conditioning - PeeWees
Weeks 9-12, Day 1

- h) Dynamic Warm Up (20 yards)** **10 minutes**
- a. Ankling 2 x each
 - b. Tin Soldiers
 - c. Butt Kicks
 - d. Power Shuffle
 - e. Lunge Twist
 - f. Knee grabs w/twist
 - g. Leg Swings
 - h) Rockers
- i) Core:** **5 minutes**
- 1. Planks (1-Leg) 2 x 15s/leg
 - 2. Suitcase Crunch 2 x 15-20 reps
- j) Agility** **15 minutes**
- 1. 20 Yard Shuttle 4 x
 - 2. Cross Over Run 4 x 20 yards
 - 3. 5-Cone Drill (reaction) 4 x
- k) Speed/Plyometrics:** **15-20 minutes**
- 1. Lateral Bound: 3 x 6-10/leg
 - 2. Cross Over Bound 3 x 6-10/leg
 - 3. Broad Jump (quick off ground) 3 x 6-10
 - measure distance
 - attempt to beat previous distance
- l) Stretch:** **10 minutes**
- 1. Hamstring 2 x 30s
 - 2. Quad
 - 3. Groin
 - 4. Hip Flexor
 - 5. Glutes
 - 6. Partner Chest

Reston Raiders
Off-Ice Conditioning - PeeWees
Weeks 9-12, Day 2

- f) Dynamic Warm Up (20 yards)** **10 minutes**
1. Ankling 2 x each
 2. Tin Soldiers
 9. Butt Kicks
 10. Power Shuffle
 11. Lunge Twist
 12. Knee grabs w/twist
 13. Leg Swings
 14. Build Ups
- g) Core:** **5 minutes**
1. Curl Up (extend knee) 3-4 x 10s hold-5s rest/leg
 2. 3-Way Med Ball Toss 2 x 20-30 reps
- h) Speed:** **30 minutes**
1. Fall Forward w/resistance sprints 6-10 x 20 yards
-resist for first 10 yards
 2. Straight Knee Bound 3 x 6-10 reps/leg
 3. Fast Leg: 3 x 20 yards/leg
- i) Conditioning:** **15-20 minutes**
- 3 x 400 meter run
 - Record each time
 - rest 2:00 – 3:00 between reps
- j) Stretch:** **10 minutes**
1. Hamstring 2 x 30s
 2. Quad
 3. Groin
 4. Hip Flexor
 5. Glutes
 6. Partner Chest

Reston Raiders
Off-Ice Conditioning - PeeWees
Weeks 9-12, Day 3

- a) Dynamic Warm Up (20 yards)** **10 minutes**
1. Ankling 2 x each
 3. Tin Soldiers
 4. Butt Kicks
 5. Power Shuffle
 6. Lunge Twist
 7. Knee grabs w/twist
 8. Leg Swings
 9. Rockers
- b) Core:** **5 minutes**
- a) Planks (1-Leg) 2 x 15s/leg
 - b) Reverse Crunch 2 x 20-30 reps
- m) Agility** **15 minutes**
1. Cross Over Run 4 x 20 yards
 2. 5-Cone Drill (reaction) 4 x
- n) Speed/Plyometrics:** **15-20 minutes**
1. Lateral Bound: 3 x 6-10/leg
 2. Cross Over Bound 3 x 6-10/leg
 3. Sprint from Stomach 6-10 x 10 yards
- c) Strength Circuit** **10 minutes**
1. Power Squat 2 x 10-20 reps
 2. Lateral Push Squat 2 x 8-12/leg
 3. Manual Leg Curl: 2 x 8-10
 4. Push Up 2 x 10-15
 5. Towel Row: 2 x 10-15
- o) Stretch:** **10 minutes**
1. Hamstring 2 x 30s
 2. Quad
 3. Groin
 4. Hip Flexor
 5. Glutes
 6. Partner Chest

Reston Raiders
Off-Ice Conditioning - PeeWees
Weeks 9-12, Day 4

a) Dynamic Warm Up (20 yards)

- | | | |
|------------------------|----------|-------------------|
| 1. Ankling | 2 x each | 10 minutes |
| 10. Tin Soldiers | | |
| 11. Butt Kicks | | |
| 12. Power Shuffle | | |
| 13. Lunge Twist | | |
| 14. Knee grabs w/twist | | |
| 15. Leg Swings | | |
| 16. Build Ups | | |

b) Conditioning:

25 minutes

- | | |
|-------------------------|--------------|
| a) Gear Runs | 2 x 8 |
| -2 – 4 – 3 – 5 – 1 | |
| -15 yards/gear | |
| -1:3 work to rest | |
| -rest 3:00 between sets | |