AGES 10-13

INDOOR CONDITIONING

A rope and a bit of floor. Built in the shape of a shift.

Open it on your phone

ABOUT 16 MINUTES	A SKIPPING ROPE	A GARAGE OR BASEMENT

Hockey is not a long steady run, it is forty seconds flat out and then a sit down. So this is built the same way: a hard round, then real rest, then another. Rest the full minute even if you feel fine — the rest is what makes the next round count.

WARM UP

1. **Marching high knees into A-skips** — 2 × 30 sec
   March first: knee to hip height, opposite arm forward, tall through the chest.
2. **Leg swings — front to back** — 10 each leg
   Hold something for balance and swing one leg forward and back.
3. **Arm circles and band pull-apart** — 15 each way
   Big slow circles both directions, then pull a light band apart at chest height. Skip the pull-apart if you don't have a band.

SHIFTS

5 rounds. Rest 1 min between rounds.

4. **Jump rope — steady bounce** — 25 sec
   Elbows tucked near your ribs — the wrists turn the rope, not the arms.
5. **Lateral line hops** — 15 sec
   Feet together, hop side to side over a line as fast as you can.
6. **Pogo hops** — 10
   Stiff ankles. Bounce off the balls of your feet with only a little knee bend.

THEN FINISH THE JOB

2 rounds, no rush.

7. **Push-up** — 8
   Hands just outside shoulder width, body in one straight line. Knees down is fine.
8. **Glute bridge — activation** — 12
   On your back, feet flat, drive through the heels and squeeze the glutes at the top.

FINISH

9. **Couch stretch** — 45 sec each
   Back knee against a wall or couch, shin up the wall, front foot flat in a lunge.
10. **Calf stretch on a wall** — 30 sec each
    Hands on the wall, back leg straight, heel down, hips forward.

Built for healthy players by RinkReady. It adds to what your coach does, it does not replace it. If a movement hurts — not hard, hurts — stop it and ask someone who knows the player.

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