AGES 10-13

INTRO TO PLYOMETRICS

Learning to land, before learning to jump.

Open it on your phone

ABOUT 20 MINUTES	NO EQUIPMENT NEEDED	A DRIVEWAY OR A GYM FLOOR

This is where a quicker first step comes from. Every rep is judged on the landing, not the jump: quiet feet, knee over the middle of the foot, held still for a beat. Twice a week at most and at least two days apart, always on fresh legs — never after a hard skate, never the day before a game. Low numbers on purpose: when the landings get sloppy the session is over, whatever is left on the page.

WARM UP

Never jump on cold legs.

1. **Marching high knees into A-skips** — *2 × 20 yd*
   March first: knee to hip height, opposite arm forward, tall through the chest. Then add a small skip. Quick off the ground, stay light on the feet.
2. **Leg swings — side to side** — *10 each leg*
   Face a wall, swing one leg across your body and back out.
3. **Glute bridge — activation** — *12*
   On your back, feet flat, drive through the heels and squeeze the glutes at the top.

LEARN TO LAND

2 rounds. Walk back between every set.

4. **Pogo hops** — *10*
   Stiff ankles. Bounce off the balls of your feet with only a little knee bend.
5. **Single-leg hop and stick** — *3 each leg*
   Hop forward a short way on one leg and freeze the landing for 2 seconds.
6. **Broad jump** — *3*
   Swing the arms back, then throw them forward as you jump out, not up. Stick the landing: feet hip-width, knees over toes. Hold it for 2 seconds.

SIDE TO SIDE

2 rounds. Walk it off between sets.

7. **Lateral line hops** — *10 sec*
   Feet together, hop side to side over a line as fast as you can.
8. **Skater bound and stick** — *3 each side*
   Push off the outside leg and bound sideways, landing on the other foot. Stick the landing for a beat, hips back and knee over toes, then bound back.

FINISH

9. **Standing quad stretch** — *30 sec each*
   Heel to the glute, knees together, tuck the tailbone under.
10. **Figure-4 glute stretch** — *30 sec each*
    On your back, ankle across the opposite knee, pull the bottom thigh toward you.

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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