AGES 14+

INTRO TO PLYOMETRICS

Learning to land, before learning to jump.

Open it on your phone

ABOUT 25 MINUTES	A STEP AND A LOW CONE	A DRIVEWAY OR A GYM FLOOR

Full effort, full rest, low numbers. Every rep is judged on the landing: quiet, knee tracking over the foot, held for a beat. Twice a week at most, at least 48 hours apart, never the day after heavy legs and never the day before a game. When the landings go, the session is over.

WARM UP

Never jump on cold legs.

1. **Marching high knees into A-skips** — **2 × 30 sec**
   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. **World's greatest stretch** — **4 each side**
   Step into a long lunge, back knee off the floor, both hands inside the front foot.
3. **Band lateral walk** — **12 each way**
   Band above the knees, drop into a half squat, step sideways. Skip it if you don't have a band.

STRAIGHT AHEAD

3 rounds. Walk back between every set.

4. **Pogo hops** — **12**
   Stiff ankles. Bounce off the balls of your feet with only a little knee bend.
5. **Single-leg hop and stick** — **4 each leg**
   Hop forward a short way on one leg and freeze the landing for 2 seconds.
6. **Box jump** — **4**
   Quick dip and arm swing, jump up and land softly on the box in a quarter squat. Start lower than you think. Raise it only when the landing is silent.
7. **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

3 rounds. Walk it off between sets.

8. **Skater bound and stick** — **4 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.
9. **Lateral mini-hurdle hops** — **6**
   Two-footed hops sideways over a low cone or mini hurdle. A rolled towel works instead of a cone.

FINISH

10. **Couch stretch** — **45 sec each**
    Back knee against a wall or couch, shin up the wall, front foot flat in a lunge.
11. **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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