AGES 10-13

OUTDOOR CONDITIONING

Two sessions for a dry day and a pair of trainers.

Open it on your phone

20-30 MINUTES	TRAINERS AND TWO CONES	TWO SESSIONS A WEEK

Two different days, not one long one. Session A is stop-and-start, which is what a shift actually is. Session B is easy running, which builds the engine underneath it. Warm up and finish the same way on both, leave a couple of days between them, and do neither the day before a game.

WARM UP — BOTH DAYS

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. **Walking knee hug into lunge** — 6 each side
   Hug one knee to your chest and rise onto the other toe. Step that leg out into a long lunge and hold for a beat.
3. **Strides** — 4 × 15 sec
   Build up over about five seconds, hold fast and relaxed, then ease down.

SESSION A — STOP AND START

The hockey-shaped one. 90 sec walking between rounds.

4. **Shuttle runs** — 6 × 30 sec
   Two cones, about 10 and 20 yards out. Sprint out, touch down at the cone, sprint back. Drop the hips to stop. Do not stop with a stiff leg out in front.

SESSION B — BUILD THE ENGINE

Easy the whole way.

5. **Easy run** — 15 min
   Conversational the whole way — if you can't talk in sentences, slow down.

FINISH — BOTH DAYS

6. **Walk and loosen off** — 5 min
   Walk until your breathing settles before you stop moving.
7. **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.

rinkreadytraining.com
Free plans, 120+ exercises, no app store.