



New Westminster Minor Hockey Summer Workouts

Here are the 5 exercises you should be doing at home to improve your skating:

Together these exercises will cover ankle mobility and stability, hip mobility and stability, and core work to ensure you are ready to be an explosive hockey skater with elite edge work!

https://youtu.be/Sz_0oviwbDw

- 1) T-Stands
- 2) Toes Elevated Squats
- 3) Scorpion Kicks
- 4) Prisoner Split Squats
- 5) BW Renegade Row

Bodyweight Hockey Speed workout:

<https://youtu.be/1QGH5pnue44>

- A1: Split squat jump into return stance 3 x 5/leg [0 secs rest]
- A2: 1/4 squat + squat jump 3 x 5 [90 secs rest]
- B1: Broad jump 3 x 5 [0 secs rest]
- B2: Single leg hip thrust 3 x 5/leg [90 secs rest]
- C1: Lateral reaching lunges 4 x 20/side [0 secs rest]
- C2: Mountain climber burpees 4 x 10 [90 secs rest]

No equipment needed, total body workout for youth hockey players.

<https://youtu.be/rAUozCsnrBU>

- A - Front Foot Elevated Split Squats - 3 x 8-15
- B - Bird Dogs - 3 x 15-20
- C - Push Ups - 3 x 8-15
- D - Sprinter Step Ups - 3 x 8-15
- E - Bicycle Crunches 3 x 15-20

** 1-minute rest between each set and exercise.

Off-Ice Quickness Drills

This is an off-ice hockey workout and training routine that focuses on improving your quickness, quick feet, and coordination.

<https://youtu.be/kwZa5J9dBWE>