

LDC Hockey Dryland Training

Strength Exercises

Squats	3 x 15
Lunges	3 x 15
Squat Jumps	3 x 15
Push-ups	3 x max
Crunches	3 x 30
Leg Raises	3 x 15 sends.
Wall Sits	3 x 20 sends.
Skater Strides	3 x 10 yards
Broad Jumps	3 x 10 yards
Lateral Squats	3 x 10

Footwork Exercises

Shuffle 5 yards down/back
Bench Steps 3 x 20 seconds
Chase the Rabbit
Back pedal turn and go
Ball Drop
Forward down backwards back
Shuffle down sprint back
Two foot zig zag
One foot zig zag
Sprint down sprint back

Cardiovascular

Run the bleachers
Wind sprints
Run the stairs
Duck-walks
Jump rope



***Choose 4 exercises from each category except cardiovascular, just choose one.**

***Rest 30 seconds between each exercise.**

***These exercises are done without weight. Body weight only.**

