



Youth Athletic Development Program

The youth training program was designed to develop coordination, and build fundamental strength in youth athletes. The program is targeted primarily for younger athletes (13 years old and younger), but can also be effective for teaching fundamentals to those in the middle age range (14-16 years old).

The program contains five workouts, which progress from easiest to hardest, with workout 1 being the easiest, and workout 5 being the hardest. Each workout follows the same principle in that the entire body is trained through a variety of movements, both pushing and pulling, for both the upper and lower body muscles. The structure of the program allows for the entire body to adapt and grow in strength and coordination together as one cohesive unit. Start with the beginning of the program, and over the course of the season progress to the end. A workout can be completed as many times as needed to create mastery of a specific movement.

The workouts themselves are structured in such a way that a workout can be done in multiple ways. A workout can be completed as is, which should take around 45-60 minutes, or a workout can be completed by picking and choosing individual sections. Exercises are grouped together to contain a variety of muscle movements and muscle actions. Furthermore, some groups are structured to create explosiveness and speed (i.e. jumping groups), and others are structured to produce strength (i.e. holds, and non-jumping movements). Although the core muscles are not directly targeted through specific exercises such as planks, the core muscles are highly involved in most of the movements listed, with the exception of those that have the torso supported against the floor or wall.

To accompany the strength program, there is a series of stickhandling and shooting workouts included. These workouts are designed to develop sufficiency in fundamental stick skills. The stickhandling and shooting workouts can be completed along with the strength workouts to create a comprehensive workout session, or individually as a shorter skill based training session. The stickhandling and shooting workouts are designed to take about thirty minutes to complete.

The program is broad and is meant to cater to a large number of athletes. Therefore, not every athlete's specific needs will be met by these workouts. Supplementing exercises that match those needs is acceptable and suggested. Use this as a tool to help athletes develop the appropriate coordination and movement fundamentals needed to properly progress into resistance training.



Youth Athletic Development Program

Workout 1

Dynamic Warm-Up

2x20yd

High Knee Run

Butt Kick Run

Carioca

Over / Under

Frankensteins

Build-up Sprints

Footwork Training - Ladders

2x through each

Quick Feet – 2 every box

Quick Feet – 2 every box lateral

Quick Feet – 2 every box backwards

Scissors – front foot lead

Hops – 2 feet every box forwards

Hops – 2 feet every box lateral

Hops – 2 feet slalom

Strength Development

Lateral Bounds

3x10

Body Weight Squat Hold

3x20 sec

Lying (supine) Plate Press

3x10

Body Weight Squat Jumps

3x10

Body Weight Lunge Hold

3x15 sec each leg

Med Ball Chest Pass

3x10

Body Weight Alternating Lunge Jump

3x10

Glute Hip Lift

3x10

Med Ball Slam

3x10



Youth Athletic Development Program

Workout 2

Dynamic Warm-Up

2x20yd

High Knee Run

Butt Kick Run

Carioca

Over / Under

Frankensteins

Build-up Sprints

Footwork Training - Ladders

2x through each

Quick Feet – 2 every box

Quick Feet – 2 every box lateral

Quick Feet – 2 every box backwards

Scissors – front foot lead

Hops – 1 foot every box forwards

Hops – 1 foot every box lateral

Hops – 1 foot slalom

Strength Development

Lateral Bounds

3x10

Body Weight Squats

3x20

Pushups

3x10

Body Weight Squat Jumps

3x10

Walking Lunges

3x10 each leg

Med Ball Chest Pass

3x10

Body Weight Alternating Lunge Jump

3x10

Glute Bridge Hold

3x30 sec

Med Ball Slam

3x10



Youth Athletic Development Program

Workout 3

Dynamic Warm-Up

2x20yd

High Knee Run

Butt Kick Run

Carioca

Over / Under

Frankensteins

Build-up Sprints

Footwork Training - Ladders

2x through each

Quick Feet – 2 every box lateral

Scissors – front foot lead

Scissors – back foot lead

Icky Shuffle

Hops – 2 feet slalom

Hops – 1 foot slalom

Hops – 1 foot every box lateral

Strength Development

Frog Jumps

3x10

Walking Lunges

3x10 each leg

Pushups

3x10

Body Weight Alternating Lunge Jump

3x10

Sliding Leg Curls

3x10

Inverted Rows

3x10

Lateral Bounds

3x10

Single Leg Glute Hip Lift

3x10 each leg

Med Ball Side Throw

3x10 each side



Youth Athletic Development Program

Workout 4

Dynamic Warm-Up

2x20yd

High Knee Run

Butt Kick Run

Carioca

Over / Under

Frankensteins

Build-up Sprints

Footwork Training - Ladders

2x through each

Quick Feet – 2 every box lateral

Scissors – front foot lead

Scissors – back foot lead

Icky Shuffle

Hops – 2 feet slalom

Hops – 1 foot slalom

Hops – 1 foot every box lateral

Strength Development

Frog Jumps

3x10

Wall Sits

3x30 sec

Lying (supine) Plate Press

3x10

Body Weight Alternating Lunge Jump

3x10

Single Leg Glute Bridge Hold

3x20 sec

Inverted Rows

3x10

Lateral Bounds

3x10

Body Weight Squats

3x20

Pushups

3x10



Youth Athletic Development Program

Workout 5

Dynamic Warm-Up

2x20yd

High Knee Run

Butt Kick Run

Carioca

Over / Under

Frankensteins

Build-up Sprints

Footwork Training - Ladders

2x through each

Quick Feet - 2 every box lateral

Scissors - front foot lead

Scissors - back foot lead

Icky Shuffle

Icky Shuffle - backwards

Hops - hopscotch

Hops - 2 feet skip 1, back 1

Strength Development

Body Weight Squat Jumps

3x10

Wall Sits

3x30 sec

Pushups

3x10

Body Weight Alternating Lunge Jump

3x10

Single Leg Glute Hip Lift

3x10

Inverted Rows

3x10

Lateral Bounds

3x10

Walking Lunges

3x10 each leg

Lying (supine) Plate Press

3x10

Stick skills / Shooting workouts



Workout #1

Stick Skills:

All Drills Done 30 Sec On Then 30 Sec Rest

Drill 1: Top hand only quick taps forehand / backhand

Drill 2: Top hand only wide pulls (Emphasize wrist roll)

Drill 3: Both hands quick taps forehand / backhand

Drill 4: Both hands wide pulls (Constant contact with puck)

Drill 5: Both hands alternating quick taps & wide pulls

Shooting Drills:

All Drills Consist of 3 set of 20 Shots Rest in Between Sets

Drill 1: Hips forward: Right foot to left foot transfer and shoot

Drill 2: Hips forward: Left foot to right foot transfer and shoot

Drill 3: Walking forward: Right foot to left foot transfer and shoot

Drill 4: Walking forward: Left foot to right foot transfer and shoot

Stick skills / Shooting workouts



Workout #2

Stick Skills:

All Drills Done 30 Sec On Then 30 Sec Rest

Drill 1: Top hand only small fig. 8

Drill 2: Both hands small fig. 8

Drill 3: Top hand only large fig. 8

Drill 4: Both hands large fig. 8 (Emphasize bottom hand slide)

Drill 5: Both hands alt. small and large fig. 8

Shooting Drills:

All Drills Consist of 3 set of 20 Shots Rest in Between Sets

Drill 1: Hips lateral: Front to back transfer and shoot

Drill 2: Backhand to forehand pull back, transfer and shoot

Drill 3: Hips forward: backhand to forehand snap shot

Drill 4: Game of around the world

Stick skills / Shooting workouts



Workout #3

Stick Skills:

All Drills Done 30 Sec On Then 30 Sec Rest

Drill 1: Both hands quick taps forehand / backhand

Drill 2: Both hands outside feet

Drill 3: Both hands alt. quick taps / outside feet

Drill 4: Umbrella pattern quick taps

Drill 5: Follow the leader w/ partner (mirror drill)

Shooting Drills:

All Drills Consist of 3 set of 20 Shots Rest in Between Sets

Drill 1: Hips forward: Right foot to left foot transfer and shoot

Drill 2: Hips forward: Left foot to right foot transfer and shoot

Drill 3: Forehand catch and shoot

Drill 4: Backhand catch / pull / shoot

Stick skills / Shooting workouts



Workout #4

Stick Skills:

All Drills Done 30 Sec On Then 30 Sec Rest

Drill 1: Quick taps to expanded reach forehand

Drill 2: Quick taps to expanded reach backhand

Drill 3: Quick taps to expanded reach alt. sides

Drill 4: Quick taps / forehand fake / expanded reach

Drill 5: Quick taps / backhand fake / expanded reach

Shooting Drills:

All Drills Consist of 3 sets of 20 Shots Rest in Between Sets

Drill 1: Tight to net / Forehand roof shots

Drill 2: Tight to net / backhand roof shots

Drill 3: Tight to net / backhand to forehand pull / roof shot

Drill 4: Tight to net / forehand to backhand pull / roof shot

Stick skills / Shooting workouts



Workout #5

Stick Skills:

All Drills Done 30 Sec On Then 30 Sec Rest

Drill 1: Toe pulls front to back

Drill 2: Toe pulls lateral into feet

Drill 3: Umbrella pattern toe pulls

Drill 4: Front toe pull / expand to backhand

Drill 5: Lateral toe pull / flip up

Shooting Drills:

All Drills Consist of 3 sets of 20 Shots Rest in Between Sets

Drill 1: Slap shots low alt. sides

Drill 2: Slap shots high alt. sides

Drill 3: One timers low alt. sides

Drill 4: One timers high alt. sides