



TRAINING @ HOME

GENERAL
INFO

POWERED BY **BIOSTEEL**

EDUCATIONAL VIDEOS

[How to Read the Workout \(Ages 8-12\)](#)
[How to Read the Workout \(Ages 13+\)](#)
[Introduction to Tempos \(time under tension\)](#)
[Emphasis on Technique and Quality](#)

MINI BAND SERIES (HIP ACTIVATION)

Exercise	Sets	Reps	Notes
Linear Band Walk	1-3	10RL	
Backward Band Walk	1-3	10RL	
Lateral Band Walk	1-3	10RL	
Staggered Lat Band Walk 1	1-3	10RL	front foot
Staggered Lat Band Walk 2	1-3	10RL	rear foot

ADVANCED SPEED PROGRESSIONS

[Icky Shuffle to 3 Cone V Shuffle](#)
[Crossover to 3 Cone Crossover](#)
[Lateral S.L. In/Out to 2 Cone Shuffle](#)

FULL DYNAMIC WARM UP

Exercise	Sets	Reps	Notes
Back Jog w/ Arm Swing	1	10 yds.	
High Knees	1	10 yds.	
Cherry Picker	1	10 yds.	
A Skip	1	10 yds.	
Backward Knee Flare	1	10 yds.	
Shuffle w/ Arm Swing	1	10 yds.	both sides
Carioca High Step	1	10 yds.	both sides
Linear Lunge w/ Reach	1	5RL	both legs
Ankle Grab Quad Stretch	1	5RL	both legs
Figure 4 w/ Pull	1	5RL	both legs
Calf Sweep w/ Arm Circle	1	5RL	both legs
Hamstring T's	1	5RL	both legs
Lateral Shift Lunge	1	5RL	both legs
Instructional Demo Video Kid Version			

SUPPLEMENTAL VIDEOS

EXERCISE MODIFICATIONS

[Backpack Squat](#)
[Backpack Split Squat](#)
[Backpack RFE Split Squat](#)
[Backpack Split Squat \(front loaded\)](#)
[Backpack Alternate Reverse Lunge](#)
[Backpack Walking Lunge](#)
[Backpack Reverse Lunge \(front loaded\)](#)
[Backpack Lateral Lunge](#)
[Backpack RDL](#)
[Towel Hamstring Curl](#)
[Backpack Single Leg RDL](#)
[Single Leg Towel Hamstring Curl](#)

EXERCISE REGRESSIONS

Landmine Front Squat	➡	DB Goblet Squat
DB Goblet Squat	➡	Supported Body Weight Squat
DB Split Squat	➡	Supported Split Squat
Push Up	➡	Incline Push Up
Chin Up	➡	Band Assisted Chin Up
Front Plank	➡	Incline Front Plank
Side Plank	➡	Incline Side Plank



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DAY 1: STRENGTH + CONDITIONING

DYNAMIC WARM UP

Exercise	Sets	Reps	Notes
Full Dynamic Warm Up	1	10 yds.	5-10 min.

ACTIVATION

Exercise	Sets	Reps	Notes
Curtsey Squat	2	10RL	3.0.0
High Plank w/ Tap	2	10	
Base Pogos	2	10 sec.	

PLYO/SPRINT

Exercise	Sets	Reps	Notes
Squat Jump to Broad Jump	4	5	
Falling Start to Sprint	4	10 yds.	rest 45 sec.

STRENGTH

Exercise	Sets	Reps	Notes
A1) Landmine Front Squat	3	5,3,1	3.0.0, warmup
A2) DB Bench Press	3	5,3,1	3.0.0, warmup
A3) Depth Drop	3	5	rest 1 min.
A4) Ankle C.A.R.	2	10RL	*active rest

B1) Landmine Front Squat	5	10	4.0.0, rest 30 sec.
B2) DB Bench Press	5	10	4.0.0, rest 90 sec.
B3) Hip C.A.R.	4	5RL	*active rest
C1) DB RDL	4	10	3.0.0, rest 30 sec.
C2) BB Bent Over Row	4	10	3.0.0, rest 90 sec.
C3) Shoulder C.A.R.	3	5RL	*active rest
D1) Chin Up	3	5-10	
D2) Hamstring Curl	3	10	towel on floor
D3) Band Facepull	3	15	rest 1 min.
E1) ISO S.L. Glute Bridge	2	30 sec. RL	body weight
E2) ISO Push Up	2	30 sec.	body weight
E3) ISO BO Towel Row	2	30 sec.	rest 1 min.

POSITION SPECIFIC CONDITIONING

Goalies: 10 sec. moderate effort (bike/run) + 45 sec. active rest (15x)
Defense: 15 sec. moderate effort (bike/run) + 45 sec. active rest (15x)
Forward: 15 sec. moderate effort (bike/run) + 45 sec. active rest (15x)
Active Rest Options: stick handle, hand eye coordination, easy walk/bike

DAY 2: MOVEMENT (LINEAR FOCUSED)

DYNAMIC WARM UP

Exercise	Sets	Reps	Notes
Full Dynamic Warm Up	1	10 yds.	5-10 min.

ACTIVATION

Exercise	Sets	Reps	Notes
A1) Curtsey Squat	2	10RL	3.0.0
A2) Plea Squat	2	10	3.0.0
A3) High Pogos	2	10	

PLYO

Exercise	Sets	Reps	Notes
B1) Drop Split Jump	3	5RL	rest 30 sec.
B2) Drop Lunge Jump	3	5RL	rest 30 sec.

LADDER

Exercise	Sets	Reps	Notes
C1) Icky Shuffle to Sprint	5	1	rest 30 sec.
C2) Lin. S.L. In/Out Sprint	5	1RL	rest 30 sec.

MOVEMENT SKILLS (LINEAR FOCUSED)

Exercise	Sets	Reps	Notes
D1) S.L. Acceleration	4	5RL	
D2) Acceleration March	4	10 sec.	
D3) Acceleration Singles	4	5RL	rest 1 min.
E1) High Plank Sprint	5	1RL	rest 30 sec.
E2) Split Stance Drop Sprint	5	1RL	rest 30 sec.



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DAY 3: STRENGTH + CONDITIONING

DYNAMIC WARM UP

Exercise	Sets	Reps	Notes
Full Dynamic Warm Up	1	10 yds.	5-10 min.

ACTIVATION

Exercise	Sets	Reps	Notes
Curtsey Squat	2	10RL	3.0.0
High Plank w/ Tap	2	10	
Lateral Base Pogos	2	10 sec.	

PLYO/SPRINT

Exercise	Sets	Reps	Notes
Skater Jumps	4	5RL	
Shuffle to Sprint	4	10 yds.	rest 45 sec.

STRENGTH

Exercise	Sets	Reps	Notes
A1) Hex Bar Deadlift	3	5,3,1	3.0.0, warmup
A2) DB Incline Bench Press	3	5,3,1	3.0.0, warmup
A3) Split Depth Drop	3	5RL	rest 1 min.
A4) Ankle C.A.R.	2	10RL	*active rest

B1) Hex Bar Deadlift	5	10	4.0.0, rest 30 sec.
B2) DB Incline Bench Press	5	10	4.0.0, rest 90 sec.
B3) Hip C.A.R.	4	5RL	*active rest
C1) DB Split Squat	4	10RL	3.0.0, rest 30 sec.
C2) DB Low Lat Row	4	10RL	3.0.0, rest 90 sec.
C3) Shoulder C.A.R.	3	5RL	*active rest
D1) Chin Up	3	5-10	
D2) DB Walking Lunge	3	10	
D3) Bird Dog	3	10RL	rest 1 min.
E1) ISO Split Squat	2	30secRL	
E2) ISO Push Up	2	30 sec.	body weight
E3) ISO BO Towel Row	2	30 sec.	rest 1 min.

POSITION SPECIFIC CONDITIONING

Goalies: 5 yd. shuffle (alternate sides), 5 yd. sprint + 45 sec. active rest (16x)
 Defense: 5 yd. back pedal, 5 yd. sprint, 10 yd. back pedal + 45 sec. active rest (15x)
 Forward: 5 yd. sprint, 5 yd. back pedal, 10 yd. sprint + 45 sec. active rest (15x)
 Active Rest Options: stick handling, hand eye coordination, easy walk/bike

DAY 4: MOVEMENT (LATERAL FOCUSED)

DYNAMIC WARM UP

Exercise	Sets	Reps	Notes
Full Dynamic Warm Up	1	10 yds.	5-10 min.

ACTIVATION

Exercise	Sets	Reps	Notes
A1) Curtsey Squat	2	10RL	3.0.0
A2) Plea Squat	2	10	3.0.0
A3) High Pogos	2	10	

PLYO

Exercise	Sets	Reps	Notes
B1) S.L. Lat. Hurdle Hop	3	5RL	
B2) S.L. Med. Hurdle Hop	3	5RL	rest 1 min.

LADDER

Exercise	Sets	Reps	Notes
C1) Lateral Skier to Sprint	5	1	rest 30 sec.
C2) Lat. S.L. In/Out Sprint	5	1RL	rest 30 sec.

MOVEMENT SKILLS (LATERAL FOCUSED)

Exercise	Sets	Reps	Notes
D1) Acceleration March	4	10 sec.	
D2) S.L. Shuffle Accel.	4	5RL	
D3) S.L. Crossover Accel.	4	5RL	rest 1 min.
E1) Split Lateral Sprint	5	1RL	rest 30 sec.
E2) Pro Agility Shuffle	5	1RL	rest 30 sec.



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DAY 5: STRENGTH + CONDITIONING

DYNAMIC WARM UP

Exercise	Sets	Reps	Notes
Full Dynamic Warm Up	1	10 yds.	5-10 min.

ACTIVATION

Exercise	Sets	Reps	Notes
Curtsey Squat	2	10RL	3.0.0
High Plank w/ Tap	2	10	
Base Rotations	2	10 sec.	

PLYO/SPRINT

Exercise	Sets	Reps	Notes
Squat Jump to Broad Jump	4	5	
Falling Start to Sprint	4	10 yds.	rest 45 sec.

STRENGTH

Exercise	Sets	Reps	Notes
A1) DB Split Squat	2	5RL,3RL	3.0.0, warmup
A2) Landmine Press	2	5RL,3RL	3.0.0, warmup
A3) S.L. Depth Drop	2	5RL	rest 1 min.
A4) Ankle C.A.R.	2	10RL	*active rest

B1) DB Split Squat	5	10RL	4.0.0, rest 30 sec.
B2) Landmine Press	5	10RL	4.0.0, rest 90 sec.
B3) Hip C.A.R.	4	5RL	*active rest
C1) DB Step Up	4	10RL	rest 30 sec.
C2) DB Bent Over Row	4	10RL	3.0.0, rest 90 sec.
C3) Shoulder C.A.R.	3	5RL	*active rest
D1) DB Lateral Lunge	3	10RL	
D2) Hamstring Curl	3	10	3.0.0
D3) Zottman Curl	3	10	3.0.0, rest 1 min.
E1) ISO Split Squat	2	30 sec. RL	
E2) ISO Push Up	2	30 sec.	body weight
E3) ISO BO Towel Row	2	30 sec.	rest 1 min.

POSITION SPECIFIC CONDITIONING

Goalies: 10 sec. moderate effort (bike/run) + 45 sec. active rest (15x)
Defense: 15 sec. moderate effort (bike/run) + 45 sec. active rest (15x)
Forward: 15 sec. moderate effort (bike/run) + 45 sec. active rest (15x)
Active Rest Options: stick handle, hand eye coordination, easy walk/bike

DAY 6: RECOVERY + REGENERATION

ACTIVE RECOVERY

Exercise	Sets	Reps	Notes
A1) Full Dynamic Warm Up	1	10 yds.	5-10 min.
B1) Hip C.A.R.	1	10RL	
B2) Shoulder C.A.R.	1	10RL	
B3) Ankle C.A.R.	1	10RL	
C1) 3D Lunge Matrix	2	10RL	
C2) 3D Balance Matrix	2	10RL	
D1) Hip 90/90 Ext. Stretch	1	2 min. RL	stretch front hip
D2) Hip 90/90 Int. Stretch	1	2 min. RL	stretch back hip
E1) Hip 90/90 Lift Offs	2	10RL	
F1) Diaphragm Breathing 1	1	10	5 sec in, 8 sec out
F2) Diaphragm Breathing 2	1	10	5 sec in, 8 sec out
F3) Visualization	1	10 mins.	lay down, eyes closed, picture yourself playing hockey



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