

M2 Hockey Workout Plan


Workout:

Date:

Exercise	Notes
Age Lineup	Begin by having the group stand on low wall or a series of 2x4s lined up next to one another end to end. Have the players reorder themselves left to right, youngest to oldest. Players must stay on the wall and are NOT allowed to talk.
Blanket Race	Divide your group into two teams, lay one blanket out flat on the ground for each team. Have all of the team members stand on their respective blankets. On your signal the teams compete to see who can turn their blanket over the quickest, without any of the team members stepping off the blanket in the process. Talking is only allowed for the first 30 seconds.
Butt Test	Divide the group into two teams. Each team must figure out how to have everyone sit on the floor without their butt actually touching the ground. The team that finds a solution and executes it the quickest wins.
Marker Test	<p>Players must make as many Xs on the blank piece of paper as they can using the sharpie and skate laces. Players may only touch the sharpie at the beginning to tie it to the skate laces.</p> <p>Give each team two minutes to discuss its strategy prior to starting. Only one team should be in the room while doing the exercise so each team uses its own ideas.</p> <p>Once the laces are tied to the sharpie, the players must position their hands on the laces at least 2 feet from the sharpie. By working together, the players must maneuver the sharpie using the laces to form Xs on the paper. Each team is given five minutes from the start to tie the laces and make as many Xs as possible.</p>
Helium Stick	Players begin by resting a doll rod or other light long stick on their fingers held out at chest height. Players must lower the stick to the ground without anyone's fingers leaving contact with the stick.
Spaghetti & Marshmallows	Divide your group into teams of four or five. Give each team a supply of spaghetti and marshmallows. Using the material, each team attempts to build a freestanding structure in a given amount of time. At the end of the time period, the team with the tallest structure wins.
Challenge Questions	Divide the group into 3 teams - give them 20 minutes to answer all 12 questions.

Supplies Needed:

2 Blankets
 4 Boxes of Dry Spaghetti
 2 Bags of Marshmallows
 1 Long Doll Rod
 2 Blankets/Sheets
 Q& A Sheets