M2 Hockey Workout Plan

Workout: Midget Major Dryland (7:30pm-8:10pm)

Date: 11/19/09

Exercise	Reps	Sets	Weight	Notes
Group 1: M2 Pushup Routine (Marc & John Supervise)	10	10	-	Pushup Bars -3 players per group
Group 2: Stickhandling (Kevin Supervise)	-	-	-	-3 Pucks -Wide Reach Course -Juggling
				EVERYONE
Leg Up Toe Touches	10-15	3		
Alt. Arm Supermans	12	3		
Sprints	-	3		
Stomach Start Sprints	-	3		
1/2 Backward, 1/2 Forward Sprints	-	3		