



FREE 5-DAY YOUTH OFF-ICE PROGRAM · AGES 9-14

THE 5 FOUNDATIONS



Squat. Land. Balance. Brace. Split. The five movements every young hockey player should own — and a week of training to build them.

TRACK 9-11

TRACK 12-14

NO EQUIPMENT

20-35 MIN

COACH DAVID CIBOCH

M.Ed. Sport Science · Former UAE National Team Coach · v1 · October 2026

WELCOME

FIVE SKILLS. FIVE DAYS. ONE BETTER PLAYER.

Players: this week is about owning five movements every good skater is built on — squat, land, balance, brace and split. You'll test them on Day 1, train them all week, and test again in four weeks.

Parents: this is structured, age-appropriate off-ice training you can run at home with no equipment. It adds to hockey practice — it doesn't replace it — and every session takes 20–35 minutes.

WHAT'S INSIDE

- The 5-Foundation Check — a simple test you can film and repeat
- 5 sessions with two tracks: **9-11** and **12-14**
- A 6-minute warm-up for every session
- How to fit it around practices and games
- Safety notes, recovery, a scorecard and a 4-week tracker

Tap any "► Watch demo" button to open the exercise video and full guide on elitehockeydrills.com. Photos in this program are Coach David's own demos.

HOW IT WORKS

TWO TRACKS. PICK BY READINESS.

TRACK A

AGES 9–11

20–30 min per session. Fewer sets, more play. An adult present every session.

TRACK B

AGES 12–14

30–35 min per session. More sets, harder versions, a little more independence.

Age is a starting point, not a rule. A 12-year-old who is new to training can start on the 9–11 doses; a strong 11-year-old who owns all five Foundations can try the 12–14 doses.

YOUR WEEK

Mon Day 1 · Foundation Check

Tue Day 2 · Quick Feet

Wed Rest or hockey

Thu Day 3 · One Leg

Fri Day 4 · Jump & Land

Sat Day 5 · Play Day

Sun Full rest

Any 5 days work. Keep at least one full rest day, and never put Day 4 (jumps) the day before a game.

YOU NEED

Sneakers, a few metres of floor or grass, 2 markers (water bottles), a phone to film and time, a tape measure or tape for the broad jump, and a low step. Nothing else.

WITH HOCKEY

IT ADDS TO PRACTICE. IT DOESN'T REPLACE IT.

Off-ice work should leave a player fresher for the ice, not more tired. Match the week to the hockey schedule:

LIGHT HOCKEY WEEK

1-2 PRACTICES + 1 GAME

All 5 sessions. Put Day 4 (jumps) at least one day away from the game.

BUSY HOCKEY WEEK

3+ PRACTICES + 1-2 GAMES

Do 3 sessions: Day 1, Day 3 and Day 5. Skip Days 2 and 4 that week — practice already brings plenty of sprinting and stopping.

GAME DAY

No session. The 6-minute warm-up is a good pre-game routine at the rink.

- Same day as practice? Pick Day 2 or Day 5 and keep it short, or skip it.
- Tired, sore or sick? Skip the session. A missed day costs nothing.
- The week ahead looks heavy? Do 3 sessions, not 5.

SAFETY · PARENTS, READ THIS ONE

SAFE, SIMPLE, SUPERVISED.

SUPERVISION

- **Ages 9–11:** an adult is there for every session — counting reps, checking form, keeping it fun.
- **Ages 12–14:** an adult checks form in the first two sessions and watches the Day 4 jumps. After that, nearby is enough.

STOP RULES

- Burning muscles and heavy breathing are normal.
- Sharp pain, pain that changes how they move, or pain that is still there the next day is not. Stop that exercise and rest.
- If pain keeps coming back, see a doctor or physiotherapist before training again.

GROWTH SPURTS

During a fast growth phase many kids feel clumsy for a few weeks, and some get sore knees or heels. Lower the jump volume (use the easier options), keep the strength work, and get pain that lasts checked.

THE SPACE

Sneakers on. Jump on grass, turf or a gym floor — not on hard tiles or concrete. Clear the furniture. Water bottle nearby.

This program uses bodyweight only. It is general guidance, not medical advice — if your child has a health condition or an injury, ask their doctor first.

THE METHOD

THE 5 FOUNDATIONS

Before adding weight, speed or volume, a young player should own these five. Each one shows up in every shift.

**1 · SQUAT****Sit deep. Heels down. Chest up.**

The skating stance is a squat. A player who can't sit deep with heels down can't get low on the ice without losing balance.

**2 · LAND****Jump far. Land like a statue.**

Every stop and cut asks the legs to absorb force. Learning to land quietly comes before jumping higher or farther.

**3 · BALANCE****One leg. Still.**

Skating happens on one leg at a time. Balance is what lets the push leg work while the other leg recovers.

**4 · BRACE****Straight line, head to heels.**

A strong middle connects the legs to the stick. It is what keeps a player upright when someone leans on them.

**5 · SPLIT****One leg does the work.**

Every stride is one leg pushing. The split squat is the simplest way to build — and check — that single-leg strength.

DAY 1 AND WEEK 4

THE CHECK

Run it at the start of Day 1. Film each test from the side on a phone. Write the result in the scorecard at the back — **owned** or **working on it** — and do it again in four weeks.

1 · SQUAT

[▶ DEMO](#)

Test: Do 5 slow bodyweight squats (3 seconds down).

OWNED · 9–11

Thighs reach parallel or lower, heels stay down, knees follow the toes, chest stays up — on all 5.

Record: Owned / Working on it

OWNED · 12–14

Same as 9–11, then hold the bottom position for 10 seconds without the heels lifting.

2 · LAND

[▶ DEMO](#)

Test: Do 3 two-foot broad jumps. Freeze each landing for 3 seconds.

OWNED · 9–11

Quiet landing, knees stay over the toes (no caving in), no extra step — on all 3.

Record: Best distance (to the back of the heels)

OWNED · 12–14

Same standard, plus 2 forward hops on each leg that you can stick for 2 seconds.

3 · BALANCE

[▶ DEMO](#)

Test: Stand on one leg, hands on hips, eyes open. Time it on each leg (stop at 30 seconds).

OWNED · 9–11

30 seconds on each leg without the other foot touching down.

Record: Seconds — left / right

OWNED · 12–14

30 seconds eyes open on each leg. Bonus: try eyes closed and write that time down too.

4 · BRACE

[▶ DEMO](#)

Test: Forearm plank. Time stops when the hips sag or pike up.

[OWNED · 9–11](#)

30 seconds in a straight line.

Record: Seconds (stop at 60 / 90)

[OWNED · 12–14](#)

45 seconds in a straight line.

5 · SPLIT

[▶ DEMO](#)

Test: Split squats: 5 each leg (9–11) or 8 each leg (12–14).

[OWNED · 9–11](#)

Back knee hovers just above the floor, front knee over the foot, body tall, no wobble.

Record: Owned / Working on it — each leg

[OWNED · 12–14](#)

Same standard, with a 2-second pause at the bottom of every rep.

BEFORE EVERY SESSION

THE 6-MINUTE WARM-UP

Same six moves, every time, in this order. It is also a good pre-game routine.

**Skips with High Knees ▶****2 × 15 m**

Skip forward, drive one knee to hip height, swing the opposite arm. Land softly on the front of the foot. *Tall and bouncy.*

**Spider Lunge + Reach ▶****3 each side**

From a push-up position step one foot outside the same hand, reach that arm to the sky, then switch. *Open the hips, open the chest.*

**Inchworm ▶****4 reps**

Bend over, walk the hands out to a push-up position, hold 1 second, walk them back, stand up. *Long arms, tight middle.*

**Lateral Shuffle ▶****2 × 10 m each way**

Low athletic stance, quick side steps. Feet never cross or click together. *Stay low, eyes up.*

**Pogo Hops ▶****2 × 10**

Small, quick bounces on the front of the feet, knees almost straight. Quiet contacts. *Springs in the ankles.*

**Deep Squat Hold ▶****2 × 15 s**

Sit as deep as you can with heels down, elbows gently pushing the knees out. *Heels heavy, chest proud.*

DAY 1 · MOVE WELL

FOUNDATION CHECK

9-11 · 30 MIN

12-14 · 35 MIN

WARM-UP FIRST

Today you find out where you stand. Run the 5-Foundation Check first and write the results in the scorecard at the back. Then learn the basic patterns slowly. Nobody is graded today — the check just tells you where to start.

Gear: Floor space · a phone to film · a tape measure or tape

PART 1 · 10 MIN — Do the 5-Foundation Check (page “The Check”). Write down the results.

PART 2 · MOVE WELL — 9-11: 2 rounds · 12-14: 3 rounds. Rest as listed.

	EXERCISE	9-11	12-14
1	Bodyweight Squat	2 × 8	3 × 10
2	Glute Bridge	2 × 10	3 × 12
3	Push-Up	2 × 5-8 (hands on a couch or bench is fine)	3 × 8-10
4	Bear Crawl	2 × 5 m forward + back	3 × 8 m forward + back
5	Dead Bug	2 × 6 each side	3 × 8 each side



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BODYWEIGHT SQUAT

[▶ Watch demo](#)

9–11 2 × 8

12–14 3 × 10

Rest 45 s

3 s down

1. Feet a little wider than the hips, toes slightly out.
2. Push the hips back and down, knees follow the toes.
3. Go as deep as you can with heels down, then stand tall.

“Chest proud. Slow on the way down.”

On the ice: Builds the low, stable stance every stride starts from.

EASIER

Squat to a chair — touch and stand.

HARDER

Pause 2 s at the bottom.



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GLUTE BRIDGE

[▶ Watch demo](#)

9–11 2 × 10

12–14 3 × 12

Rest 45 s

2 s squeeze at the top

1. Lie on your back, knees bent, feet flat near your hips.
2. Push through the heels and lift the hips into a straight line from knees to shoulders.
3. Squeeze the glutes for 2 seconds, lower slowly.

“Squeeze the glutes, not the lower back.”

On the ice: The glutes are the main engine of the skating push.

EASIER

Smaller lift, 1 s squeeze.

HARDER

Bridge march: lift one knee at a time at the top.



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PUSH-UP

[▶ Watch demo](#)**9–11** 2 × 5–8 (hands on a couch or bench is fine)**12–14** 3 × 8–10**Rest 60 s**

1. Hands under the shoulders, body straight from head to heels.
2. Lower the chest to a fist above the floor.
3. Push back up without the hips sagging.

“Straight line. Push the floor away.”

On the ice: Upper-body strength for battles on the boards and holding your stick under pressure.

EASIER

Hands on a couch or bench (incline).

HARDER

3 s on the way down.



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BEAR CRAWL

[▶ Watch demo](#)**9–11** 2 × 5 m forward + back**12–14** 3 × 8 m forward + back**Rest 60 s**

1. Hands under shoulders, knees under hips, knees one inch off the floor.
2. Move the opposite hand and foot together.
3. Keep the back flat the whole way.

“Hips low. Don’t spill the water on your back.”

On the ice: Coordination — the brain learning to move the right limbs at the right time.

EASIER

Shorter distance.

HARDER

Crawl backwards on the way back.



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DEAD BUG

[▶ Watch demo](#)**9-11** 2 × 6 each side**12-14** 3 × 8 each side**Rest** 30 s

1. On your back, arms up, knees bent at 90° above the hips.
2. Slowly reach one arm back and the opposite leg out.
3. Return and switch. The lower back stays pressed down.

“Back glued to the floor.”

On the ice: Core control that keeps you stable when someone tries to knock you off the puck.

EASIER

Move only the legs.

HARDER

3 s reach on every rep.

Cool-down 2 min: lie on your back, breathe in for 4 seconds, hold for 4, out for 6.

DAY 2 · SPEED

QUICK FEET & FIRST STEPS

9–11 · 25 MIN

12–14 · 30 MIN

WARM-UP FIRST

Speed is a skill. Today is short, sharp efforts with full rest. If a rep isn't fast, it doesn't count — rest longer and go again. Stop the session when the reps start getting slower.

Gear: Open space ~15 m · 2 markers (water bottles work) · a partner if possible

WORKOUT — Do the exercises in order. Full rest between sprints.

	EXERCISE	9–11	12–14
1	Wall Drive Hold	3 × 5 s each leg	4 × 5 s each leg
2	Falling Start Sprint	5 × 10 m	6 × 10 m
3	Lateral Shuffle Bursts	4 rounds	6 rounds
4	Reactive 5 m Sprint	5 reps	8 reps
5	Mirror Game	3 × 20 s	4 × 20 s

WALL DRIVE HOLD

[▶ Watch demo](#)

9–11 3 × 5 s each leg

12–14 4 × 5 s each leg

Rest 20 s

1. Hands on a wall, lean in so the body is a straight line at about 45°.
2. Drive one knee up to hip height and hold.
3. Push the standing foot hard into the floor.

“Lean, knee up, push the floor away.”

On the ice: Teaches the forward lean of a quick start — the first three strides.

EASIER

3 s holds.

HARDER

Switch legs quickly 3 times, then hold.



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FALLING START SPRINT

[▶ Watch demo](#)**9–11** 5 × 10 m**12–14** 6 × 10 m**Rest** Walk back + 30 s

1. Stand tall, feet together.
2. Lean forward from the ankles until you have to step.
3. Sprint 10 m with short, powerful first steps.

“Fall, then explode.”

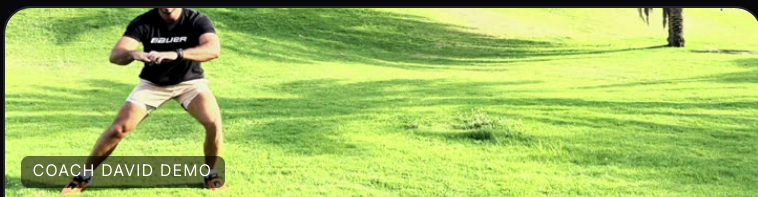
On the ice: Trains the first steps that win races to loose pucks.

EASIER

Start from a staggered stance.

HARDER

12–14: sprint 15 m.



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LATERAL SHUFFLE BURSTS

[▶ Watch demo](#)**9–11** 4 rounds**12–14** 6 rounds**Rest** 45 s

5 m right + 5 m left

1. Two markers 5 m apart. Athletic stance between them.
2. Shuffle to one marker, touch the floor, shuffle back and touch the other.
3. Feet never cross.

“Low and quick. Eyes up.”

On the ice: The base of every change of direction and every defensive step.

EASIER

Markers 3 m apart.

HARDER

Touch the floor with the outside hand.

REACTIVE 5 M SPRINT

[▶ Watch demo](#)**9–11** 5 reps**12–14** 8 reps**Rest** Walk back + 30 s

1. Start in a different position each rep: standing, kneeling, sitting, lying on your stomach.
2. On “GO” (a partner’s call or clap) get up and sprint 5 m.
3. Walk back and pick a new start.

“Every start is a new start.”

On the ice: Reaction plus first-step speed — reading a cue and going.

EASIER

Standing starts only.

HARDER

Start lying on your back.

MIRROR GAME

[▶ How-to guide](#)**9–11** 3 × 20 s**12–14** 4 × 20 s**Rest** 40 s

1. Face a partner 2 m apart. One leads — shuffles, drops, jumps.
2. The other copies as fast as possible.
3. Switch leader every round. Solo: react to an imaginary opponent.

“React, don’t think.”

On the ice: Reading movement and responding fast — a game-sense skill.

EASIER

Leader moves slower.

HARDER

Add a sprint to a marker on “GO”.

Cool-down 2 min: easy walk, then 10 slow shoulder rolls each way.

DAY 3 · STRENGTH SKILLS

STRONG ON ONE LEG

9-11 · 25 MIN

12-14 · 35 MIN

WARM-UP FIRST

Strength at this age means controlling your own body in hard positions — one leg, tight middle, slow reps. Do pairs back to back (A1 then A2), then rest.

Gear: Floor space · a low step or bench (optional)

WORKOUT — A1 + A2, then B1 + B2, then C1 + C2. Sets and rest as listed.

	EXERCISE	9-11	12-14
A1	Split Squat	2 x 6 each leg	3 x 8 each leg
A2	Single-Leg Glute Bridge	2 x 6 each leg	3 x 8 each leg
B1	Side Lunge (Cossack)	2 x 4 each side	3 x 6 each side
B2	Plank to Push-Up	2 x 4	3 x 6
C1	Side Plank	2 x 15 s each side	3 x 25 s each side
C2	Single-Leg Balance Reach	2 x 4 each leg	3 x 6 each leg



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A1 SPLIT SQUAT[▶ Watch demo](#)**9–11** 2 × 6 each leg**12–14** 3 × 8 each leg**Rest** 30 s

3 s down

1. Long stride stance, back heel up.
2. Lower the back knee straight down until it hovers above the floor.
3. Push through the front foot to stand.

“Tall chest. Back knee down — don’t crash.”

On the ice: Skating is a one-leg sport. This builds the push leg.

EASIER

Hold a wall or chair, smaller range.

HARDER

Pause 2 s at the bottom.



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A2 SINGLE-LEG GLUTE BRIDGE[▶ Watch demo](#)**9–11** 2 × 6 each leg**12–14** 3 × 8 each leg**Rest** 60 s

2 s squeeze

1. On your back, one foot flat, the other leg straight up.
2. Push through the heel and lift the hips.
3. Keep both hip bones level, lower slowly.

“Hips level — don’t let one side dip.”

On the ice: Trains each side on its own — and shows which one is weaker.

EASIER

Two-foot bridge with a 3 s squeeze.

HARDER

Shoulders on a couch, foot on the floor.



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B1 SIDE LUNGE (COSSACK)[▶ Watch demo](#)**9–11** 2 × 4 each side**12–14** 3 × 6 each side**Rest** 30 s

1. Wide stance, toes slightly out.
2. Shift to one side, bending that knee; the other leg stays straight.
3. Go only as deep as you can with the heel down, then switch.

*“Heel down, chest up.”***On the ice:** Side-to-side strength and hip mobility for wide strides and stops.**EASIER**

Shallow side lunge, hands on a chair.

HARDER

Hold the bottom 2 s.



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B2 PLANK TO PUSH-UP[▶ Watch demo](#)**9–11** 2 × 4**12–14** 3 × 6**Rest** 60 s

1. Start in a forearm plank.
2. Press up to the hands one arm at a time.
3. Lower back to the forearms. Switch the lead arm each rep.

*“Hips still – no rocking.”***On the ice:** Shoulder strength with a braced middle.**EASIER**

From the knees.

HARDER

Slower, 2 s per arm.



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C1 SIDE PLANK

[▶ Watch demo](#)**9-11** 2 × 15 s each side**12-14** 3 × 25 s each side**Rest** 20 s

1. Lie on your side, elbow under the shoulder.
2. Lift the hips so the body is straight.
3. Hold and breathe.

“Long body, hips high.”

On the ice: Side core strength that holds you up in contact.

EASIER

Knees bent.

HARDER

Lift the top leg.



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C2 SINGLE-LEG BALANCE REACH

[▶ Watch demo](#)**9-11** 2 × 4 each leg**12-14** 3 × 6 each leg**Rest** 45 s

1. Stand on one leg, slight bend in the knee.
2. Reach the free foot (or your hands) forward and out, then return.
3. Stand tall between reps without touching down.

“Knee over the toes. Stay quiet.”

On the ice: Balance and control in the positions skating puts you in.

EASIER

Fingertip on a wall.

HARDER

Reach farther, slower.

Cool-down 2 min: hug the knees, rock side to side, then 10 slow breaths.

DAY 4 · PLYOMETRICS

JUMP & LAND

9-11 · 20 MIN

12-14 · 30 MIN

WARM-UP FIRST

Today the lesson is the landing. Quiet feet, bent knees, knees over the toes. If a landing is loud or the knees cave in, make the jump smaller. Total jumps stay low: about 60 for 9-11 and about 100 for 12-14.

Landing rule: land softer than you jumped. Freeze every landing that says “stick”.

Gear: Grass, turf or a gym floor · a low step

WORKOUT — Do the exercises in order. Rest as listed.

	EXERCISE	9-11	12-14
1	Pogo Hops	2 × 10	3 × 12
2	Broad Jump — Stick It	5 jumps	6 jumps
3	Skater Hop — Stick It	2 × 4 each side	3 × 5 each side
4	Single-Leg Pogo Hops	2 × 10 two-foot hops over a line	2 × 8 each leg
5	Step-Down	2 × 5 each leg	3 × 6 each leg
6	Single-Leg Balance	2 × 20 s each leg, eyes open	2 × 20 s each leg, eyes closed



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POGO HOPS

[▶ Watch demo](#)**9–11** 2 × 10**12–14** 3 × 12**Rest** 30 s

1. Feet hip-width, knees almost straight.
2. Bounce on the front of the feet — small and quick.
3. Quiet contacts, tall body.

“Springs in the ankles.”

On the ice: Ankle stiffness — the spring under every stride.

EASIER

Slower, smaller.

HARDER

Small forward and back pogos.



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BROAD JUMP — STICK IT

[▶ Watch demo](#)**9–11** 5 jumps**12–14** 6 jumps**Rest** 30–45 s

1. Feet hip-width, swing the arms back.
2. Jump forward as far as you can.
3. Land on both feet and freeze for 3 seconds.

“Jump far. Land like a statue.”

On the ice: Power plus the landing control that every stop needs.

EASIER

Shorter jumps, same freeze.

HARDER

12–14: 2 forward hops on one leg, stick it.



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SKATER HOP — STICK IT

[▶ Watch demo](#)**9–11** 2 × 4 each side**12–14** 3 × 5 each side**Rest** 45 s

hold 2 s

1. Stand on one leg.
2. Hop sideways and land on the other leg.
3. Hold the landing for 2 seconds, then hop back.

*“Stick it. Then go.”***On the ice:** The side-to-side push of a skating stride, with control.**EASIER**

Shorter hop.

HARDER

Longer hop, 3 s hold.



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SINGLE-LEG POGO HOPS (12–14) / TWO-FOOT LINE HOPS (9–11)

[▶ Watch demo](#)**9–11** 2 × 10 two-foot hops over a line**12–14** 2 × 8 each leg**Rest** 45 s

1. 9–11: hop side to side over a line on two feet, quick and quiet.
2. 12–14: small bounces on one foot, knee almost straight.
3. Stop the set if the knee wobbles in.

*“Quiet and stacked.”***On the ice:** Reactive spring with control over the knee.**EASIER**

Fewer hops.

HARDER

12–14: forward and back on one leg.



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STEP-DOWN

[▶ Watch demo](#)**9–11** 2 × 5 each leg**12–14** 3 × 6 each leg**Rest** 30 s**3 s** down

1. Stand on a low step on one leg.
2. Slowly lower the other heel to tap the floor.
3. Stand back up with the leg on the step.

“Slow down. Knee over the toes.”

On the ice: Teaches the muscles to absorb force — the brakes.

EASIER

Lower step, hold a rail.

HARDER

Higher step, 4 s down.



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SINGLE-LEG BALANCE

[▶ Watch demo](#)**9–11** 2 × 20 s each leg, eyes open**12–14** 2 × 20 s each leg, eyes closed**Rest** 15 s

1. Stand on one leg, hands on hips.
2. Stay as still as possible.
3. Small wobbles are fine; if you touch down, reset and continue.

“Quiet body.”

On the ice: Balance under fatigue, at the end of a jump day.

EASIER

Fingertip on a wall.

HARDER

Stand on a pillow.

Cool-down 2 min: easy walk, 10 ankle circles each way, slow breathing.

DAY 5 · FOUNDATION CIRCUIT + GAMES

PLAY DAY

9–11 · 25–30 MIN

12–14 · 35 MIN

WARM-UP FIRST

Put the 5 Foundations together, then play. Games count as training: sprinting, stopping, dodging and balance in a way no drill can copy.

Gear: Open space · friends, siblings or a parent for the games

PART 1 · FOUNDATION CIRCUIT — 9–11: 2 rounds · 12–14: 3 rounds · 90 s rest between rounds. Quality over speed.

PART 2 · GAMES · ABOUT 10 MIN — Pick one or two games below.

FOUNDATION CIRCUIT

MOVE	9–11	12–14
Bodyweight squats (3 s down)	8	10
Broad jumps — stick 3 s	3	3
Single-leg balance	20 s each leg	20 s each leg
Forearm plank	20 s	30 s
Split squats	5 each leg	8 each leg

9–11: 2 rounds · 12–14: 3 rounds · rest 90 s between rounds.

GAMES · PICK ONE OR TWO

SHARKS & MINNOWS

Need: 4+ players, a marked area

One shark in the middle. On “GO” the minnows sprint across without being tagged. Tagged players become sharks.

Builds: Acceleration, stopping, cutting.

LINE TAG

Need: 3+ players, court lines

Everyone may only run on the lines of a court. The tagger chases; tagged players become “it”.

Builds: Footwork and thinking one move ahead.

ONE-LEG KING

Need: 2 players, a small circle

Both on one leg, arms folded. Make the other player put a foot down or step out — shoulders only, no shoving with hands. Best of 5.

Builds: Single-leg balance and comfort with contact.

STOPWATCH SHUTTLE (SOLO)

Need: A phone timer, 2 markers 10 m apart

Sprint there and back 3 times. Write the time down. Rest 2 minutes, try to beat it once.

Builds: Speed and the habit of measuring progress.

Cool-down 2 min: easy walk and slow breathing.

AFTER THE FIRST WEEK

REPEAT. THEN LEVEL UP.

Run the same week for **4 weeks**. The exercises stay the same so the movements become automatic; the versions get harder as the player earns it.

MOVE UP TO THE “HARDER” OPTION WHEN...

- every rep looks like the description (film one set and check),
- the session felt “good”, not “very hard”, two times in a row,
- and nothing hurts.

MOVE DOWN TO THE “EASIER” OPTION WHEN...

- form breaks — knees caving in, back arching, loud landings,
- the body shakes out of control,
- or anything hurts.

WEEK 4: RETEST

Run the 5-Foundation Check again and fill in the second column of the scorecard. Every foundation that moved from “working on it” to “owned” is real progress — so is every centimetre on the broad jump.

THE OTHER HALF

RECOVERY IS WHEN YOU GET BETTER.

SLEEP

The American Academy of Sleep Medicine recommends **9–12 hours** a night for ages 6–12 and **8–10 hours** for ages 13–18. Screens off before bed, the same bedtime most nights.

Paruthi S, et al. J Clin Sleep Med. 2016;12(6):785–786.

FOOD

Every meal: a protein (eggs, chicken, fish, yogurt, beans), a carb (rice, potatoes, pasta, bread, fruit) and something green. A snack after training — fruit plus yogurt or a sandwich — is perfect. No supplements needed.

WATER

A bottle at training and through the day, not just at the rink.

REST DAYS

At least one full day off every week from training and hockey. Free play — bikes, soccer in the park, swimming — is great on the other days.

FOR PARENTS

HOW TO HELP (WITHOUT BECOMING THE COACH)

1. **Be the timekeeper, not the critic.** Count reps, run the stopwatch, hold the phone.
2. **Praise effort and quality.** "That landing was quiet" beats "jump farther".
3. **Film one set a week.** Watch it together and compare with the exercise demo.
4. **Let the player lead.** Ticking the tracker themselves builds the habit.
5. **Keep it short and fun.** A great 20-minute session beats a grumpy hour. Join in on Play Day.

Questions about your player? Reply to the email this program came with — I read every message.

— *Coach David*

PRINT ME

5-FOUNDATION SCORECARD

Name: _____ Age: _____ Track: 9–11 / 12–14

FOUNDATION	WEEK 1 · DATE ____	WEEK 4 · DATE ____
1 • SQUAT Owned / Working on it	_____	_____
2 • LAND Best distance (to the back of the heels)	_____	_____
3 • BALANCE Seconds — left / right	_____	_____
4 • BRACE Seconds (stop at 60 / 90)	_____	_____
5 • SPLIT Owned / Working on it — each leg	_____	_____
Broad jump best of 3	_____ cm	_____ cm
Balance eyes open, L / R	_____ / _____ s	_____ / _____ s
Plank	_____ s	_____ s

My goal for week 4: _____

[PRINT ME](#)

4-WEEK TRACKER

Tick each session when it's done. In the last column write how the week felt: easy · good · hard.

	D1	D2	D3	D4	D5	FELT
Week 1	☐	☐	☐	☐	☐	_____
Week 2	☐	☐	☐	☐	☐	_____
Week 3	☐	☐	☐	☐	☐	_____
Week 4	☐	☐	☐	☐	☐	_____

DAY	SESSION
D1	Foundation Check · Move well
D2	Quick Feet & First Steps · Speed
D3	Strong on One Leg · Strength skills
D4	Jump & Land · Plyometrics
D5	Play Day · Foundation circuit + games

Best moment this month: _____

WHAT'S NEXT

WEEK 1 IS THE FOUNDATION. A SEASON IS BUILT ON IT.

Once the 5 Foundations feel easy, training needs to change — new exercises, a plan around the hockey schedule, harder progressions at the right time.

THE ELITE HOCKEY DRILLS APP

Builds the whole off-ice season around the player's **age (9–11 or 12–14)**, level, position and weekly schedule — every session chosen, a demo video for every exercise, lighter around game days, progress tracked.

First 7 days free, then \$17.99/month or \$99.90/year. Cancel anytime.

[Start the free week →](#)

Parents: the trial starts from your App Store or Google Play account, so you stay in control of any subscription.

Prefer a one-time program? The 8-week **FOUNDATIONS (9–11)** and **DEVELOP (12–14)** programs are \$79 once, with a 30-day money-back guarantee — on elitehockeydrills.com.

Not ready for either? Keep repeating this week — it works on its own.

YOUR COACH



DAVID CIBOCH

- M.Ed. — PE & Sport Science
- Certified Strength & Conditioning Coach
- Former National Team Coach — UAE Ice Hockey
- 1,000+ athletes coached in 30+ countries

I hold a Master's degree in PE & Sport Science and have spent over a decade coaching hockey — from youth development to national-team level, including the UAE National Ice Hockey Team. My training is built on sport science: periodization, force development and hockey-specific movement, with one goal — measurable change on the ice. This program is the first step: learn to move well, then build on it.

See you on the ice.



OWN THE FOUNDATIONS.

Questions? Reply to the email this program came with.
Instagram @elite_hockey_drills · elitehockeydrills.com

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