

**WOLVERINE HOCKEY SUMMER WORKOUT**

Name: \_\_\_\_\_

**FOOTWORK****BEGIN AT WEEK 6**

## Week 1/2

Day 1	sets	reps	Day 2	sets	reps
Jump Rope (speed)	6	30 sec	Jump Rope (endurance)	2	2 min.
2 Feet Side/Side Hops	4	10	3 Cone Triangle	6	3 CW/3 CCW
Ladder-Slalom Jumps	5	down/back	10 Yard Shuttle	2	
Ladder-2 in/2 out lateral	5	down/back	Single Response Jumps	4	10

## Week 3/4

Day 1	sets	reps	Day 2	sets	reps
Jump Rope (speed)	8	30 sec	Jump Rope (endurance)	4	2 min.
2 Feet + hops	4	10	4 Cone Square	6	3 CW/3 CCW
Ladder-2 in/1 out	5	down/back	10 Yard Shuttle	2	
Ladder-Boxer Jumps	5	down/back	1 Foot Lateral Jump Over	4	10

## Week 5/6

Day 1	sets	reps	Day 2	sets	reps
Jump Rope (speed)	10	30 sec	Jump Rope (endurance)	6	2 min.
1 Foot Side/Side Hops	6	10 (3 left/3 right)	Lateral Bound-Repeat	4	10
Ladder-1 in/2 out	5	down/back	10 Yard Shuttle	3	
Latter-3 over/1 back	5	down/back	5 Yard Shuttle (time)	4	5/10/15/20 sec.

## Week 7/8

Day 1	sets	reps	Day 2	sets	reps
Jump Rope (speed)	12	30 sec	Jump Rope (endurance)	8	2 min.
1 Foot + hops	3-R/3-L	5 CW/5 CCW	Lateral Bound-2 over/1 back	6	10 yds (3-L/3-R)
Ladder-1 foot weave	4	down/back	10 Yard Shuttle	3	
Ladder-1 foot in/out	4	down/back	Zig-Zag Cones	6	Increase Distance for each