

XLAthlete.com Youth Hockey Non-Olympic

Name _____

Day 1	MONTH 1			
	Week 1	Week 2	Week 3	Week 4
Dynamic Warm-Up	ACL Prevention Warm Up	Complete Dynamic Warm Up 1	ACL Prevention Warm Up	Complete Dynamic Warm Up 2
	Cone Drill 1	Cone Drill 2	Cone Drill 3	Cone Drill 4
Walking Overhead Plate Lunge PAIR W/	2 Setsx 5 Reps Each Leg	2 Setsx 5 Reps Each Leg	2 Setsx 5 Reps Each Leg	2 Setsx 5 Reps Each Leg
3 Way Ham Touch Med Ball	2 Setsx 6 Reps Each Leg	2 Setsx 6 Reps Each Leg	2 Setsx 6 Reps Each Leg	2 Setsx 6 Reps Each Leg
Dumbbell Squat PAIR W/ Infraspinatus PAIR W/ RDL DB Shrug	2 Setsx 8 Reps 2 Setsx 5 Reps 2 Setsx 6 Reps	2 Setsx 8 Reps 2 Setsx 5 Reps 2 Setsx 6 Reps	2 Setsx 8 Reps 2 Setsx 5 Reps 2 Setsx 6 Reps	2 Setsx 8 Reps 2 Setsx 5 Reps 2 Setsx 6 Reps
DB Bench Press PAIR W/ Med Ball Pass PAIR W/ Squat Lat Row	2 Setsx 8 Reps 2 Setsx 5 Reps 2 Setsx 8 Reps	2 Setsx 8 Reps 2 Setsx 5 Reps 2 Setsx 8 Reps	2 Setsx 8 Reps 2 Setsx 5 Reps 2 Setsx 8 Reps	2 Setsx 8 Reps 2 Setsx 5 Reps 2 Setsx 8 Reps
Cuban Press PAIR W/ Thors Hammer	2 Setsx 6 Reps 2 Setsx 8 Reps Each Way	2 Setsx 6 Reps 2 Setsx 8 Reps Each Way	2 Setsx 6 Reps 2 Setsx 8 Reps Each Way	2 Setsx 6 Reps 2 Setsx 8 Reps Each Way
Sit Up With Twist PAIR W/ Gopher U Abs	2 Setsx 8 Reps Each way 2 Setsx 6 Reps	2 Setsx 8 Reps Each way 2 Setsx 6 Reps	2 Setsx 8 Reps Each way 2 Setsx 6 Reps	2 Setsx 8 Reps Each way 2 Setsx 6 Reps
Hockey Prehab Recovery	Hip Flexor 3-5 min	Groin 3-5 min	Hip Flexor 3-5 min	Groin 3-5 min

Day 2	MONTH 1			
	Week 1	Week 2	Week 3	Week 4
Dynamic Warm-Up	Complete Dynamic Warm Up 3	ACL Prevention Warm Up	Complete Dynamic Warm Up 3	ACL Prevention Warm Up
	Ladder Drill 1	Ladder Drill 2	Ladder Drill 3	Ladder Drill 4
Hindu Squats PAIR W/	2 Setsx 5 Reps Each Leg	2 Setsx 5 Reps Each Leg	2 Setsx 5 Reps Each Leg	2 Setsx 5 Reps Each Leg
4-Way Ankle Kicks	2 Setsx 6 Reps Each Way	2 Setsx 6 Reps Each Way	2 Setsx 6 Reps Each Way	2 Setsx 6 Reps Each Way
Cross-Over Step Up PAIR W/ Supraspinatus PAIR W/ Ball Leg Curls	2 Setsx 6 Reps Each Leg 2 Setsx 5 Reps 2 Setsx 6 Reps	2 Setsx 6 Reps Each Leg 2 Setsx 5 Reps 2 Setsx 6 Reps	2 Setsx 6 Reps Each Leg 2 Setsx 5 Reps 2 Setsx 6 Reps	2 Setsx 6 Reps Each Leg 2 Setsx 5 Reps 2 Setsx 6 Reps
DB Incline Press PAIR W/ Med Ball Pass PAIR W/	2 Setsx 8 Reps 2 Setsx 5 Reps 2 Setsx 8 Reps	2 Setsx 8 Reps 2 Setsx 5 Reps 2 Setsx 8 Reps	2 Setsx 8 Reps 2 Setsx 5 Reps 2 Setsx 8 Reps	2 Setsx 8 Reps 2 Setsx 5 Reps 2 Setsx 8 Reps
Standing Swinging Lat Pull Down				
Front Deltoid Raise PAIR W/ Tea Cup	2 Setsx 6 Reps 2 Setsx 8 Reps	2 Setsx 6 Reps 2 Setsx 8 Reps	2 Setsx 6 Reps 2 Setsx 8 Reps	2 Setsx 6 Reps 2 Setsx 8 Reps
Supine Leg Circles PAIR W/ Supine Straight Leg Rotation	2 Setsx 4 Reps Each way 2 Setsx 6 Reps	2 Setsx 4 Reps Each way 2 Setsx 6 Reps	2 Setsx 4 Reps Each way 2 Setsx 6 Reps	2 Setsx 4 Reps Each way 2 Setsx 6 Reps
Hockey Prehab Recovery	Shoulder 3-5 min	Shoulder 3-5 min	Shoulder 3-5 min	Shoulder 3-5 min



Day 3	MONTH 1			
	Week 1	Week 2	Week 3	Week 4
Dynamic Warm-Up	ACL Prevention Warm Up	Complete Dynamic Warm Up 1	ACL Prevention Warm Up	Complete Dynamic Warm Up 2
	Ladder Drill 5	Ladder Drill 6	Ladder Drill 7	Ladder Drill 8
Balance Single Leg Squat PAIR W/ Standing Glute Kicks	2 Setsx 5 Reps Each Leg 2 Setsx 8 Reps Each Leg	2 Setsx 5 Reps Each Leg 2 Setsx 8 Reps Each Leg	2 Setsx 5 Reps Each Leg 2 Setsx 8 Reps Each Leg	2 Setsx 5 Reps Each Leg 2 Setsx 8 Reps Each Leg
Dumbbell Front Squat Pair W/ Cuban Press Pair W/ Dumbbell RDL	2 Setsx 6 Reps Each Leg 2 Setsx 5 Reps 2 Setsx 6 Reps	2 Setsx 6 Reps Each Leg 2 Setsx 5 Reps 2 Setsx 6 Reps	2 Setsx 6 Reps Each Leg 2 Setsx 5 Reps 2 Setsx 6 Reps	2 Setsx 6 Reps Each Leg 2 Setsx 5 Reps 2 Setsx 6 Reps
Bench Press PAIR W/ Med Ball Pass PAIR W/ Supine Row	2 Setsx 5 Reps 2 Setsx 5 Reps 2 Setsx 8 Reps	2 Setsx 5 Reps 2 Setsx 5 Reps 2 Setsx 8 Reps	2 Setsx 8 Reps 2 Setsx 5 Reps 2 Setsx 8 Reps	2 Setsx 8 Reps 2 Setsx 5 Reps 2 Setsx 8 Reps
Side Deltoid Raise PAIR W/	2 Setsx 6 Reps	2 Setsx 6 Reps	2 Setsx 6 Reps	2 Setsx 6 Reps
Push Up Scapula Shrug	2 Setsx 6 Reps	2 Setsx 6 Reps	2 Setsx 6 Reps	2 Setsx 6 Reps
Prone Forearm Bridge PAIR W/ Half Bench Curl Up	2 Setsx 30 Sec 2 Setsx 10 Reps	2 Setsx 30 Sec 2 Setsx 10 Reps	2 Setsx 30 Sec 2 Setsx 10 Reps	2 Setsx 30 Sec 2 Setsx 10 Reps
Hockey Prehab Recovery	Shoulder 3-5 min	Hip Flexor 3-5 min	Shoulder 3-5 min	Groin 3-5 min

XLAthlete.com Youth Hockey Non-Olympic

Day 1	MONTH 2			
	Week 1	Week 2	Week 3	Week 4
Dynamic Warm-Up	ACL Prevention Warm Up	Complete Dynamic Warm Up 1	ACL Prevention Warm Up	Complete Dynamic Warm Up 2
	Cone Drill 9	Cone Drill 10	Cone Drill 11	Cone Drill 12
Balance Single Leg Squat PAIR W	2 Setsx 5 Reps Each Leg	2 Setsx 5 Reps Each Leg	3 Setsx 5 Reps Each Leg	3 Setsx 5 Reps Each Leg
Standing Glute Kicks	2 Setsx 6 Reps Each Leg	2 Setsx 6 Reps Each Leg	3 Setsx 6 Reps Each Leg	3 Setsx 6 Reps Each Leg
Double Step Up PAIR W	2 Setsx 6 Reps Each Leg	2 Setsx 6 Reps Each Leg	3 Setsx 6 Reps Each Leg	3 Setsx 6 Reps Each Leg
Infraspinatus PAIR W	2 Setsx 5 Reps	2 Setsx 5 Reps	3 Setsx 5 Reps	3 Setsx 5 Reps
RDL DB Shrug	2 Setsx 6 Reps	2 Setsx 6 Reps	3 Setsx 6 Reps	3 Setsx 6 Reps
DB Alternating Bench Press PAIR W	2 Setsx 8 Reps	2 Setsx 8 Reps	3 Setsx 8 Reps	3 Setsx 8 Reps
Med Ball Pass PAIR W	2 Setsx 5 Reps	2 Setsx 5 Reps	3 Setsx 5 Reps	3 Setsx 5 Reps
Squat Lat Row	2 Setsx 8 Reps	2 Setsx 8 Reps	3 Setsx 8 Reps	3 Setsx 8 Reps
Cuban Press PAIR W	2 Setsx 6 Reps	2 Setsx 6 Reps	3 Setsx 6 Reps	3 Setsx 6 Reps
Thors Hammer	2 Setsx 8 Reps Each Way	2 Setsx 8 Reps Each Way	3 Setsx 8 Reps Each Way	3 Setsx 8 Reps Each Way
Sit Up With Twist PAIR W	2 Setsx 8 Reps Each way	2 Setsx 8 Reps Each way	2 Setsx 8 Reps Each way	2 Setsx 8 Reps Each way
Gopher U Abs	2 Setsx 6 Reps	2 Setsx 6 Reps	2 Setsx 6 Reps	2 Setsx 6 Reps
Hockey Prehab	Hip Flexor	Groin	Hip Flexor	Groin
Recovery	3-5 min	3-5 min	3-5 min	3-5 min

Day 2	MONTH 2			
	Week 1	Week 2	Week 3	Week 4
Dynamic Warm-Up	Complete Dynamic Warm Up 3	ACL Prevention Warm Up	Complete Dynamic Warm Up 3	ACL Prevention Warm Up
	Ladder Drill 1	Ladder Drill 2	Ladder Drill 3	Ladder Drill 4
Overhead Squat w/ Shrug PAIR W	2 Setsx 5 Reps Each Leg	2 Setsx 5 Reps Each Leg	3 Setsx 5 Reps Each Leg	3 Setsx 5 Reps Each Leg
4-Way Ankle Kicks	2 Setsx 6 Reps Each Way	2 Setsx 6 Reps Each Way	3 Setsx 6 Reps Each Way	3 Setsx 6 Reps Each Way
Incline Step Up Toe Raise PAIR W	2 Setsx 6 Reps Each Leg	2 Setsx 6 Reps Each Leg	3 Setsx 6 Reps Each Leg	3 Setsx 6 Reps Each Leg
Supraspinatus PAIR W	2 Setsx 5 Reps	2 Setsx 5 Reps	3 Setsx 5 Reps	3 Setsx 5 Reps
Single Leg Ball Curls	2 Setsx 6 Reps Each Leg	2 Setsx 6 Reps Each Leg	3 Setsx 6 Reps Each Leg	3 Setsx 6 Reps Each Leg
DB Incline Press PAIR W	2 Setsx 8 Reps	2 Setsx 8 Reps	3 Setsx 8 Reps	3 Setsx 8 Reps
Med Ball Pass PAIR W	2 Setsx 5 Reps	2 Setsx 5 Reps	3 Setsx 5 Reps	3 Setsx 5 Reps
Lat Pull Straight Arm Shrug	2 Setsx 8+5 Reps	2 Setsx 8+5 Reps	2 Setsx 8+5 Reps	2 Setsx 8+5 Reps
Front Deltoid Raise PAIR W	2 Setsx 6 Reps	2 Setsx 6 Reps	3 Setsx 6 Reps	2 Setsx 6 Reps
Tea Cup	2 Setsx 8 Reps	2 Setsx 8 Reps	3 Setsx 8 Reps	3 Setsx 8 Reps
Supine Leg Circles PAIR W	2 Setsx 4 Reps Each way	2 Setsx 4 Reps Each way	2 Setsx 4 Reps Each way	2 Setsx 4 Reps Each way
Supine Straight Leg Rotation	2 Setsx 6 Reps	2 Setsx 6 Reps	2 Setsx 6 Reps	2 Setsx 6 Reps
Hockey Prehab	Shoulder	Shoulder	Shoulder	Shoulder
Recovery	3-5 min	3-5 min	3-5 min	3-5 min

Day 3	MONTH 2			
	Week 1	Week 2	Week 3	Week 4
Dynamic Warm-Up	ACL Prevention Warm Up	Complete Dynamic Warm Up 1	ACL Prevention Warm Up	Complete Dynamic Warm Up 2
	Ladder Drill 5	Ladder Drill 6	Ladder Drill 7	Ladder Drill 8
Balance Single Leg Squat PAIR W	2 Setsx 5 Reps Each Leg	2 Setsx 5 Reps Each Leg	3 Setsx 5 Reps Each Leg	3 Setsx 5 Reps Each Leg
Standing Glute Kicks	2 Setsx 8 Reps Each Leg	2 Setsx 8 Reps Each Leg	3 Setsx 8 Reps Each Leg	3 Setsx 8 Reps Each Leg
Dumbbell Front Squat Pair W/ Cuban Press Pair W/ Dumbbell RDL	2 Setsx 6 Reps Each Leg 2 Setsx 5 Reps	2 Setsx 6 Reps Each Leg 2 Setsx 5 Reps	3 Setsx 6 Reps Each Leg 3 Setsx 5 Reps	3 Setsx 6 Reps Each Leg 3 Setsx 5 Reps
DB Incline Press PAIR W/ Med Ball Pass PAIR W/ Oscillatory Prone Bench Row	2 Setsx 5 Reps 2 Setsx 5 Reps 2 Setsx 20 Reps	2 Setsx 5 Reps 2 Setsx 5 Reps 2 Setsx 20 Reps	3 Setsx 8 Reps 3 Setsx 5 Reps 3 Setsx 20 Reps	3 Setsx 8 Reps 3 Setsx 5 Reps 3 Setsx 20 Reps
Side Deltoid Raise PAIR W	2 Setsx 6 Reps	2 Setsx 6 Reps	3 Setsx 5 Reps	3 Setsx 5 Reps
Figure 8 Overhead Supine	2 Setsx 6 Reps	2 Setsx 6 Reps	3 Setsx 6 Reps	3 Setsx 6 Reps
Prone Forearm Bridge PAIR W	2 Setsx 30 Sec	2 Setsx 30 Sec	2 Setsx 30 Sec	2 Setsx 30 Sec
Alternating V-Up	2 Setsx 10 Reps	2 Setsx 10 Reps	2 Setsx 10 Reps	2 Setsx 10 Reps
Hockey Prehab Recovery	Shoulder 3-5 min	Hip Flexor 3-5 min	Shoulder 3-5 min	Groin 3-5 min

Program Designed by Cal Dietz, MEd