



Snider Hockey Workout Packet  
12 & Under

Hi!

The goal of this packet is too keep you busy and in hockey shape during this down time!

-No equipment needed!

A few important reminders:

**-Do the exercises correctly!!!!!!** Do not rush through the workout just to get it done fast. Take your time so you do not get hurt.

-Make sure you are **drinking water** before and after your workout.

**-Warm up** for at least 5 minutes to prevent injury and get your body ready to workout.

Ideas: jumping jacks, butt kicks, jumping rope, run up and down the stairs, jog or dance in place

-Always **stretch** after! There is a page in the back of this packet that gives you some ideas on what stretches you can do.

If you are unsure of what any of the exercises are, ask an adult or older sibling for help. There are a ton of examples on Google or YouTube. Feel free to reach out to me at [jlwhelan14@gmail.com](mailto:jlwhelan14@gmail.com). I would be happy to answer any questions.

I look forward to seeing everyone soon!

Stay happy and healthy!

-Coach Jen



## Day 1: Full Body Strength Workout

*5 Minute Warm Up  
(jumping jacks, knee lifts, jog in place, jump rope)*

### **Arms**

5 Push Ups (On your toes or knees)  
15 Mountain Climbers  
5 Inch Worms

### **Legs**

20 Squats  
15 Ski Jumps  
5 Star Jumps

### **Abs**

20 Crunches  
30 Bicycles  
30-Second Plank

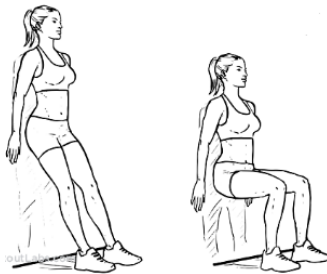
***Repeat 2x***

### ***Stretch***

*If you would like to add a challenge to the end of the workout...complete the workout. Before the stretch complete the challenge below:*

### **Extra Challenge: 30 Second Wall Sit**

Stand with your back flat against a wall. Walk your feet out so that when you sit down your legs are bent at a 90-degree angle. ... Slide your back down the wall to sit in your invisible chair.



## Day 2: Cardio

### **Warm up:**

*10 Jumping Jacks*

*10 Squats*

*10 Run in Place*

*10 High Knees*

*10 Toe Touches*

*Repeat Twice*

### **Cardio Workout:**

10 Squats

Rest for 20 Seconds

30 Jumping Jacks

Rest 20 Seconds

40 Running in Place

Rest 20 Seconds

12 Knee Hugs

Rest 20 Seconds

14 Ski Hops

Rest 20 Seconds

12 Heel Touch

Rest 20 Seconds

12 Knee Tuck Crunch

Rest 20 Seconds

15 Arm Circles

Rest 20 Seconds

10 Squats

Rest 20 Seconds

30 Jumping Jacks

Rest 20 Seconds

40 Running in place

**DONE...Stretch**

### Day 3: 25 Minute Timed Workout

Set a timer for 25 minutes, start at the top and work your way through each exercise. When you reach the bottom, start over until 25 minutes is up!

#### **Warm up:**

20 Air Punches  
20 Air Kicks  
20 Jumping Jacks  
20 High Knees  
Repeat Twice

#### **Workout**

20 Jumping Jacks  
10 Air Squats  
30- Second Planks  
10 Crunches

20 High Knees  
10 Air Squats  
30 -Second Plank  
10 Crunches

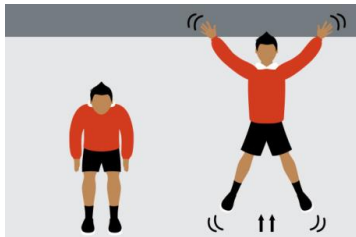
20 Butt Kicks  
10 Air Squats  
30-Second Plank  
10 Crunches

Take a 1-minute rest and start over until the timer sounds!

#### **Extra Challenge!**

##### **30 Seconds of star Jumps:**

Stand with knees slightly bent, squatting down with hands by sides. Explode up into the air into the shape of a star, extending arms and legs out. Before landing pull legs and arms back together so feet touch ground shoulder width apart, Drop back into squat position and repeat.



**Day 4: Legs**

*Warm-up:*

- 30 Second: Jog in Place
- 30 Second: Jump Rope in Place
- 30 Second: Butt Kicks
- 30 Second: Quad Stretch

**Repeat 1x**

**Leg Workout**

- 30 High Knees
- 30 second Wall Sit Hold
- 16 Skaters
- 15 Squats (holding Hockey stick overhead if possible)
- 16 Walking Lunges (or reverse lunges in place)
- 5 Tuck Jumps

**Rest 1 minute**  
**Repeat 3 Times**  
**Stretch**

**Extra Challenge: Hold your legs 6 inches off the ground for 45 Seconds:**



**The Workout:**

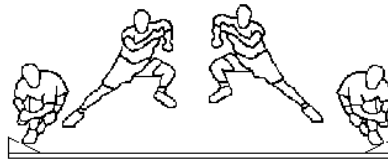
**High Knees:**



**Wall Sit:**



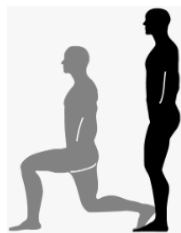
**Skaters Jumps:**



**Squats:**



**Walking Lunge:**



**Tuck Jump:**



## Day 5: Yoga with Meddy Teddy!

Step 1: Look at each pose Meddy Teddy is in below.

Step 2: Pick 10 poses that you would like to copy.

Step 3: Try to hold each pose for 1 minute without stopping. If you lose your balance, put your feet down and retry the pose until 1 minute is up.

### Meddy Teddy



EXTENDED BIG TOE



WARRIOR 2



TREE



STANDING SPLIT



SPLITS



HALF PIGEON



SEATED TWIST



WARRIOR 1



LEG WRAP



DOWNWARD DOG



EAGLE



CROW



LEVITATION



LOTUS



SPLIT FORWARD FOLD

## Stretching!

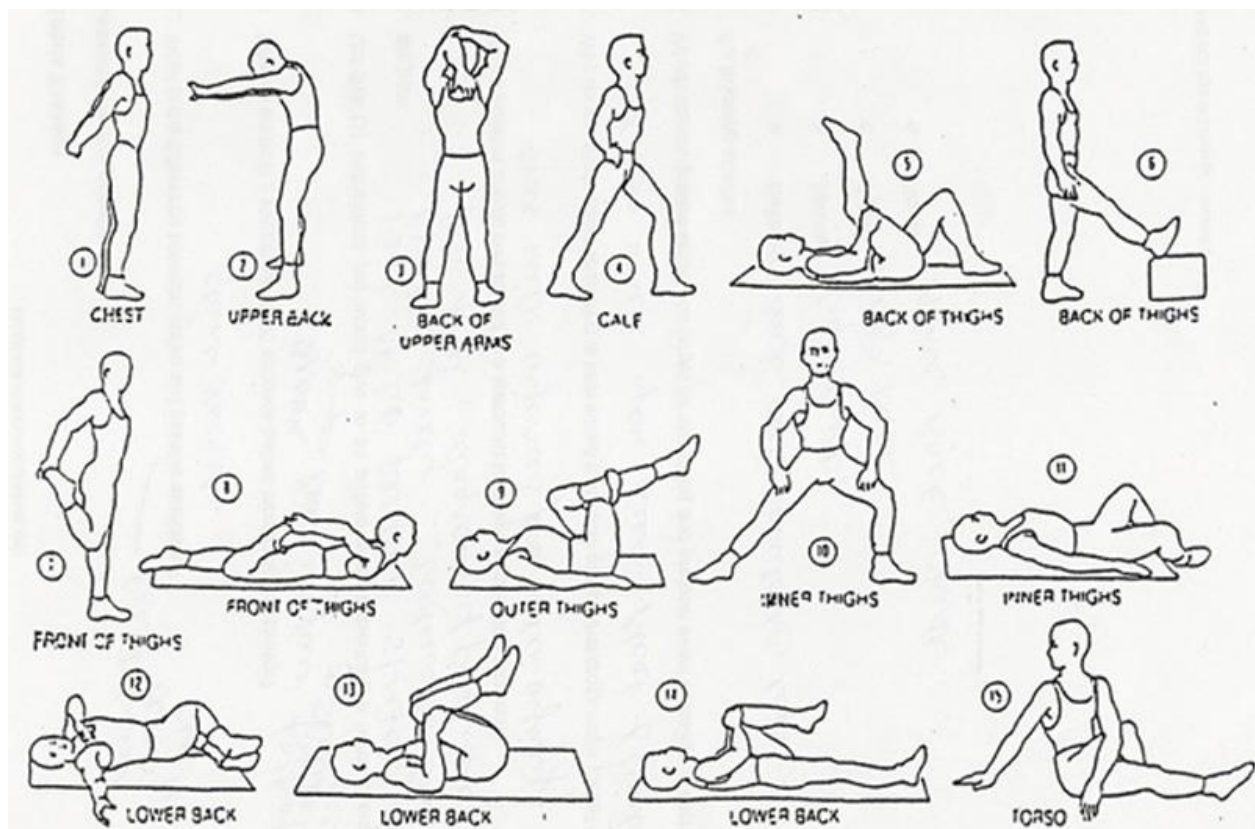
### The importance of stretching before and after a workout:

- Improves flexibility and body posture
- Helps you play better
- Keeps your body from getting sore
- Prevents injury

### If you don't stretch before and after exercise then:

- It will create fatigue, muscle loss, and can lead to injuries.

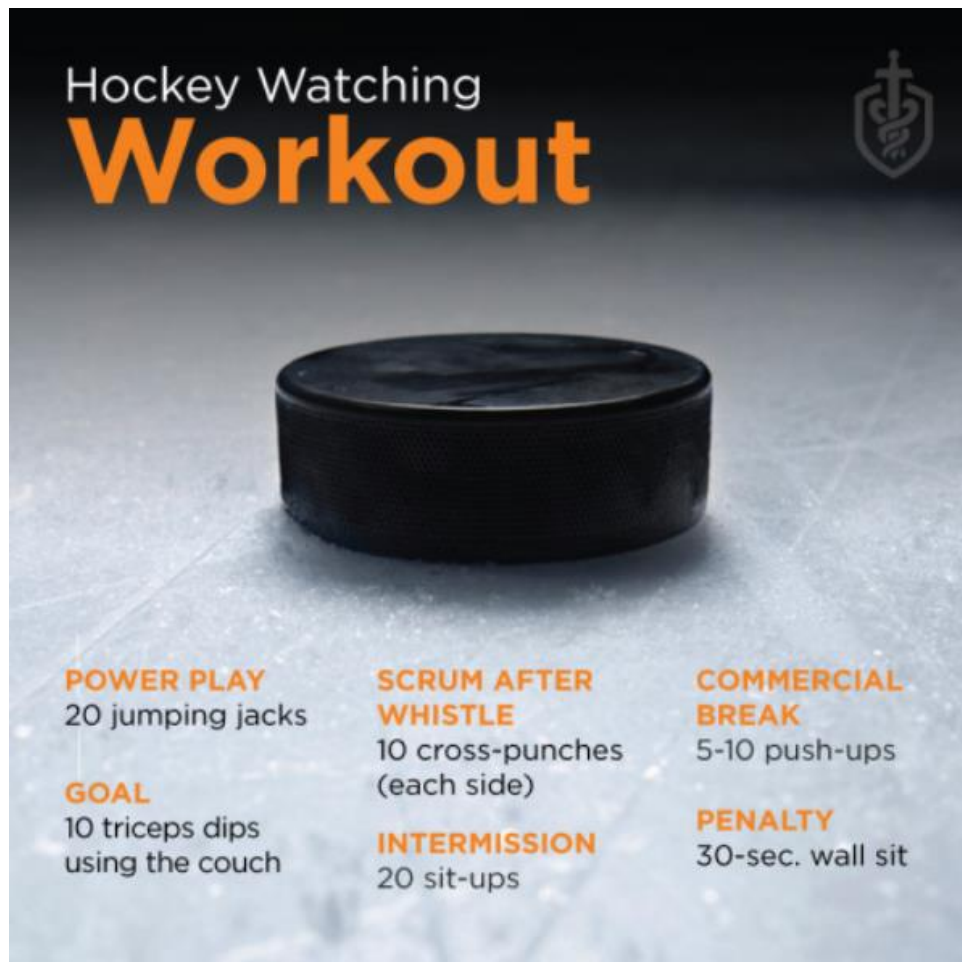
Below are examples of some basic stretches you can do: It is recommended to stretch for at least 10 minutes after each work out.





## Creative ways to get a workout

I know that hockey is not on TV right now but if you have a game saved on your TV...or you look up a game on YouTube this could be a fun way to add a workout while watching a game!



<https://guardyourhealth.tumblr.com/>

Ideas to keep you active while watching TV:

# Sofa Workout

Repeat 3 times | up to 2min rest between sets  
© neilarey.com

1 20 half squats

2 10 sofa dips

3 20 climbers

4 10 side-to-side sofa walks

5 10 leg raises

6 10 raised leg circles

IN COLLABORATION WITH **NHS** choices

# movie night

NEILA REY WORKOUT © neilarey.com  
Repeat 3 times | up to 2 minutes rest between sets  
or every 20 minutes during a movie

1 20 leg swings

2 20 front kicks

3 40 punches

4 40 overhead punches

5 20 knee taps

6 20 bicycle crunches

## Crab Walk Race

Race your sibling! Set up 2 cones (or any object) the same distance apart. Race to the cones in crab walk position. First person to reach the cone wins!

Crab Walk Position: Sit on the floor with your knees bent, your palms slightly behind your hips, and your feet flat on the floor. Then shuffle like a crab to the cone.

