

# 5-DOT DRILL ROUTINE #1

## **BENEFITS:**

- Improves overall ankle mobility and balance which translates into better edge work out on the ice
- Reduces injury risk in foot, knee, and hip during hockey and dryland drills
- Increases first step quickness, speed, and agility
- Low intensity activity that can be added to any hockey training routine

## **5-DOT DRILL #1:**

- A:** Up and back x 5
- B:** Right foot only x 5
- C:** Left foot only x 5
- D:** Both feet x 5
- E:** Up and back turnarounds x 5

## **WHAT YOU NEED TO KNOW:**

- This routine is ideally performed on speed, agility, or conditioning days
- 1 rep = One full run through, meaning, you aren't complete your rep until you are back to your starting position.
- Perform each exercise with excellent technique
- For the first few weeks it is ok to go super slow as you improve your technique and coordination
- Take 60 seconds rest in between exercises, and no rest in between the reps performed in the exercise