

5-DOT DRILL ROUTINE #3

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 #3:

- A:** Right foot only x 5
- B:** Left foot only x 5
- C:** Right foot only with center jump x 5
- D:** Left foot only with center jump 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