

LADDER WORKOUT 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

LADDER WORKOUT ROUTINE #3:

- A:** Single leg run throughs x 2/leg
- B:** Slalom jumps x 2
- C:** Single leg lateral in and out x 2/leg
- D:** Lateral lunge jumps x 2
- E:** Icky shuffle with lateral cones x 2

WHAT YOU NEED TO KNOW:

- This routine is ideally performed on speed, agility, or conditioning days
- 1 rep = There and back, 2 reps = There and back twice
- 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