

10U/12U PHASE II - LOWER BODY

TEAMWORK SINGLE LEG DEAD LIFT

SETUP

- Partner players up who are approximately the same height.
- Players use a long hockey stick or a 4-6 foot rope.

MOVEMENT

- Stand in athletic position: feet shoulder width apart and knees slightly bent.
- 1 Both partners hold 1 hockey stick (or a jump rope) with 2 hands straight above head reaching for the ceiling.
 - 2 Both players stand on right leg.
 - Both players bend forward touching stick to toes.
 - Return to hands above head reaching for the ceiling.
 - Repeat 5 times.
 - Perform 5 repetitions standing on left foot.

ADVANCED

Execute with only one hand on stick, switch hands...



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