ELITE DIAMOND HOCKEY
OFF-ICE TRAINING · GARLAND ENTERPRISES

LEVEL 2 · INTERMEDIATE · CHAMPIONS IN THE MAKING

Ages 10 to 16

CHAMPIONS IN THE MAKING
4-WEEK OFF-ICE PROGRAM

Hands, legs, power and shooting for players 10 to 16 who have the basics and are ready to level up. Bodyweight and bands only.

- 4 weeks, 16 sessions of 25-30 min
- Dynamic warm-up and mobility day
- Training log with effort ratings
- 29 drills with cues and fixes
- Week-by-week progressions
- Week 1 vs Week 4 tests

CHAMPIONS IN THE MAKING 4-WEEK PROGRAM

WHAT'S INSIDE

Read the 3 Start Here pages first. Then each week has 2 pages: Sessions A and B, then Sessions C and D. Drills are numbered M1 to M29.

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DRILL LIBRARY

STICKHANDLING AND PUCK CONTROL (M1–M6)

Used in Sessions A and D. Use a ball on rough floors, a training puck on smooth floors or a pad.

M1 NARROW-WIDE COMBO

WHY Soft hands and range in one drill.

SETUP Ball or puck in front, skating stance.

HOW 4 narrow touches, then 2 wide touches as far as the stick allows, repeat.

COACHING CUE Roll the wrists, keep the top hand loose in front of the body.

COMMON MISTAKE Standing tall on the wide touches. Bend the knees to reach.

HARDER Eyes up the whole set.

M2 TOE DRAG SERIES

WHY Change the angle of the puck to get around a stick.

SETUP One cone 2 feet in front.

HOW Push the puck to the forehand side, cup it with the toe and drag it across in front of the cone. Then the same from the backhand side.

COACHING CUE Turn the blade over the puck and pull with the bottom hand.

COMMON MISTAKE Dragging with the heel. The toe does the work.

HARDER Toe drag into a quick shot motion.

M3 PULL-THROUGH GATE

WHY Protect the puck while moving it past a defender's stick.

SETUP Two cones 18 inches apart as a gate, 2 feet in front.

HOW Push the puck through the gate on the forehand, pull it back on the backhand side, then forehand again.

COACHING CUE Body between the gate and the puck on every pull.

COMMON MISTAKE Reaching with straight arms. Keep elbows soft and close.

HARDER Do it on one leg, switching legs every 10 seconds.

M4 CONE SLALOM, EYES UP

WHY Carry the puck through traffic without looking down.

SETUP 4 cones in a line, 3 feet apart.

HOW Weave through the cones moving forward, then come back backwards.

COACHING CUE Look at the far end, feel the puck with the blade.

COMMON MISTAKE Puck drifts beside the feet. Keep it in front of the body.

HARDER Have someone call numbers or colors as you go.

M5 TOP-HAND CONTROL

WHY Builds the one-hand skill for protecting the puck and reaching around defenders.

SETUP Ball or puck, top hand only.

HOW Move the puck side to side with only the top hand on the stick, short and controlled.

COACHING CUE Small touches, firm wrist.

COMMON MISTAKE Huge sweeping touches you can't control.

HARDER Walk forward while doing it.

M6 QUICK HANDS BOX

WHY Fast, tight touches in a small space.

SETUP Tape a 2 x 2 ft box on the floor.

HOW Keep the puck inside the box: forward, back, side to side, as fast as you can stay in control.

COACHING CUE Short touches, quiet blade.

COMMON MISTAKE Slapping the puck so it leaves the box.

HARDER Count clean touches in 20 seconds and try to beat it.

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WEEK 1 OF 4

WEEK 1: GROOVE IT

W1

Learn every drill with clean form. Finish each session feeling like you could do more (RPE 6).

A SESSION A: HANDS + QUICK FEET

DRILL	DOSE	REST	DONE
Warm-up	6 min		☐
M1 Narrow-wide combo	3 x 30s	20s	☐
M2 Toe drag series	3 x 8 each side	20s	☐
M6 Quick hands box	3 x 20s	20s	☐
M4 Cone slalom	4 trips	20s	☐
M22 Tape-line patterns	2 rounds of 3 patterns	30s	☐
M25 Reaction starts	6 starts	20s	☐

B SESSION B: LEGS + CORE

DRILL	DOSE	REST	DONE
Warm-up	6 min		☐
Pair: M7 Split squat + M19 Dead bug	3 x 8 each + 3 x 6 each	45s	☐
Pair: M8 Lateral lunge + M17 Front plank	3 x 6 each + 3 x 25s	45s	☐
M9 Single-leg RDL	2 x 6 each	30s	☐
M11 Single-leg glute bridge	2 x 8 each	30s	☐
M20 Pallof hold	2 x 20s each side	20s	☐

Notes this week (what felt strong, what to fix):

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