ELITE DIAMOND HOCKEY
OFF-ICE TRAINING · GARLAND ENTERPRISES

LEVEL 1 · BEGINNER · RISING STARS

Ages 10 and under

RISING STARS 4-WEEK OFF-ICE PROGRAM

Fun, game-style hockey training at home for players 10 and under. Parents run it, 15 to 20 minutes a session, no gym needed.

- 4 weekly plans, 16 sessions
- Parent pages for every week
- Score check, Week 1 vs Week 4
- 21 kid-friendly drills
- Sticker-style trackers
- Certificate of completion

RISING STARS 4-WEEK OFF-ICE PROGRAM

WHAT'S INSIDE

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DRILL LIBRARY

MOVEMENT AND BALANCE (R1-R7)

Animal walks, balance and hops. These build the strong legs and balance young players use for every stride and stop.

R1 BEAR CRAWL — 2 trips

HOW Hands and feet on the floor, knees just off the ground. Crawl to the turn cone and back.

COACHING CUE Flat back like a table. Don't let a cup of water spill.

HARDER Go backwards on the way back.

R2 CRAB WALK — 2 trips

HOW Sit, hands behind you, lift the hips. Walk on hands and feet to the cone and back.

COACHING CUE Hips up high, tummy to the ceiling.

HARDER Lift one foot off the ground for 3 steps.

R3 FROG JUMPS — 2 x 5 jumps

HOW Squat low with hands on the floor, jump forward, land soft back in the squat.

COACHING CUE Land quiet like a frog on a lily pad.

HARDER Pause 2 seconds in every landing.

R4 FLAMINGO BALANCE — 2 x 20-30 sec each leg

HOW Stand on one foot, other knee up at hip height, arms out.

COACHING CUE Pick a spot on the wall and stare at it.

HARDER Catch a soft ball from a parent while balancing.

R5 SKATER HOPS — 2 x 6 each side

HOW Hop sideways from one foot to the other, like a speed skater. Land on one foot and hold 2 seconds.

COACHING CUE Land soft, knee bent, then freeze.

HARDER Hop a little farther each time.

R6 HOCKEY SIT — 3 x 15-20 sec

HOW Hold the skating stance: feet wide, knees bent, chest up, hands on knees or holding the stick.

COACHING CUE Sit in an invisible chair.

HARDER Hold the stance and stickhandle the ball in front.

R7 JUMP AND STICK IT — 2 x 5

HOW Jump straight up, land on both feet and freeze for 3 seconds.

COACHING CUE Quiet feet, knees bent, like a superhero landing.

HARDER Make a quarter turn in the air before landing.

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WEEK 1 OF 4

WEEK 1: LEARN IT

W1

Go slow. Get every move clean. Use the lower times and reps. About 15 minutes.

HANDS DAY

DRILL	TIME / REPS
Wake-Up Warm-Up	3 min
R14 Narrow dribble	30 sec
R15 Wide dribble	30 sec
R16 Figure 8s	30 sec x 2
R17 Toe drag starter	10 slow
R20 Toss and catch	20 catches
Finisher: R12 Red light, green light (2 min)	

LEGS DAY

DRILL	TIME / REPS
Wake-Up Warm-Up	3 min
R4 Flamingo balance	20 sec each leg x 2
R6 Hockey sit	3 x 15 sec
R5 Skater hops	2 x 6 each side
R1 Bear crawl	2 trips
Finisher: R7 Jump and stick it (2 x 5)	

FEET DAY

DRILL	TIME / REPS
Wake-Up Warm-Up	3 min
R8 Line jumps, front/back	20 sec x 2
R9 Line jumps, side to side	20 sec x 2
R11 Tape ladder run	4 runs
R18 Walk and dribble	3 trips
Finisher: R13 The floor is lava (3 runs)	

GAME DAY

DRILL	TIME / REPS
Wake-Up Warm-Up	3 min
R2 Crab walk	2 trips
R16 Figure 8s	30 sec
R10 One-foot line hops	10 sec each foot
R21 Wall bounce catch	20 catches
Finisher: R12 Red light, green light (2 min)	

Rest 20 to 30 seconds between drills. Drill numbers match the Drill Library (R1 to R21).

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