

# September

## GROUP

### Dynamic Warmup

5 min jump rope

- High knee skipping
- High knee Skipping with hamstring extension
- Bunny hops: 2 hops - stabilize, 2 hops – stabilize
- Skate bounds – quick with fluid motion
- Skate bound with extra jump/skip
- Classic bound/skip
- Slow down, explosive jump, stabilize
- Hop 180\*, quickly hop 360\*, stabilize
- Hop 180\*, land on one foot, stabilize (2x5 on each foot)

### LADDER DRILLS (2 sets)

- One In
- Two In
- One Legged Swings

### Lower Body (2x10)

- Turkish get ups (2x5 each side)  
<https://youtu.be/sgd8n917Zv0?feature=shared>
- One-legged squat (with Weight) (2x5 each side)
- Skate Lunge (2x5 each side)

### Upper Body (2x10)

- Pull-ups
- Primal plank reverse press
- Flys
- Ski erg (2x1min) *You can do this before practice if you'd like*

### Core 4

### Yoga