



EASY SETUP

- Place dots 3' x 2' with one in the middle
- Each dot should be about 5" across
- Can purchase a dot drill mat, or make your own

EXERCISE 1: "HOUR GLASS"

- Start with heels on bottom dots
- Jump with both feet to the middle dot
- Jump to far dots
- Come back
- Always facing forward
- Repeat 6 times

EXERCISE 2: "FIGURE 8" (RIGHT FOOT)

- Start with right foot on bottom-right dot
- Using only the right foot, jump to middle dot, upper right, upper left, middle, lower left, and back to lower right.
- Always facing forward
- Repeat 6 times

EXERCISE 3: "FIGURE 8" (LEFT FOOT)

- Start with left foot on bottom-right dot
- Using only the left foot, jump to middle dot, upper right, upper left, middle, lower left, and back to lower right.
- Always facing forward
- Repeat 6 times

EXERCISE 4: "FIGURE 8" (BOTH FEET TOGETHER)

- Start with both feet on bottom-right dot
- Keeping both feet together, jump to middle dot, upper right, upper left, middle, lower left, and back to lower right.
- Always facing forward
- Repeat 6 times

EXERCISE 5: "HOUR GLASS WITH SPIN"

- Start with heels on bottom dots
- Jump with both feet to the middle dot
- Jump to far dots
- Spin & come back
- Repeat 6 times

HOW FAST IS FAST?

	Skill Athlete	Power Athlete
Good:	60 sec.	65 sec.
Great:	55 sec.	60 sec.
All-Region:	50 sec.	55 sec.
National:	40 sec.	45 sec.

More drills & skills at
www.WeissTechHockey.com