

COACH BEN'S WEEKLY CHALLENGE

WEDNESDAY April 1, 2020

4 Rounds

(SEE VIDEO FOR EXPLANATION)

#1

2 Puck Drill

5 times in each direction

10 sit ups after each round

#2

3 Puck Drill

Figure 8 5 times in each direction

Knee to Elbow 10 each side after each set

#3

4 Puck Drill

5 times in each direction

20 bicycle kicks after each set

#4

7 Puck Drill

Forward and backward

Spiderman crawls 10 each side after each set

