



## Staying Busy at Home Resources:

### Colorado Avalanche:

Future Goals-Hockey Scholar STEM Course and Activities:

<https://futuregoals.nhl.com/>

Learn to Play Drill with Avalanche Alum John-Michael Liles:

<https://twitter.com/Avalanche/status/1247977513797722113>

Learn to Play Drill 2 with Avalanche Alum John-Michael Liles:

<https://vimeo.com/user44367096/review/411047630/36f3924651>

Learn to Play Drill 3 with Avalanche Alum John-Michael Liles:

<https://twitter.com/Avalanche/status/1262556075380936710>

Learn to Play Drill with Avalanche Alum Milan Hejduk:

<https://twitter.com/Avalanche/status/1250166982508335104>

Learn to Play Drill 2 with Avalanche Alum Milan Hejduk:

<https://vimeo.com/user44367096/review/414025995/576bcd3769>

Article about simple exercises fans can do at home according to Head Athletic Trainer Casey Bond:

<https://www.nhl.com/avalanche/news/train-like-the-avs-offseason/c-290828026>

Printable Avalanche-Themed Activities:

<https://www.nhl.com/avalanche/fans/fan-activities>

### Denver Nuggets:

Participate in the Shot Clock challenge! Help beat other NBA cities by downloading the Nuggets app and playing on gamedays.

Article about how the Nuggets are staying fit at home which includes a workout video by Head Strength and Conditioning Coach Felipe Eichenberger:

<https://www.nba.com/nuggets/news/nuggets-fitness-20200420a>

NBA Math Hoops STEM Board Game:

Request a physical game here: [Request a Game](#)

Download app: <http://nbamathhoops.org/app.php>

Students can learn to play every Wed @ 11am MT via Zoom at - <http://bit.ly/MHLearnToPlay>

NBA Math Hoops Math Break:

Videos of NBA/WNBA Stars working students through fundamental math problems Monday-Friday with additional follow-up lessons Tuesday-Thursday and ongoing Webinar additions.

Can be found on all NBA-associated social media pages as well as @NBAMathHoops social pages:

<https://www.instagram.com/nbamathhoops/>

<https://www.facebook.com/NBAMathHoops>

<https://twitter.com/NBAMathHoops>

Collection of Youth Basketball at-home workouts and drills:

<https://www.youtube.com/playlist?list=PLkZv4h2WPjvRowlhxANrBrbPKo8b3YOYW>

Printable Nuggets-Themed Activities:

<https://www.nba.com/nuggets/fan-activities>

### **Colorado Mammoth:**

Footwork Suicides Drill with Defenseman Brett Craig:

<https://vimeo.com/user44367096/review/417822900/887e6d1e4c>

Box Footwork Drill with Defenseman Brett Craig:

<https://vimeo.com/user44367096/review/417822681/1e4e24c9be>

Drop Step Loose Ball Drill with Defenseman Brett Craig:

<https://vimeo.com/user44367096/review/415392832/5271635f11>

Opening Hips Drill with Defenseman Brett Craig:

<https://vimeo.com/user44367096/review/415392922/ec569b3c34>

Loose Ball Limbo with Forward Kyle Killen:

<https://vimeo.com/user44367096/review/412499120/acd9596e94>

Lacrosse Golf with Forward Kyle Killen:

<https://vimeo.com/user44367096/review/412498615/79f2da3651>

Scoop and Walk Drill with Forward Kyle Killen:

<https://vimeo.com/user44367096/review/409978370/4dff01c52f>

Wall Ball Gauntlet Drill with Forward Kyle Killen:

<https://vimeo.com/user44367096/review/410341473/ba0174fad1>

Wall Ball Gauntlet Drill 2 with Forward Kyle Killen:

<https://vimeo.com/user44367096/review/412498917/e7e1ffd4bd>

Egg Hunt Drill with Forward Kyle Killen:

<https://vimeo.com/user44367096/review/410701976/a5b83c44f9>

Challenge Drill with Forward Kyle Killen:

<https://vimeo.com/user44367096/review/410398186/cd9d4866f4>

Wallball Workouts with Forward Erik Turner:

<https://www.instagram.com/stories/highlights/17849397163966188/?hl=en>

Lacrosse Drills with Forward Erik Turner:

<https://www.instagram.com/stories/highlights/18099238681190253/?hl=en>

Listen to Classic “Loud House” Hits on Spotify:

<https://open.spotify.com/playlist/5s0R3lFvDUrA9c4g6se6Xc?si=IAXSZA97TsaF6XVMj5II4A>

Printable Mammoth-Themed Activities:

<https://coloradamammoth.com/fan-activities/>

### **Colorado Rapids:**

Homemade Pasta with Kellyn Acosta:

<https://www.coloradorapids.com/post/2020/04/25/master-ish-class-kellyn-acosta-homemade-pasta>

Robin and Nikki Fraser make Apple Crumble:

<https://www.coloradorapids.com/post/2020/05/01/step-step-guide-making-robin-frasers-master-ish-class-apple-crumble>

Healthy Chicken Pot Pie Recipe From Assistant Coach Chris Sharpe:

<https://www.coloradorapids.com/post/2020/04/28/whip-it-wednesdays-recipe-chris-sharpe-healthy-chicken-pot-pie>

Overnight Oatmeal Trio Recipe:

<https://www.coloradorapids.com/post/2020/04/08/whip-it-wednesdays-recipes-presented-dairymax-overnight-oatmeal-trio>

Ultimate Green Smoothie Recipe from Rapids Sports Science Staff:

<https://www.coloradorapids.com/post/2020/04/21/whip-it-wednesdays-recipes-presented-dairymax-great-green-smoothie>

Circuit Workout with Goalkeeper Coach Chris Sharpe:

<https://www.coloradorapids.com/post/2020/04/29/workout-wednesday-circuit-workout-goalkeeper-coach-chris-sharpe>

Ball Skills and Agility with U-13 Rapids Academy Player Lucas Sarvas:

<https://www.coloradorapids.com/post/2020/04/15/workout-wednesday-ball-skills-and-agility-u-13-rapids-academy-player-lucas-sarvas?autoplay=true>

Full-Body Workout from Head of Rapids Performance Chad Kolarcik:

<https://www.coloradorapids.com/post/2020/04/01/workout-wednesday-full-body-home-workout-head-performance-chad-kolarcik?autoplay=true>

Workout Routine from U-19 Rapids Academy Coach Marcelo Sarvas:

<https://www.coloradorapids.com/post/2020/03/25/workout-wednesday-train-rapids-development-academy-exercises-u-19-coach-marcelo>

Download Adidas Training App for free 90-day Trial:  
[https://signup.adidas.com/en\\_US/creators-club\\_perks\\_mls](https://signup.adidas.com/en_US/creators-club_perks_mls)

Printable Rapids-Themed Activities:  
<https://www.coloradorapids.com/kid-activities>

Full Colorado Rapids Activity Hub:  
<https://www.coloradorapids.com/oneclub-onecommunity>

### **Playworks Colorado:**

Playworks Colorado has released handbooks and videos of games to play at home and livestream's recess three times a day M-F that includes stretching, warm-ups, interactive games, cheers and cooldown activities.

#PlayAtHome Resources:  
<https://www.playworks.org/get-involved/play-at-home/>

### **Positive Coaching Alliance:**

Life is a Sport campaign offers free online courses, Facebook Lives with trainers, coaches and Zoom workshops:  
<https://positivecoach.org/team-sport>

### **Visit Denver:**

Virtual museum visits, art galleries, concerts, plays, cooking webinars and family activities for free:  
<https://www.denver.org/blog/post/denver-events-this-weekend/>

### **Young Americans Center for Financial Education**

Lots of fun and interactive activities for parents and students of all ages to learn about money, starting a business, global economics and travelling the world.  
<https://yacenter.org/financial-literacy-resources/>

### **Big Green:**

Stay busy in your backyard with home gardening resources and activities:  
<https://www.biggreenathome.org/>

### **Can'd Aid:**

Sign up to be a pen pal with a homebound or otherwise isolated senior:  
<https://candaid.org/pen-pal-network/>

### **Special Olympics Colorado:**

Find virtual training for athletes of all ages, coaching resources, family resources and virtual volunteer opportunities at the SOCO at Home hub:

<https://specialolympicsco.org/socoathome/>

Fitness specific workouts can be found here: <https://specialolympicsco.org/fit5/>