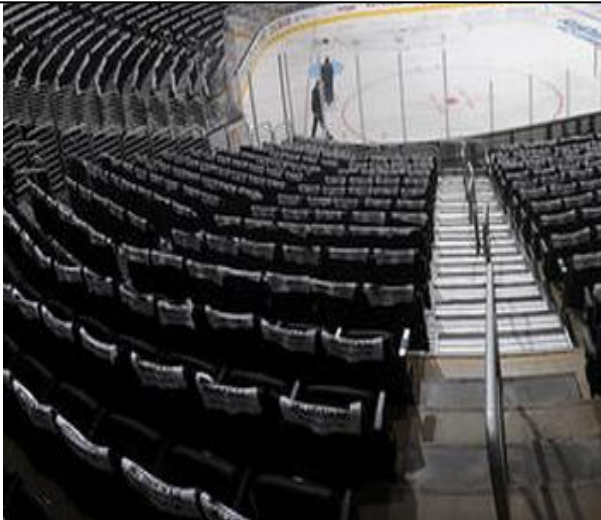




Hockey Summer Training Program
Full conditioning program for a young hockey player



Warm Up

- 1. Run in place 1 min**
- 2. High Knees Run 1 min**
- 3. Butt Kicks Run 1 min**
- 4. Jumping Jacks 1 min**

Flexibility - Perform each exercise
2 x 10-20 sec.

1. Standing Side Stretch



2. Shoulder Stretch



3. Wide Feet Forward Bend



4. Forward Lunge



5. Gluteal Stretch



6. Low Squat Groin Stretch



7. Frog



8. Thigh Stretch



9. Iron Cross



10. Scorpion



Core

PRACTICE # 1

- 1. Draw in Crunch 3x20**
- 2. Elbow Bridge 2x max**



- 3. Superman from Elbow Bridge 3x20**



- 4. Pikes 2x20**



PRACTICE # 2

- 1. Push up Bridge Knee to the Chest 3x20**



- 2. 3-way Crunch 2x30**
- 3. Superman 2x15**



- 4. Cross Pikes 2x20**



- 5. MB Diagonal Lift 2x20**



Total Body Strength

During the summer you can alternate different drills, adding regular squats or so but keep the amount of series and repetitions.
Keep high intensity of the work out!

PRACTICE # 1

1. Dumbbell Squat 3x15



2. Split squat 2L/2R x12



3. Alt. Lateral Lunge and Shoulder Row/Press 3x20



PRACTICE # 2

1. Alt. Reverse Lunge and Shoulder Press 3x20



2. Crossover Step Up 2L/2R x10



3. One leg Squat Box Squat 2L/2R x12



Chest:

1. Bench Press 3x10-12
2. Alt Bench Press 3x16



3. Push Up and Row 3x20

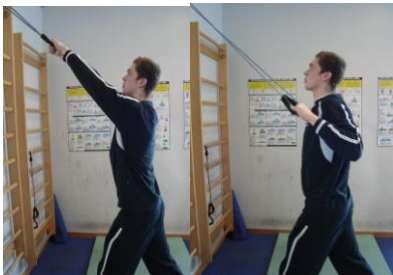


Back:

1. Pull Up's 3xmax



2. Pull Down 3x12



3. Bend Over Dumbbell Row 3x12



Shoulders:

1. Shoulders 21 (Front /Lateral raise/Upright Row) 2x(6-6-6)



2. Alt. Rotational Press 3x12



3. Upright Row and Press 3x12



Arms:

1. Biceps Curl Series (Biceps Curl, Hammer Curl, Reverse Curl) 3x12



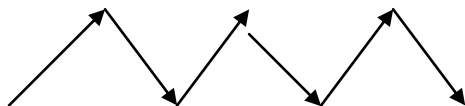
2. Cable Triceps curl 3x15

Agility

Start each station in your position stance and focus on correct technique.
Perform each drill 3-6 times

CIRCUIT #1

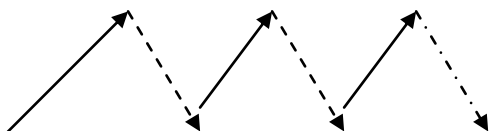
- 1. 5yd – 10yd – 5yd drill**
- 2. 5yd-10yd backpedal- 5yd**
- 3. Zig Zag run**



- 4. Line Drill 5yd. and back 10yd. and back 15yd. and back**
- 5. Sprint 10yd.**
- 6. 40yd. Sprint**

CIRCUIT #2

- 1. 10y Crossover's left/right**
- 2. Back Pedal 10yd. turn and sprint 20yd.**
- 3. Triangle Pattern: Forward-Back – Shuffle**
- 4. W-drill sprint 5yd. sprint 5yd. back paddle**



- 5. 40yd. Sprint From Push Up Position**

Speed

PRACTICE # 1

Do each drill 3 x 10-12 (30 sec rest)

- 1. Max Jump (Jump as high as you can reach for the sky)**
- 2. Tuck Jump (Jump as high as you can knees to chest)**
- 3. Squat Jump (Hands behind head or hold DB on side)**
- 4. Standing Long Jump (Jump out as far as you can)**

PRACTICE # 2

3 times 15 sec. or the distance (30 sec rest)

- 1. Stationary skating drill (legs wide transferring weight side to side imitating skating)**
- 2. In - Out Jumps**
- 3. Cross in out jumps**
- 4. 45deg. jumps**
- 5. Stationary skating jump**
- 6. X- over drill 30yd 2x each side**

Quickness- Stairs

PRACTICE # 1

- | | | |
|---|-----------------|------------------------|
| 1. Run every step | 30 steps | 4 sets |
| 2. Double leg hop every stair | 30 steps | 4 sets |
| 3. Cross over's left | 30 steps | 2 sets |
| 4. Cross over's right | 30 steps | 2 sets |
| 5. Skating jumps | 30 steps | 4 sets |
| 6. One leg jump (L-R) | 20 steps | 2 sets each leg |
| 7. Double leg jump every third stair | 30 steps | 2 sets |

Work Capacity

Perform each drill for 30 seconds. When the entire circuit has been completed, rest for 3 minutes and then repeat. As you progress, you can repeat the circuit up to four times for the workout.

CIRCUIT # 1

- 1. Squat Jumps (Hands behind head)**
- 2. Push-Ups**
- 3. Alternating Lunges**
- 4. Sit-Ups**
- 5. Squat**

CIRCUIT # 2

- 1. Max Jump (Jump as high as you can reach for the sky)**
- 2. Pikes**
- 3. Push-Ups**
- 4. In - Out Jumps**
- 5. Bridge**

Stickhandling

Use drills from USA NTDP program.

- | | |
|---------------------------------------|---------------------------|
| 1. Soft Touch Drill | |
| 2. Soft Touch on Forehand Side | 6. Hop Drills |
| 3. Soft Touch on Backhand Side | 7. Obstacle Course |
| 4. Around Body Soft Touches | 8. Quick Hands |
| 5. Move with Stick Handling | 9. Stick Flip |
| | 10. Stick Hackey |

Conditioning

Conditioning Sprints

Perform each exercise in full speed with good form.

PRACTICE # 1

- **7 laps on Football field (sprint long side, walk short side)**

PRACTICE # 2

- **6 x 100yd 45sec rest**
- **6 x 60yd 20sec rest**
- **6 x 30yd 10sec**

PRACTICE #3

- **5 x 200yd 90 sec. rest**
- **10 x 30yd 30 sec. rest**

PRACTICE # 4

Sprint- Jog Intervals

1:00 Sprint/4:00 Jog

6-8 Intervals

PRACTICE # 5

40y Tempo Runs - Run 40y at top speed, rest for 30 Sec. 12 times

Bike

PRACTICE # 1

- **30 min 3 periods of:
5 min Spin 60% Heart rate
5 min 30 sec sprint (100% HR) 30 sec rest (slow spin)**

PRACTICE # 2

- **30 min 6 X 5 min intervals
4 min 60% spin - 1 min sprint 95%**

PRACTICE # 3

- **40 min spin 60%**

PRACTICE # 4

- **12- 20 min HIGH INTENSITY CARDIO
4 min 60% warm up
4 - 12 min 20 sec max sprint 10 sec. slow spin
4 min cool down**

Base Phase 4 weeks (start with the test first day)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Warm UP 10min.	Warm UP	Stickhandling	Warm UP	Warm UP	Stickhandling Test Day Week #4	OFF
Core #1 10min.	Core #2		Core #1	Core #2		
Agility #1 20min.	Speed #1		Agility #2	Speed #1		
Work Capacity #1 20min.	Work Capacity #2		Work Capacity #1	Work Capacity #2		

Developmental Phase 8 Weeks

WEEK 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Warm Up 10min.	Warm Up	Stickhandling	Warm Up	Warm Up 10min.	Stickhandling	Off
Legs #1 Shoulders Core #1 40min.	Back Chest Arms		Legs #2 Shoulders Core #2	Back Chest Arms 30min.		
Speed #1 10-15min.	Agility #1		Quickness	Conditioning Sprints #1 20-40min.		

WEEK 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Warm Up	Warm Up	Stickhandling	Warm Up	Warm Up	Stickhandling	Off
Legs #1 Shoulders Core #1	Back Chest Arms		Legs #2 Shoulders Core #2	Back Chest Arms		
Speed #2	Agility #2		Speed #1	Conditioning Sprints #2		

WEEK 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Warm Up	Warm Up	Stickhandling	Warm Up	Warm Up	Stickhandling	Off
Legs #1 Shoulders Core #1	Back Chest Arms		Legs #2 Shoulders Core #2	Back Chest Arms		
Conditioning Bike #1	Speed # 2		Quickness	Conditioning Sprints # 1		

WEEK 4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Warm Up	Warm Up	Stickhandling	Warm Up	Warm Up	Stickhandling Test Day	Off
Legs #1 Shoulders Core #1	Back Chest Arms		Legs #2 Shoulders Core #2	Back Chest Arms		
Speed #1	Agility #1		Quickness	Conditioning Sprints # 4		

WEEK 5

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Warm Up	Warm Up	Stickhandling	Warm Up	Warm Up	Stickhandling	Off
Legs #1 Shoulders Core #1	Back Chest Arms		Legs #2 Shoulders Core #2	Back Chest Arms		
Conditioning Bike #2	Agility #2		Quickness	Conditioning Sprints #1		

WEEK 6

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Warm Up	Warm Up	Stickhandling	Warm Up	Warm Up	Stickhandling	Off
Legs #1 Shoulders Core #1	Back Chest Arms		Legs #2 Shoulders Core #2	Back Chest Arms		
Conditioning Bike #3	Agility #1		Quickness	Conditioning Sprints #5		

WEEK 7

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Warm Up	Warm Up	Stickhandling	Warm Up	Warm Up	Stickhandling	Off
Legs #1 Shoulders Core #1	Back Chest Arms		Legs #2 Shoulders Core #2	Back Chest Arms		
Speed #2	Agility #2		Conditioning Bike #4	Conditioning Sprints #2		

WEEK 8

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Warm Up	Warm Up	Stickhandling	Warm Up	Warm Up	Stickhandling Test Day	Off
Legs #1 Shoulders Core #1	Back Chest Arms		Legs #2 Shoulders Core #2	Back Chest Arms		
Speed #2	Agility #2		Quickness	Conditioning Sprints #1		

made by Robert Fail (robertfail@ymail.com)

Gear needed: Rubber Bands or Dumbbells, Cones, Swiss Ball, Mat, Bike, Stairs

Training Report Cart Of:

Week	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.	Sun.
Week 1							O
Week 2							F
Week 3							F
Week 4							
Week 5							O
Week 6							F
Week 7							F
Week 8							
Week 9							O
Week 10							F
Week 11							F
Week 12							

Signe by Player

Earn Your Ice Time Now!