**Hockey**

\*videos and explanations for most exercises can be found on the USA Hockey [website](https://www.usahockey.com/agespecifictraining)\*

Dynamic Warm-Up

1 set-10 yards

* High knees
* Cherry Pickers
* Backwards jog with an arm swing
* [A-Skip](https://www.youtube.com/watch?v=bhmpdoZR4Hw)
* [Backward Knee Flare](https://www.youtube.com/watch?v=phqrgDZN4EA)
* [Shuffles with an Arm Swing](https://www.youtube.com/watch?v=fvEYbcmhHc8)

1 set- 10 reps each leg

* [Linear Lung with a reach upwards](https://www.youtube.com/watch?v=ACQvS_PpKYQ)
* [Ankle grab quad stretch](https://www.youtube.com/watch?v=GQjiMIsfzlY)
* [Figure 4 with a pull](https://www.youtube.com/watch?v=rNzFYTTJpO4)
* [Calf Sweep with an arm circle](https://www.youtube.com/watch?v=BXJKZTlzZX0)
* [Hamstrings](https://www.youtube.com/watch?v=YQKck2WUg8ohttps://www.youtube.com/watch?v=YQKck2WUg8o)
* Lateral Lunge

Strength and Conditioning

Activation-

* Curtsy squat 2 sets-10 reps
* Plank with a tap 2 sets-10 reps
* Base Pogos 2 sets-10 seconds

PLYO-

* Squat jump to broad jump 5 sets-5 reps
* Falling start to spring 5 sets-10 yards (45 second rest in between)
* Drop split jump 3 sets-5 reps per leg (30 second rest in between)
* Drop lunge jump 3 sets-5 reps per leg
* Skater jumps 5 sets-5 reps per leg
* Shuffle to sprint 5 sets-10 yards (45 seconds rest in between)
* Single Leg Hurdle Hop 3 sets-5 reps per leg

Ladder Work-

5 sets- 1 rep (30 seconds rest in between)

* Icky Shuffle to Sprint
* Linear single leg In/Out to sprint
* Lateral Skier to Sprint
* Lateral single leg in/put to sprint

Strength-

* Goblet squat 4 sets-15 reps (add weight)
* Push-ups 4 sets-15 reps (slow movement down)
* Low plank 4 sets-30 seconds (1 minute rest in between)
* Lunge walk 4 sets-12 reps per leg (add weight)
* Towel bent over row 4 sets-30 seconds
* Star Plank 4 sets-30 seconds

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* Split squat 4 sets-12 per leg (add weight)
* Close Grip Push Up 4 sets-15 reps
* Side Plank 4 sets- 30 seconds ( 1 minute rest in between)
* Pull-Ups 4 sets-5-10 reps
* Hamstring curl 4 sets-15 reps
* High Plank Pike 4 sets-15 reps (1 minute rest in between)

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* Front plant with a reach 4 sets-10 reps per arm
* Piston Squat 4 sets- 10 reps per leg (add weight)
* Single Leg glute bridge 4 sets-12 reps per leg (1 minute rest in between)

Movement Skills-

* Single leg acceleration 4 sets-5 reps per leg
* Acceleration March 4 sets-10 seconds
* Acceleration Singles 4 sets-5 reps per leg (1 minute rest)
* High Plank Sprint 5 sets-1 rep (3o seconds rest in between)
* Split Stance Drop Sprint 5 sets-1 rep (30 seconds rest In between)
* Single-Leg Shuffle Acceleration 4 sets-5 reps
* Single-Leg Crossover acceleration 4 set-5 reps (1 minute rest in between)
* Split lateral Sprint 5 sets-1 rep (30 seconds rest in between)
* Pro agility shuffle 5 sets-1 rep (30 seconds rest in between)

Conditioning-

* 15 seconds moderate effort and 45 seconds active rest (repeat 10 times)
* 10 yard sprint, 5 yard back pedal, and 45 seconds active rest (repeat 10 times)

\*moderate effort exercises: bike, run, rollerblade

\*active rest includes: stickhandle, walk, or slow spin on bike

Position Specific Conditioning

Goalies: 10 seconds moderate effort and 45 seconds active rest (repeat 15 times)

5 yard shuffle (alternate sides), 5 yard sprint and 45 second active rest (repeat 16 times)

Defense: 15 seconds moderate effort and 45 seconds active rest (repeat 15 times)

5 yard back pedal, 5 yard sprint, 10 yard back pedal, and 45 seconds active rest (repeat 15 times)

Forwards: 15 seconds moderate effort and 45 seconds active rest (repeat 15 times)

5 yard sprint, 5 years back pedal, 10 yard sprint and 45second active rest (repeat 15 times)

Recovery and Regeneration

* Hip C.A.R. 1 set-10 reps each leg
* Shoulder C.A.R. 1 set-10 reps each leg
* Ankle C.A.R. 1 set-10 reps each leg
* 3D lunge matrix 2 sets-10 reps each leg
* 3D balance matrix 2 sets- 10 reps each leg
* Hip 90/90 Internal rotation stretch 1 set-2 minutes (back hip)
* Hip 90/90 external rotation stretch 1 set- 2 minutes (front hip)
* Hip 90/90 lift offs 2 sets-10 reps each leg
* Diaphragm breathing 2 sets-10 reps (5 seconds breathing in, 8 seconds breathing out)
* Visualization 1 set-10 minutes (lay down with eyes closed, and visualize self playing hockey)

Mini Band (Hip Activation)

Between 1-3 sets-10 reps each leg

* linear band walk
* Backward band walk
* Lateral band walk
* Staggered lat band walk (front foot)
* Staggered lat band walk (rear foot)

\*after completing the full dynamic warm-up next begin the workout

\*choose 3-4 exercises from each of the sub categories in order to achieve a full workout

\*choose one day to be the recovery and regeneration day, and do the exercises under that category on that specific day

\*add more reps or sets to the exercise if you feel that it is too easy, or add weight to the exercise