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Fitness for hockey training programme

If players commit to this 4-week summer training program, they will see an increase in their strength, performance and speed. The program below consists of great hockey specific exercises and no weights or gym membership is required! There are 4 workouts scheduled for 4 different days of the week, along with Thursday being a dedicated off-ice stickhandling & recovery day. Workouts are organized into the following categories: Exercise A: Sprints and Acceleration WorkoutS B: Hockey Specific Foot Strength Workouts C: Aerobic and Core Thursday: Stickhandling and Recovery Exercises D: Foot Strength and Power Wildcard Weekends: Choose Your Own Activity Join Hockey Premier Coaching Resource All the details for each workout explained below. Video demos are available so you can easily replicate workouts anywhere. All players should focus on the right technique without weights. If you need another challenge, you can increase the number of repetitions, or add weights to some exercises if the technique is not compromised. At the bottom of this page, we will provide downloadable PDFs that can be printed, along with other body weight exercises that allow you to customize this program further. Exercise A: Sprints and acceleration day Monday will focus on speed and explosive acceleration. This exercise is the best spot that has tilted the hill about 40 yards for a sprint, and a series of at least 20 stairs. If you don't have access as a hill and staircase, just find one set of stairs or hills and use that for the exercise below. The use of stairs and slopes of the hill places special emphasis on hockey-specific leg muscles. Warm-Up Half a mile jog and 5 to 15 minutes of off-ice stickhandling with the ball or puck. Incline Hill Sprints Mark 20 yards on a hillside. Do 8 repeat 20-yard sprints and start a new rep every 60 seconds. Russian Lunge Jumps w/ Stair sprints At base staircase start with 10 Russian lunge jumps. As soon as you complete the lunge jumps, explode up the stairs, two at once. The goal is to make part of at least 20 stairs. You can do more if you want a bigger challenge. Below is a quick sample of Russian Lunge Jumps. Do 3 reps with a 2-minute rest between each rep Incline Broad Jumps For this workout, you can use the same inclination that was used for sprints. This is a great foot workout as long as it is done properly. Mark 20 yards and make two-month wide jumps. Be sure to hold each landing and explode from about 90 degrees with each jump to keep your chest up. Here's a video example of a wide jump. Do 3 sets of 8 repetitions. The rest of 60 seconds after each rep Incline Rollerblade Sprints Find a flat surface with a slight slope and sprint the entire 40 yards. Work to keep your head up and all your leg. Do 8 repetitions and start a new repetition every 60 seconds. If you don't have access to roller blades, you can double the Incline Hill Sprints section above. Cool down Five to 10 minutes at the end of training. Exercise B: Hockey Specific foot strength day workout B focuses on leg strength using hockey-specific exercises. A box or some secure elevated platform is used in several exercises. Warm-Up Quarter mile jog and 5 to 15 minutes of off-ice stickhandling with ball or puck. Skate Walks Find a 40-yard flat area with a smooth surface. This exercise mimics a skating step. Go slow and make sure you get a good stretch and get your leg muscles warm up. Keep your chest & head up and bend your knees and pretend to skate using full extensions and full recovery. Your head shouldn't be banging up and down. Within four carries for 40 yards. Rest 60 seconds after each rep. Skating Lunge Use the video below as a reference. Use the same 40-yard stretch to do 4 carries for 40 yards. Rest 60 seconds after each rep Skater Hops This exercise mimics skating step bounding from side to side. Watch the video below for the demonstration. Within four carries for 40 yards. Rest 60 seconds after each Rep. Forward Falls demonstration can be viewed in the video below. Do 3 sets of 10 repetitions of this exercise. Rest 60 seconds after each repeat of side step jumps This exercise uses a box or raised flat surface. The focus should be on the explosion from the foot. The exercise is shown in the video below. 3 sets of 8 reps. Rest 60 seconds after each rep Single-Foot Box Squat This is a hard workout, but it's great for hockey foot muscles. The preview is shown below. 3 sets of 8 reps on each leg. Rest 60 seconds after each repetition. Again, no weights are needed, but stronger players may consider using weights on this exercise if the form is not compromised. Cool Down Stretch 5 to 10 minutes at the end of training. Workout C: Aerobics & Core On C days We will give the legs a bit of rest after two days of hard work. This day will focus on the core, a little upper body, and some interval training. Warm-Up Quarter mile jog and 5 to 15 minutes of off-ice stickhandling with ball or puck. Climber Push-Up These push-ups also involve the core. At the end of each push up you bring your knee up to your shoulder and then back down. Here's a link to a video demo of The Climber Push-Ups. Up to 3 set as many as you can do. Rest 60 seconds after each repetition. Every week he tries to do more than in the previous week. Board with knees on the chest Watch the video of the demonstration. 3 repetitions after 40 seconds. Rest 60 seconds after each repeat Cycling intervals This is a 20-minute circuit that focuses on a stationary bike in which you are able to adjust the resistance. If you do not have access to a stationary bicycle, you can ride your own bike in a safe place. Instead of increasing resistance, you can increase speed or go uphill. Start with a 3:00 minute warm-up with medium resistance. Then go for 10 intervals of 30-second sprints on high resistance (7 out of 10), followed by 60 moderate pace at low resistance (3 out of 10). The cooling at the end is 2:00 a.m. total 8:00 p.m. Cool Down Stretch 5 to 10 minutes at the end of training. Thursday: Stickhandling & Recovery Day Thursday will include NO body weight exercises. Your body has worked hard Monday, Tuesday and Wednesday and needs rest. You can take today completely away or get into an extra 15 to 30 minutes of off-ice stickhandling. Below is a video demo of some examples of what you can work on. To see more tips on developing an off-ice stickhandling routine, click here. Workout D: Leg Strength & Power Day Back to the legs for the group D days. You will notice on the schedule that you will have tomorrow off, so it is important to go for it hard and leg burn! Warm-Up Half a mile jog and 5 to 15 minutes of off-ice stickhandling with the ball or puck. Split Squat Jumps for height jump as high as you can. Use the video below as a preview. Within 3 sets of 20 seconds on each leg followed by a 60-second rest between sets. Russian lunges This exercise is demonstrated in Training A and is used just before the stair sprint. If you need to, watch the video at the top of this page if you need to view it. On this day you are doing 3 sets of 20 seconds followed by a 60-second rest after each rep Squat Jumps with Hold Here's a big leg burn! View Squat Jumps with Hold Demonstrations below. Start with the wall to sit (without a wall), so the knee bend is at 90 degrees, the chest is up, and hands out in front of the chest. After 10 seconds, three squat jumps then get back into the seated position. Each set should be 30 - 45 seconds with 2 minutes of rest. Cool Down Stretch 5 to 10 minutes at the end of training. Wildcard weekends Wildcard weekends are entirely up to you! Relax, hang out with friends, play various sports or unstructured games! We left Saturday and Sunday completely empty so you can add in any activity or rest you would like. Below are some ideas for sports and unstructured games. Sport: Playing other sports can help prevent hockey from burnout and overuse of injuries. Playing different sports will develop different muscles and coordinating skills that will contribute to the growth of your overall hockey. In addition, playing new sports will help you meet friends while trying something new. Other sports may not be through a structured organization (although of course they may be). Having fun with activities like playing football in the backyard, tennis in the local court, football, baseball, basketball, golf, etc. can help improve the athlete as a whole and can be a lot of fun. Off-Ice Unstructured Play: All hockey developments may not take place on the ice. Playing a hockey stick with a parent, sibling, friend or solo and playing with a ball (tennis, golf, street hockey, etc.) is extremely beneficial. Unstructured play (e.g. 1 to 1 hockey games, 2 vs. 2 games, free shooting & stickhandling Cone, games that make up, etc.) can help improve skills, coordination, creativity, fitness levels and most importantly, further develop a passion for the game. Throw in some music or hockey highlights in the background during unstructured games and make it a fun activity. If you fall in love with training, big things are going to happen. Nutrition Tips Don't waste all your hard work by eating it wrong! One of the best ways to improve your physical and mental performance is to make sure that you are fueling your body properly by doing well. Bad foods will rob your body of energy, will negatively affect your focus, will hurt your sleep, are harmful to your health, and will fluctuate your hormones and mood. It is important to teach children to develop healthy, sustainable eating habits that they will carry with them throughout their lives. There are many resources online to get more specific nutritional programs. For now, especially with children, it's important to keep things simple. You can significantly improve your diet by simply adding vegetables to your meal. Here are four simple instructions to follow: Eat more whole foods. If the food comes directly from the ground (fruits, vegetables, nuts, beans, meat, etc.), the meal will contain essential vitamins & minerals for you and will be easier for your body to process. Reduce the number of processed foods. If the food comes in a colored box or packaging, it has been made and will contain other chemicals, sugar and preservatives that are unhealthy for your body and harder for you to breakdown. Reduce excess sugar, sweets and sweets. Extra sugar will spike blood sugar and affect your energy, sleep and mood. Drink plenty of water. 8 or more cups of water a day will help keep you hydrated. During training days it is important to drink more. Rest & Recovery Rest: Getting quality sleep is extremely important in recovering muscles along with new knowledge and maintaining skills. During the summer it is easy to neglect sleep and think that it is not important, but it is one of the most important aspects of training. Develop a bedtime routine to help you quit and get to bed. Recovery: Listen to your body during training. It's important to push and improve to your limits, but if you feel pain and think you might be hurting yourself stop immediately, and let your parent, coach or coach know. 4 Week Training Recap At the end of the day, it is important that children are children after a long hard season. Be sure to enjoy recovery and baby time after the season. When the time is right, and if the kids want to improve, follow our 4-week plan to help players develop strength, strength and speed without the need for gym membership. If you want to fully commit to a 4-week program, it may be helpful to work with your team, group, or partner to hold everyone accountable. Print a PDF of your workout, hang it in your room, and cross the days you've finished, and any comments or other you have achieved. Have fun with him. Celebrate the gains. Blast the music and make it enjoyable. If you fall in love with training, big things are going to happen. Players can further challenge themselves by adapting to a 4-week workout by adding in any of the exercises and workouts listed below: Join the Premier Hockey Coaching Resource Do you need inspiration to start off-ice workouts? Exercise?

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