Off & Pre season Hockey training.

Running.

Measure 250 paces from your front door (in a couple of directions for variation if you wish). This schedule needs to be done at least 3 times per week. If you don't manage the time limit it doesn't count and the run needs to be done again. Note that the time allowed is 30 seconds per 100 m. As a guide to the speed you need to run, a full sprint 100 m should take around 15 seconds for a relatively fit person with little sprinting ability.

Week one.

Run 250 paces and back in 2 minutes 30 seconds (500 m).

Week two

Add an extra 50 steps and increase the time limit to 3 minutes (600 m)

Week three

Add an extra 50 steps and increase the time limit to 3 minutes 30 seconds (700 m)

Week four

Add an extra 50 steps and increase the time limit to 4 minutes (800 m)

Week five

Add an extra 100 steps and increase the time limit to 5 minutes (1000 m)

Week six

Add an extra 100 steps and increase the time limit to 6 minutes (1200 m)

Week seven

Add an extra 100 steps and increase the time limit to 7 minutes (1400 m)

Week eight

Add an extra 100 steps and increase the time limit to 8 minutes (1600 m)

Week nine

Add an extra 100 steps and increase the time limit to 9 minutes (1800 m)

Week ten

Add an extra 100 steps and increase the time limit to 10 minutes (2000 m)

Week eleven

Add an extra 100 steps and increase the time limit to 11 minutes (2200 m)

Week twelve

Add an extra 100 steps and increase the time limit to 12 minutes (2400 m)

Week thirteen

Add an extra 100 steps and increase the time limit to 13 minutes (2600 m)

Week fourteen

Add an extra 100 steps and increase the time limit to 14 minutes (2800 m)

Week fifteen

Add an extra 100 steps and increase the time limit to 15 minutes (3000 m)

Week sixteen

Keep to 3000 m but reduce the time limit by 30 seconds to 14 minutes 30 seconds

Further weeks

Keep to 3000 m but reduce the time limit by 30 seconds per week aiming to get to 12 minutes. Do not get too worked up if you cannot reach this target or if you don't reach target times - a 15 minute 3000m is good enough for hockey fitness.

Follow your run with the following exercises to build up strength and agility.

Weeks one to four

Approximately 5 minutes of skipping (preferably to music). This will strengthen calves and ankles to assist in faster starting speeds and will also help cardio-vascular fitness. You don't need a skipping rope, you can use a pretend rope to skip (On Instagram see @lauren.jumps and @michaelerner for inspiration)

Weeks four to eight. (See later for explanations on how to do the exercises**)**

Exercise Sets Reps
1 Single foot side to side ankle hop 2 10 each
2 Cycled split jumps 2 10
3 360-degree jump 2 10
4 Power skipping 2 10 each
5 Single-leg push-off 2 5 each
6 High knee carioca 3 10 yards
Speed + agility
7 Zig zag drill 3 10 yards
8 Lateral shuffle 3 10 yards

Follow with approximately 5 minutes of skipping.

Weeks eight to sixteen

Exercise Sets Reps
1 Tuck jumps 2 10
2 Box jumps 2 10
3 Lateral push-off 2 10 each
4 Single-leg hops 2 10 each
5 Multi-angle lunge (or 3-way lunge) 2 10
Speed + agility
6 High knees 3 10 yards
7 Icky shuffle 3 10 yards
8 Diagonal jumps 3 10 yards

Follow with approximately 5 minutes of skipping.

Some exercises require a 12” - 24” box. A low wall or step will do or get a couple of breeze blocks and a stout piece of wood. The Speed and Agility exercises require the use of an Agility Ladder. You can use paving stones as an alternative, or chalk or paint one on a tar or concrete surface. The dimensions are 18” x 18” squares extending for 10 yards (like a ladder).

See the following pages for instructions on how to do the individual exercises.

Weeks four to eight

Single foot side to side hop

1) Stand on one foot. Keep knee slightly flexed.
2) Hop approximately 12” sideways using only the ankles to project body up.
3) Remember to extend the ankles to their maximum range on each hop to ensure proper mechanics (or full plantar flexion).

Helps: Reduce foot-ground contact time for quicker feet, changing directions
Muscle group worked: Calves (gastrocnemius, soleus).
Equipment needed: None.
Variation: Two-foot hops.

Cycled Split Jump

1) Stand with feet hip width apart. Take left leg and step back approximately 2 feet standing on the ball of back foot. Right leg should be in front.
2) Feet should be positioned at a staggered stance with head and back erect and straight in a neutral position. Place hands on waist.
3) Lower body by bending at right hip and knee until thigh is parallel to floor then immediately explode vertically.
4) Land with opposite foot position (switch foot position in mid-air). Now left leg should be in front. Continue according to prescribed program.
5) Prior to takeoff extend the ankles to their maximum range (full plantar flexion) ensure proper mechanics.

Helps: Running, explosive start.
Muscle groups worked: Calves, quadriceps, hamstrings, glutes.
Equipment needed: Soft pliable surface (i.e. wood gym floor, rubber flooring, grass).
Hazards: While in down position, do not allow front knee to extend forward beyond the big toe. Upon landing and takeoff, do not allow knees to deviate medially (buckle in) or laterally.
Variation: Cycled split-jump - upon landing, land with opposite foot position and repeat.

360-degree jump

1) Stand with feet hip-width apart.
2) Jump up and rotate body 360 degrees in midair.
3) Repeat.

Helps: Quick, positional change during dynamic movement.
Muscle groups worked: Calves, quadriceps, hamstrings, glutes.
Equipment needed: Soft pliable surface, such as a wooden gym floor, rubber flooring or grass).
Hazards: Do not allow knees to deviate medially (buckle in) or laterally on landing or takeoff. Keep back straight in a neutral position throughout exercise.
Variation: 180-degree jump.

Power skipping

1) Hold arms in front of you at shoulder height.
2) Skip forward, raising the lead knee to your chest and trying to touch your foot with your hands.
3) Repeat motion with other leg.

Helps: Running, sprinting.
Muscle groups worked: Calves, quadriceps, hip flexors.
Equipment needed: None.
*Hazard*s: Be sure to have adequate hamstring and glute flexibility to reduce compensatory motion in lower back.

Single-leg push-off

1) Stand behind box and place one foot on top of box, heel close to the edge nearest you.
2) Push off the box and explode vertically as high as possible. Drive your arms forward and up for maximum height.
3) Land with same foot on the box.
4) Repeat.

Helps: Running, jumping, explosive starts.
Muscle groups worked: Calves, quadriceps, hamstrings, glutes.
Equipment needed: A 6 to 24-inch box.

High knee carioca

1) Stand with feet hip-width apart.
2) Start by performing movement slowly, gradually increasing speed. Pick up your right foot, raising your knee to your chest as you cross your leg over your left foot. Take the next step over with your left foot and repeat the crossover step.
3) Keep your shoulders square throughout movement to focus on trunk rotation.
Helps: Lateral agility.
Muscle groups worked: Calves, quadriceps, hip flexors, obliques.
Equipment needed: None.
Variation: Do the exercise without raising your knees as high.

Speed and Agility

Zigzag drill

1) Stand two to three feet to the left of an agility ladder / paving stones.
2) Forcefully push off your left foot, landing on your right foot in the first square.
3) Push off with your right foot as hard as possible, landing with your left foot on ground.
4) Do not "double hop" on landing.

Helps: Changing directions, cutting, lateral mobility.
Muscle groups worked: Calves, quadriceps, hamstrings, glutes.
Equipment needed: Agility ladder / paving stones.
Hazards: Be sure to land on the balls of your feet so you don't get tangled in the ladder.
Variations: Perform with your hands behind your head.

Lateral shuffle

1) Stand with feet wider than hip-width apart. Hands and arms should be in a ready position. 2) Shuffle to the left or right, using a feet together-feet apart motion for 15 to 20 feet. Keep hips and shoulders squared throughout movement.
3) Repeat in opposite direction.

Helps: Lateral movement.
Muscle groups worked: Calves, quadriceps, hamstrings, hip flexors, glutes.
Equipment needed: None.
Variation: Use sportcord for resistance.

Weeks eight to sixteen

Tuck jump

1) Stand with feet shoulder-width apart, knees slightly bent, with arms at sides.
2) Jump up, bringing knees to chest.
3) Land on the balls of your feet and repeat immediately.
4) Remember to reduce ground contact time by landing on your feet softly then springing into the air.

Helps: Running, jumping, reduce-foot ground contact time.
Muscle groups worked: Calves, quadriceps, hip flexors, abdominal.
Equipment needed: Soft pliable surface, such a wooden gym floor, rubber flooring or grass.
Variation: Place cone in middle to require higher hop.

Box jump

1) Stand facing box with feet slightly wider than hip-width apart. 2) Lower body into a semi-squat
box.
3) Step down (do not jump down) and repeat.

Helps: Running, jumping, explosive starts.
Muscle groups worked: Calves, quadriceps, hamstrings, glutes, hip flexors.
Equipment needed: 6- to 24-inch box.
Hazards: Be sure both feet land firmly on center of box.
Variation: Place hands behind head during movement; after jumping onto box, jump down quickly and repeat.

Lateral push-off

1) Stand to left side of box and place right foot on top of box.
2) Push off the box, using the right leg only, and explode vertically as high as you can. Drive your arms forward and up for maximum height.
3) Land with same foot on the box.
4) Repeat.

Helps: Running, jumping, explosive starts.
Muscle groups worked: Calves, quadriceps, hamstrings, glutes.
Equipment needed: 12- to 24-inch box.
Hazards: Be sure to place entire foot on box before pushing off.

Single-leg hops

1) Stand on one foot, knee slightly bent, at end of agility ladder / paving stones.
2) Hop into first square, landing on the ball of foot. Continue down the ladder attempting to keep ground-contact time short while maintaining control.
3) Continue according to prescribed program. Repeat with other leg.

Helps: Running, jumping, quick starts.
Muscle groups worked: Calves (gastrocnemius, soleus), quadriceps.
Equipment needed: Agility ladder / paving stones
Hazards: Do not allow knee to deviate medially (buckle in) or laterally when you land. Be sure to land on balls of feet to prevent tangling with ladder and to promote proper mechanics.
Variations: Forward jumps using both feet.

Multi-angle lunge (or 3-way lunge)

1) Stand with feet hip-width apart with arms at your side.
2) Take one large step forward (twelve o'clock) with your right leg.
3) Lower yourself until thigh is just above parallel to ground.
4) As you step forward, reach your arms toward the floor and lean your torso forward until you can almost touch the floor with your fingertips.
5) Forcefully step with the right foot back to start position. Complete prescribed repetitions then change to the next direction at two o'clock and six o'clock.
6) Repeat with left leg.

Helps: Changing directions and lunging for a ball.
Muscle groups worked: Calves (gastrocnemius, soleus), quadriceps, hamstrings, glutes.
Equipment needed: None.
*Hazard*s: Keep back straight; do not allow knee to extend beyond the big toe or deviate medially or laterally.

Speed and Agility

High knees

1) Stand at the foot of an agility ladder.
2) Bring knee to chest, then lower the same foot into the first square.
3) Bring opposite knee up and land in next square. Continue down the ladder at a moderate to fast jog.

*Helps***:** Running, sprinting.
Muscle groups worked: Calves, quadriceps, hip flexors.
Equipment needed: Agility ladder or at least 10 low hurdles.
Hazards: Be sure to place only the ball of your foot into the squares so you don't trip.

Icky shuffle

1) Stand to left of ladder beside the first square.
2) Step into first square with right foot. Quickly step out with right foot and step in with left foot.
3) Lift left foot up and step into next square. Step out and step back in with right foot.
4) Continue down ladder and repeat.

*Helps***:** Quick foot work for increased agility.
Muscle groups worked: Calves (gastrocnemius, soleus), quadriceps, hip flexors.
Equipment needed: Agility ladder.
Hazards: Do not allow knees to deviate medially (buckle in) or laterally when you land. Be sure to land on the balls of feet to prevent tangling with ladder.
Variations: Bring knees to chest during movement.

Diagonal jumps

1) Stand to left of first square of agility ladder with feet hip-width apart, knees slightly bent. 2) Jump over ladder, landing on the right side next to second square.
3) Jump over ladder, landing on left side next to third square and so on down the ladder.
4) Repeat.

Helps:
Muscle groups worked:Calves, quadriceps, hip flexors.
Equipment needed: Agility ladder.
Hazards: Do not allow knees to deviate medially (buckle in) or laterally when you land. Be sure to land on balls of feet to prevent tangling with ladder and to promote proper mechanics.
Variations: Single-leg diagonal hops.