



KEY AREAS OF DEVELOPMENT

SPEED/AGILITY	
COMPONENTS TO TRAIN	METHODS
Acceleration (Power)	Sprints, resisted sprints, push up sprints, reactive acceleration
Deceleration (Power, power endurance)	Reactive sprint and backpedal drill. Eccentric training: quads, hamstrings, calves, groin.
Distances	300-yard shuttle.
Direction of movement	Transition drills. Lateral movement drills. Color dot drill.
Reactive times/power	Four corner point and touch, Mirror drills (multi directional). Reactive sprint and backpedal drill (set distance, coach cues change of direction)
Nonreactive times	Reactive sprint and backpedal drill (set distance, no cues)

POWER/POWER ENDURANCE	
COMPONENTS TO TRAIN	METHODS
Recruitment of fast twitch fibers	Happens during Max Strength phase. Loads – 70% of 1RM explosively (age specific). Avoid loss of gains by planning in the conversion and maintenance phases.
Increase discharge rate of fast-twitch fibers	Loads – 50% of 1RM or less for novice athletes. 50-60% of 1RM for advanced athletes. Power balls, medicine balls, plyometrics, SAQ drills
Power Endurance (hockey specific) High power output. Ability to repeat	High Volume X High Intensity. Sport specific movement patterns. 30-50% of 1RM explosive and rhythmic. 12-30 dynamic reps explosive and nonstop.
Acceleration power	Maximum strength training. Converted to power specific training such as isotonic, ballistic, power-resisting, plyometrics. (1-6 reps)
Take off power/transition power	Knee flexion. Hip ROM. Train elastic and reactive components of Neuromuscular system. Isotonics, ballistics, maxex, plyometrics
Deceleration power	Eccentric contractions of leg muscles. Train knee and hip flexion. Plyometrics. Progress from low to high impact exercises. Depth /drop jumps for advanced athletes only.

STRENGTH	
COMPONENTS TO TRAIN	METHODS
Anatomical adaptation phase.	Low intensity, high rep training. Emphasis on core and joint stabilization. Proprioception training.
Strength phase. Endurance. Hypertrophy (if necessary)	Increase core muscles ability to stabilize pelvis/spine. Increase ability of all muscles to adapt to heavier loads. Increase motor unit recruitment. Supersets
Maximum strength – Continual increase so that 50% of 1RM is always higher.	Increases in load, motor unit recruitment, rate of force production, motor unit synchronization. Moderate to heavy loads.

MOBILITY	
COMPONENTS TO TRAIN	METHODS
Joint mobility	Ankles. Hips. Knee. Shoulders. Wrists. Foam roll. Lacrosse ball. Stretching.
Upper back	Figure 8 with hockey stick. Bretzel.
Groin health	End range of motion strength. Slide board, discs, bands.
Shoulder	ROM. Dislocaters with hockey stick. Shoulder CAR's.
Hips	90/90. Tactical frog. Half kneeling hip opener.

CORE	
COMPONENTS TO TRAIN	METHODS
Stability	Anti-extension, Anti-rotation, Scapulothoracic, Lumbo pelvic hip exercises. Total body exercises.
Strength	Anti-extension, Anti-rotation, Scapulothoracic, Lumbo pelvic hip exercises. Total body exercises.
Power	Anti-extension, Anti-rotation, Scapulothoracic, Lumbo pelvic hip exercises. Total body exercises.
Notes: Core muscles are mainly slow twitch fibers.	

ENERGY SYSTEMS – Alactic 10% Anaerobic lactic 40% Aerobic 50%	
COMPONENTS TO TRAIN	METHODS
Anaerobic alactic – improve acceleration/quick bursts	Workout: 5 to 10 seconds, max intensity, reps 1x10 progress to 2x10, rest 2 minutes between sets, 1-2x week, work to rest ratio 1:5
Anaerobic lactic - improve shift length	Sustain high intensity 30-60 seconds. Slide board training; single leg striding, double leg striding, butterfly. Spin bike anaerobic intervals. Sprint training. 300-yard shuttle. Workout: 15 to 45 seconds, max intensity, reps 5-12, rest 3 minutes between sets, 2-3x week, work to rest ratio 1:5 progress to 1:1.
Aerobic	Important for recovery.
Notes: Maximal bursts = 5-7 within an average shift.	