



APRIL 2022

SUN	MON	TUE	WED	THU	FRI	SAT
					1 <i>Individual Assessment</i>	2
3	4 <i>Individual Assessment</i>	5 <i>Individual Assessment</i>	6 <i>Individual Assessment</i>	7 <i>Individual Assessment</i>	8 <i>Individual Assessment</i>	9
10	11 <i>Individual Assessment</i>	12 <i>Individual Assessment</i>	13 <i>Individual Assessment</i>	14 <i>Individual Assessment</i>	15 <i>Individual Assessment</i>	16 Weight Room Testing – 10am
17	18 <i>First Day</i> SPP	19 SPP	20	21 SPP	22 SPP	23
24	25 SPP	26 SPP	27	28 SPP	29 SPP	30



MAY 2022

SUN	MON	TUE	WED	THU	FRI	SAT
1	2 SPP	3 SPP	4	5 SPP	6 SPP	7
8	9 Intensification	10 Intensification	11	12 Intensification	13 Intensification	14
15	16 Intensification	17 Intensification	18	19 Intensification	20 Intensification	21
22	23 Intensification	24 Intensification	25	26 Intensification	27 Intensification	28
29	30 <i>Memorial Day Closed Makeup date: 6/1</i>	31 Intensification				



JUNE 2022

SUN	MON	TUE	WED	THU	FRI	SAT
			1 Intensification	2 Intensification	3 Intensification	4
5	6 Accumulation	7 Accumulation	8	9 Accumulation	10 Accumulation	11
12	13 Accumulation	14 Accumulation	15	16 Accumulation	17 Accumulation	18
19	20 Accumulation	21 Accumulation	22	23 Accumulation	24 Accumulation <i>Last day</i>	25
26	27	28	29	30		

PROGRAM BEGINS

April 1st – April 15th Individual Assessment

PHYSICAL ASSESSMENT: The following assessments are administered to identify imbalances in strength and mobility. The findings provide vital information that will be used to individualize programs. A custom-tailored program is the key to improving on ice performance and reducing the potential for injury.

- Range of motion
- Length/tension
- Structural balance
- Postural analysis
- Abdominal strength

April 16th Weight Room Testing

Physical Testing (Power/Strength): The following tests are specifically correlated to hockey-related skills and will likely identify the athletes with the best skating speed, shooting ability, and hockey specific strength and power.

32 cm Close Grip Flat Bench Press: The specific width of the grip was chosen to accurately represent the common hand spacing in the pushing action of defensive hockey play. This test is used to measure upper body strength and defensive force. (3 Rep Maximum @ 40X0)

Supinated Chin-Up: Important test for hockey players because it is an indicator of an athlete's ability to handle contact and high levels of force acting against them. It is also the most reliable predictor for slap shot power. (3 Rep Maximum @ 40X0)

Full Back Squat: (When the lower 15 cm of the hamstrings touch the top 15 cm of the calf at the bottom of the squat). The full back squat is a very important lift to assess the athlete's flexibility, explosiveness, and overall strength. (3 Rep Maximum @ 40X0)

Advantages of the Full Back Squat include:

- Reduction in hamstring and groin tears, knee injuries, as well as increase in knee stability, and vertical jump
- Improve 30m and 60m sprint times
- Require co-contraction of quadriceps and hamstrings, which improves work against gravity and the prevention of ACL injuries

Broad Jump: Objective of standing long jump is to measure the explosive power of the lower extremity. It is an excellent predictor for first step speed and overall explosiveness.

Overhead Ball Toss: This test measures the hockey athlete's ability to integrate total body power.

Grip Dynamometer: This test is a reliable measure of maximum isometric strength of the hand and forearm muscles. Grip strength is a fundamental requirement for hockey. It is an excellent predictor for puck control and shooting.

Skinfold Testing: The purpose of analyzing body composition is to calculate the percentage of fatty tissue versus lean mass. A leaner athlete is a faster athlete. Measurements will be taken from 10 body sites.

April 18th – May 13th

Specific Preparatory Phase (SPP), Stretch and Recovery, Nutrition

SPP: This weightlifting phase of training is geared toward addressing muscle imbalances and strength deficits. The SPP phase is a prerequisite to more advanced weight training and will serve as the foundation for future programming.

Stretch and Recovery (Precision Stretching): Myofascial stretching and ELDOA exercises are taught privately and expected to be performed as part of the athlete's daily regimen. They are used in concert with the SPP program to help address hockey specific imbalances, improve range of motion, and overall function. Additional private sessions are available.

May 16th – June 3rd

Intensification Phase, Strongman Workouts, Stretch and Recovery

Intensification Phase: This is a weightlifting phase that emphasizes intensity. This program will consist of *relatively* heavier weights and lower reps.

Strongman Workouts: These are sessions used to increase functional strength, improve body composition, and condition the athlete. A combination of different strongman apparatus will be used: pushing sleds, farmer walking bars, tires, etc.

Stretch and Recovery (Precision Stretching): Myofascial stretching and ELDOA exercises are taught privately and expected to be performed as part of the athlete's daily regimen. They are used in concert with the intensification program to help address hockey specific imbalances, improve range of motion, and overall function. Additional private sessions are available.

June 6th – June 24th

Accumulation Phase, Olympic Weightlifting (Technical Sessions), Strongman Workouts, Stretch and Recovery

Accumulation Phase: This is a weightlifting phase that will emphasize an increase in volume (work performed) with higher repetitions and *relatively* lighter weights.

Olympic Weightlifting (Technical Sessions): Time during these sessions will be spent learning and practicing the progressions for the Olympic lifts (snatch, clean and jerk). These sessions will help further improve mobility and save valuable time to insure efficiency for future programming.

Strongman Workouts: These sessions are used to increase functional strength, improve body composition, and condition the athlete. A combination of different strongman apparatus will be used: pushing sleds, farmer walking bars, tires, etc.

Stretch and Recovery (Precision Stretching): Myofascial stretching and ELDOA exercises are taught privately and expected to be performed as part of the athlete's daily regimen. They are used in concert with the accumulation program to help address hockey specific imbalances, improve range of motion, and overall function. Additional private sessions are available.