

HOCKEY STRONG - EXPLOSIVE EDGE - OFF-SEASON - EXPLOSIVE POWER

Athlete:		WKS: 13-15				Phase Number:	5 Phase Start/End Date:						
Day 1 - PUSH	Strength					Day 2 - PULL	Strength						
Speed	A1)	Exercise - Lower	Week	Sets	Reps	Load	Speed	A1)	Exercise - Lower	Week	Sets	Reps	Load
A)		Goblet Squat	WK1	3	8		A)		Trap Bar Deadlift	WK1	3	6	
Reactive Start Sprints 6x		Follow each set with 6 max effort	WK2	3	8		10 yd Sprints - 6x		Explosive Movement	WK2	3	6	
		Squat Jumps	WK3	4	8				Explosive Movement	WK3	3	6	
	A2)	Assistive - Core - Anti Extension	Week	Sets	Reps	Load		A2)	Assistive - Core - Anti Flexion	Week	Sets	Reps	Load
		Plank Plate Slide	WK1	3	4			Reverse Plank	WK1	3			
			WK2	3	4		B)	Between two boxes	WK2	3			
B)			WK3	3	4			Hold 10-60 seconds	WK3	3			
Hurdle Drills 3-4x	B1)	Exercise - Lower	Week	Sets	Reps	Load		B1)	Exercise - Lower	Week	Sets	Reps	Load
		Skaters Squat	WK1	3	8			Sprinters Step Up	WK1	3	8		
			WK2	3	8			Explosive movement	WK2	3	8		
			WK3	4	8			Explosive movement	WK3	3	8		
	B2)	Assistive - Core - Rotation	Week	Sets	Reps	Load	B2)	Assistive - Core - Anti Lateral Flexion	Week	Sets	Reps	Load	
		Band Rotations	WK1	3	10			Copenhagen Plank	WK1	3			
		With Cable or Band	WK2	3	10			10-30 second hold	WK2	3			
		Performed with speed, Alternating sides	WK3	3	10			10-30 second hold	WK3	3			
	C1)	Exercise - Upper	Week	Sets	Reps	Load	C1)	Exercise - Upper	Week	Sets	Reps	Load	
		Flat Barbell Bench Press	WK1	3	6			Chin Up	WK1	3			
		Follow each set with 6 max effort	WK2	3	6			Max Reps	WK2	3			
		explosive push ups	WK3	3	5			Max Reps	WK3	3			
	C2)	Assistive - Shoulder	Week	Sets	Reps	Load	C2)	Assistive - Thoracic	Week	Sets	Reps	Load	
		REST	WK1					Face Pull with Band	WK1	3	10		
			WK2						WK2	3	10		
			WK3						WK3	3	10		
	D1)	Exercise - Upper	Week	Sets	Reps	Load	D1)	Exercise - Upper	Week	Sets	Reps	Load	
		Explosive Landmine Push Press	WK1	3	6			Renegade Row	WK1	3	6		
			WK2	3	6			Each Arm	WK2	3	6		
			WK3	3	5			Each Arm	WK3	3	6		
	D2)	Assistive - Lumbar/Core	Week	Sets	Reps	Load	D2)	Assistive - Hybrid	Week	Sets	Reps	Load	
		Kettlebell Stationary March	WK1	3	8			Farmers Walk	WK1	3			
		Each leg	WK2	3	8			20 yard Length Down and Back	WK2	3			
			WK3	3	8			20 yard Length Down and Back	WK3	3			
Power	Power					Power	Power						
A)						A)							
Lateral Hop Repeats 2-3x 5-10						Side Shot Put with Step - 2-3x5-7							
B)						B)							
Depth Jump to 2 Lateral Hops 3x5						Power Cleans 4x5							
Conditioning	Notes:					Conditioning	Notes:						
A)	1. Perform every workout with a Dynamic Warm Up. 2. You can also try Foam Rolling if you feel benefit from it. 3. You can end with some static stretching.					A)	4. Pick a weight or resistance that is challenging, but can be performed with near perfect form. 5. Some of the exercises have regression suggestions below or distance/hold time recommendations. 6. After a warm up start with the power exercises followed by strength then end with conditioning and stretching.						
3x (40yd-60yd-80yd-60yd-40yd) Repeat Sprints/20sec.between reps and 5 min. rest between Sets						The Shift Protocol 5x 3-4 min. rest 5x							

