



OFF SEASON

TRAINING GOAL - SPORT SPECIFIC STRENGTH

DAY 1

Exercise Name	Purpose of Exercise	Sets	Reps
Paced Jog	Endurance	1	15 min
Tibialis Raises	Lower Strength	3	25
Half Squat	Lower Strength	4	8
Forward Lunge	Lower Strength	4	8
Reverse Lunge Knee Drive	Balance	3	12
Paced Jog	Endurance	1	15 min

DAY 2

Exercise Name	Purpose of Exercise	Sets	Reps
Glute Bridge Bench Press	Upper Strength	5	12
Banded Single Arm Press Left	Upper Power	3	6
Banded Single Arm Press Right	Upper Power	3	6
Single Arm Plank Left	Core Strength	3	30 secs
Single Arm Plank Right	Core Strength	3	30 secs
Push Ups	Upper Strength	3	Amap

DAY 3

Exercise Name	Purpose of Exercise	Sets	Reps
Trap Bar/Barbell Deadlift	Full Body Strength	5	12
Banded Rows	Upper Power	4	8
Step Back Banded Row	Upper Strength	3	8
Single Leg Shoulder Press Left	Upper Strength	2	6
Single Leg Shoulder Press Right	Upper Strength	2	6
Upright Row	Upper Strength	3	8

PRE SEASON

TRAINING GOAL - POWER & EXPLOSIVENESS

DAY 1

Exercise Name	Purpose of Exercise	Sets	Reps
Split Squat	Lower Strength	5	8
Kneeling Sprint Start Left	Acceleration	3	3
Kneeling Sprint Start Right	Acceleration	3	3
Lateral Skater Deceleration	Lateral Movement	3	30 secs
Triple High Knee Skater	Speed Mechanics	3	30 secs
Box Jumps	Vertical	3	6

DAY 2

Exercise Name	Purpose of Exercise	Sets	Reps
Rotational Med Ball Slams	Rotational Power	3	6
Glute Bridge Bench Press	Upper Strength	5	8
Plyo Bench Push Ups	Upper Power	2	6
Med Ball Throw Kneeling Left	Functional Power	3	6
Med Ball Throw Kneeling Right	Functional Power	3	6
Med Ball Push Ups Swap Hands	Upper Strength	3	AMAP

DAY 3

Exercise Name	Purpose of Exercise	Sets	Reps
Single Leg Deadlift Left	Lower Strength	4	6
Single Leg Deadlift Right	Lower Strength	4	6
Skater Ball Slam	Lateral Movement	3	30 secs
Glute Bridge Bench Press	Full Body Strength	3	12
Glute Bridge Pullover	Full Body Strength	3	12
Bulgarian Jumps	Lower Power	3	6

DURING SEASON

TRAINING GOAL - ENDURANCE & MOVEMENT

DAY 1

Exercise Name	Purpose of Exercise	Sets	Reps
15 Min Jog	Endurance	1	1
3 Min Run	Endurance	1	1
5 Min Jog	Endurance	1	1
2 Min Run	Endurance	1	1
5 Min Jog	Endurance	1	1
1 Min Run	Endurance	1	1

DAY 2

Exercise Name	Purpose of Exercise	Sets	Reps
Box Jumps	Lower Power	3	3
Zercher Squats	Lower Strength	4	5
Chin Ups	Upper Strength	4	AMAP
Bulgarian Jumps Side To Side	Lateral Movement	3	6
Step Up Jumps	Speed	3	4
Burpee Side Shuffle	Endurance	3	1 min

DAY 3

Exercise Name	Purpose of Exercise	Sets	Reps
Fast Feet On Plate	Agility	3	30 secs
Side To Side Plate Agility	Agility	3	30 secs
Hip Switches	Lateral Movement	3	1 min
Lunge KB Under Swings Left	Balance	3	12
Lunge KB Under Swings Right	Balance	3	12
Burpee Side Roll	Movement Patterns	4	1 min