

These programs are designed to act as the foundation of an athlete's strength and conditioning training, to be followed between training and game-day exercise. An effective athlete will adjust this program to include any exercises they feel are valuable to their specific game, goals and position. The recommended sets and reps may also be adjusted once an athlete becomes accustomed to these programs, to ensure enduring performance progression.

OFF SEASON

TRAINING GOAL - SPORT SPECIFIC STRENGTH

DAY 1

Exercise Name	Purpose of Exercise	Sets	Reps
Half Depth Squat	Lower Strength	5	6
Multi Directional Lunge	Lower Strength	5	1
Bulgarian Jumps	Lower Power	5	6
Reverse Lunge Knee Drive	Balance	4	6
Single Leg Squat	Lower Strength	4	6
Plyometric Lunge Jumps	Lower Power	4	6

DAY 2

Exercise Name	Purpose of Exercise	Sets	Reps
Push Press	Upper Strength	5	6
Banded Rows	Upper Strength	5	6
Paloff Press Hold Lunge Left	Core Strength	3	10 sec
Paloff Press Hold Lunge Right	Core Strength	3	10 sec
Plyo Bench Push Ups	Upper Power	3	4
Single Leg Dumbbell Passes	Balance	3	4

DAY 3

Exercise Name	Purpose of Exercise	Sets	Reps
Trap Bar/Barbell Deadlift	Full Body Strength	5	12
Banded Power Rows	Upper Strength	3	8
Shuffle Icky Touch	Lateral Movement	3	30 secs
Shuffle Tuck Jump	Lateral Movement	3	30 secs
Bulgarian Jumps	Lower Power	3	5
Upright Rows	Upper Strength	4	12

PRE SEASON

TRAINING GOAL - SPEED & POWER

DAY 1

Exercise Name	Purpose of Exercise	Sets	Reps
Half Squat	Lower Strength	4	6
Kneeling Sprint Start Left	Speed	3	5
Kneeling Sprint Start Right	Speed	3	5
Lateral Skater Deceleration	Lateral Movement	3	30 secs
Banded Knee Drive Cross Kick Left	Specific Movement	3	30 secs
Banded Knee Drive Cross Kick Right	Specific Movement	3	30 secs

DAY 2

Exercise Name	Purpose of Exercise	Sets	Reps
Rotational Med Ball Slams	Upper Power	3	30secs
Glute Bridge Pullover	Upper Strength	5	6
Step Ups	Lower Strength	4	6
Med Ball Throw Kneeling Left	Upper Power	3	6
Med Ball Throw Kneeling Right	Upper Power	3	6
Med Ball Alternating Push Ups	Upper Strength	3	30secs

DAY 3

Exercise Name	Purpose of Exercise	Sets	Reps
Single Leg Deadlift	Lower Strength	3	6
Skater Ball Slam	Lateral Movement	3	30 secs
Hip Switches	Lateral Movement	3	1 min
Kneeling Lunge Box Jump Left	Speed	3	6
Kneeling Lunge Box Jump Right	Speed	3	6
Push Press	Upper Strength	6	3

DURING SEASON

TRAINING GOAL - AGILITY & CONDITIONING

DAY 1

Exercise Name	Purpose of Exercise	Sets	Reps
Fast Feet On Plate	Speed	3	8
Side To Side Plate Agility	Agility	3	8
Hip Switches	Movement	3	1 min
Lunge KB Under Swings Left	Balance	4	12
Lunge KB Under Swings Right	Balance	4	12
Forward Lunge	Lower Strength	4	8

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
Bench Hops	Endurance	3	1 min

DAY 3

Exercise Name	Purpose of Exercise	Sets	Reps
Paced Run	Endurance	1	5 min
Push Press	Upper Strength	4	8
Deadlift	Full Body Strength	4	8
Double Rebound Jump	Rebounding	3	6
Broad Jump	Vertical	3	6
Skater Ball Slam	Lateral Movement	4	6