

Off-Ice Conditioning & Summer Workouts

High School Hockey
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Overview

Summer is an excellent time to get away from hockey, pursue multiple sports, take a job, and otherwise relax. However, it is also a great time to build core strength, agility, and build a powerful base for the coming hockey season, other sports, and general health and fitness.

Quickness, agility, and fitness are the primary goals of off-season conditioning, but strength should be an integral part of any workout. Big thighs, rear ends, and lungs – these are the hallmarks of great hockey players, but upper body strength and core power cannot be overlooked.

High school age players can add speed to their game through off-ice training, and are in the ideal development window to add strength and power.

I am available to help discuss workout regimens, help set up routines, talk about goals, or go over individual activities. My cell number is 307-399-5506 – call me if you have questions!

Workout Regimen: the goal should be to focus on the following 3 core areas:

1. Strength – upper and lower body
2. Speed – quickness and overall velocity
3. Jump & core – building your base

Steps to Success:

1. Establish your baseline
2. Set short- and long-term goals
3. Work hard and have fun – build your enthusiasm for fitness!
4. Continually beat your personal “bests”

a. Always push yourself to do better – *because you can!*

Activities & Guidelines

- The most important element of weight training is to do each exercise properly. Do not improperly strain yourself, remember to breathe properly, and work yourself to the edge of exhaustion
- Aim for slow, controlled movements. Don't bounce the bar, don't bounce your body. If you need to use momentum to finish a drill, the weight is too heavy.

- Keep a daily log of your workouts – with notes on hydrations, nutrition, fatigue, and recovery. Example logs are included at the end of this note, but there are many good workout apps – such as: “Fitness Point”, “Fitted Lifts”, “Simple Workout Log”, “Aaptiv”, “Jefit”
- Workout 3-5 times per week for optimal development.
- Work opposing muscle groups. Think “quadriceps / hamstrings”, “biceps/triceps”, and “abs/back”.
- Mix up your workouts – but stick to your core activities so that you can chart your progress. Aim for rotating workouts so you do not repeat the same exercise multiple days in a row.
- Don’t fool yourself! You are in charge of your own progress, so set goals and meet them. Don’t cheat yourself or fall into lazy habits. You will see gains if you stick to your program.
- If you can, get a workout partner.
- Ask questions, get knowledgeable. You can hurt yourself doing things incorrectly – so do your homework!
- Pyramid lifting routines - only rest long enough to catch a breath, and get back at it as fast as possible. Some people prefer a reverse pyramid, but here is a pyramid example
 - 8 repetitions at manageable weight (e.g 80 lbs)
 - 6 reps at heavier weight (100 lbs)
 - 4 reps at heavier (120 lbs)
 - 2 reps at heavier weight (140 lbs) – maximize your weight limit here
 - 4 reps back at previous level (120 lbs)
 - 6 reps back at previous level (100 lbs)
 - 8 reps at original weight (80 lbs)

The Best Exercises for Hockey

- Leg strength
 - ✓ Squats: both one-legged and two-legged
 - ✓ Dead lift – use a trap bar if possible
 - ✓ Seated hip thrusts
 - ✓ Leg curls; seated forward and reverse
 - ✓ Weighted lunges

- Upper body strength
 - ✓ Pull ups – forward (chin ups) and reverse shoulder-ups – add weights as you gain strength
 - ✓ Incline bench press & regular bench press
 - ✓ Biceps curl / triceps extension
 - ✓ Lat pulldowns
 - ✓ Wrist curls
 - ✓ Arm rows with dumbbells

- Core strength
 - ✓ Crunches & situps as well as back extensions
 - ✓ Plank exercises – front and side planks
 - ✓ Ab wheel rollout
 - ✓ Oblique hold
 - ✓ Leg lifts

- Jumping & explosiveness
 - ✓ Box Jumps
 - i. Forward / backward / lateral
 - ✓ Squat jumps
 - ii. Speed squats
 - iii. Squat and hold

- iv. Bulgarian split squats
- v. Step jumps
- ✓ Sled push
- ✓ Lateral slides
- ✓ Stationary bike
- ✓ Rowing machine

Proper Techniques

1. Squats: <https://www.youtube.com/watch?v=Dy28eq2PjcM>
2. Deadlift: <https://youtu.be/op9kVnSso6Q>
3. Seated hip thrusts: <https://www.youtube.com/watch?v=xDmFkJxPzeM>
4. Weighted lunges: <https://youtu.be/D7KaRcUTQeE>
5. Dumbbell row: <https://youtu.be/6KNmHxw-SpE>
6. Lat pulldowns: <https://youtu.be/CAwf7n6Luuc>
7. Ab wheel rollout: https://youtu.be/rqiTPdK1c_I
8. Planking & oblique hold: <https://redefiningstrength.com/4-must-planks-work-obliques/>
9. Box jumps & more: <https://www.icehockeysystems.com/off-ice-exercises/leg-explosiveness-and-strength>
10. Bulgarian split squats: <https://youtu.be/7Aqeb8UHI4k>
11. Bulgarian split squat jumps: <https://youtu.be/FRvpoMvX6mQ>

WORKOUT Log – Example 2

Day	Cardio					Weight			
	Type of Exercise	Time	Distance	Level	BPM	Targeted Muscle(s)	Reps.	Weight	Intensity
Monday									
Tuesday									
Wednesday									
Thursday									
Friday									
Saturday									
Sunday									