**1. Best Exercise To Improve Speed & Agility In Field Hockey - YouTube** [**https://www.youtube.com/watch?v=02jc9ATk89E**](https://www.youtube.com/watch?v=02jc9ATk89E)

**Transcript:** (00:00) hi my name is our mini from the hockey performance Academy and in this video I'm going to show you and you can get faster and more agile on the hockey field simply by doing an exercise to improve your lateral agility so lucky the duty is one of the most important parts of hockey it's the ability to move from side to side very quickly so in hockey this could be things like make me lead deceive it up later so taking them left to go right it could even be making interceptions and any new schools are competing to us so what (00:37) we're going to use today is a resistance band so I'm going to recommend Jenny I tend to use two bands attached to each other so that it allows them to go a little bit further with the bands but you can also just use one bag if you've got that so what I do is I stick into the batter's okay around my hips and from here what we do is we looking for the first two or three steps and it's very explosive movements okay so from here we want to be a silly spot or quarter squat position just up nice and (01:09) straight activating the core and we want to make sure that we're moving really quickly and then it's controlling them to wave back as well so it's not just about the acceleration part it's also about controlling the deceleration movement as well because deceleration is half the part of sweeping the duty okay so once again nice and low you can go one or two steps if you have a bad analogy to go and you're controlling that movement back okay so the key thing here is that acceleration up is nice and (01:37) quick okay nice and low and you're coming back staying nice and low feet facing forward okay the right to potentially we can open that up slightly so that we can use more of the hill to push out okay to be pushing from this way okay and we pulling from this lip over here okay so that's an excellent exercise which is going to help you to do lateral acceleration on the hockey field I don't make a huge difference to those 50/50 balls getting in front of your player and of course to be able to take a (02:07) player one way and to be able to explode off to the other side to beat them I hope you've enjoyed this video if you've got any other questions feel free to leave your comment below I'll see you in the next video [Music] you [Music]

**2. 7 "MUST DO" HOCKEY EXERCISES 🏒 - YouTube** [**https://www.youtube.com/watch?v=FibOpajKx2w**](https://www.youtube.com/watch?v=FibOpajKx2w)

**Transcript:** (00:00) hey hockey player coach garner here from [hockeytraining.com](http://hockeytraining.com/) and in today's video i am gonna have kevin demonstrate my seven favorite lower body hockey training exercises that you can do to improve your all-round on ice performance let's go the first exercise we're going to be going over in this video is the t stand now this is an exercise you guys have seen a lot from me in the past particularly in my edge work specific videos and the reason why is because the t stand very effectively trains the muscles that are (00:36) responsible for both ankle stability and hip stability a lot of people think having optimal edge work it's just about having ankle mobility and although that is critical for getting deep on your inside and outside edges that mobility is only beneficial if it is paired with optimal stability because that stability is what's going to really allow you to grit your blade into the ice and blast off with the highest level of explosive speed stride length and stride frequency the t stand since it checks the boxes for both (01:12) ankle stability and hip stability at the same time it makes it a no brainer for awesome edge work training plus you get the added benefit of training your balance and coordination at the exact same time to perform this exercise properly make sure your back leg which is in the air is really in full hip extension so you're not just letting it hang but you're truly flexing your glute and getting that leg up as high as you can and ensuring your arms are in full extension as well and they're not just hanging (01:50) important point you want your pelvis to be parallel with the ground one aspect of this exercise is hip stability but you're gonna lose that component if you allow your hip to go on top of your other hip you see kevin here will intentionally demonstrate it wrong which is a common compensation that a lot of hockey athletes will do but if you can keep your pelvis pointing directly to the ground in that it is perfectly parallel with the ground that is the best way to execute the t stand and get the most benefits out of (02:28) this exercise up next we have our number two exercise of the video which is the bulgarian split squat look the bulgarian split squat in terms of bang for the buck is up there with the best of them you can use this exercise for endurance you can use it for strength you can use it for hypertrophy it's excellent for structural balance the list goes on and on and on and on and it's an exercise i really think is mandatory for any hockey training program to include when you are doing the bulgarian split squat properly (03:04) you can get hit mobility due to the added range of motion that lifting your rear foot up does towards the movement you can also get a sneaky ankle mobility benefit as well because it is absolutely 100 percent okay to have your knee track over the toes in this exercise it is a long dead myth that you can't have your knee over your toe during lower body training provided your heel is still in contact with the ground if the heel is in contact with the ground you are a-okay good to go if you don't want to add a (03:41) load to this exercise it's great for endurance and building up your work capacity however this movement pattern is also something you can safely add a dumbbell or even barbell to in order to load it for greater strength and hypertrophy benefits make sure you move through a complete and total range of motion in that you're going all the way down and all the way back up you don't want to hang out just at the top of this movement because you won't be getting the hip unlocking benefits that you otherwise would have got make (04:16) sure with this exercise you control the tempo keep your core nice and tight have a great posture and this would be one of the best movements you ever did for your hockey performance our third exercise that we're going to be going over is the cossack squat now the cossack squat is the king movement for unlocking that hip mobility you see the trend here a lot of hip mobility talk and that's because if you want elite skating you need elite hit mobility for both stride length and stride frequency the caustic squat (04:50) is unbelievable for this and it develops incredible hip mobility it is an excellent exercise for hypertrophy and strength as well you can add it to a warm up before big compound movements like your deadlifts and squats to really warm up the hips and lower body or you can even add this directly into your workout with a dumbbell in a goblet position or even without the dumbbell in order to add additional strength and hypertrophy stimulus in the right areas for your lower body training this cossack squat movement uniquely (05:25) trains it's one of the biggest reasons why i love it because it uniquely trains the groin if you look at any hockey players before practice or after factors they're they're almost always doing that frog stretch right it's like constantly it's like the go-to for all hockey players and one of the reasons they have a natural inclination to do this is because hockey players have a problem with their long adductors it's typically very tight and tender in all hockey players so they seek relief in this area and it's of no (05:57) surprise that because of this this length this tenderness and this tightness in hockey players that you see a lot of injuries in the knee and the groin and hockey players as well cosmic squats strengthens this groin muscle so that you don't have to worry about this injury risk and you're not going to be so reliant on performing the rocking frog stretch before you do anything that's still a great stretch to perform but it's a lot better to perform it when you have a strong and well-balanced lower body to handle (06:27) all-out speeds on the ice perform the cossack squat up next we have our fourth exercise in this video which is the skater squat now the skater squad really lives up to its name because it does a lot of things at once it is what i would refer to as a hybrid movement what you're essentially seeing here is a blend between pistol squats and t stands at the same time bow mechanically speaking you're getting a squatting pattern at the knee and a hinging pattern at the hip this puts it in a super rare class of (07:02) exercises that allows you to train both the anterior chain and the posterior chain at the exact same time because it's doing both from a muscular perspective you're getting it all your meshing squatting and hinging patterns which is going to hammer the quads the glutes the hamstrings you name it the lower body is getting hit with constant tension and very high levels of intramuscular activation on every single rep and because of the degree of difficulty with this movement it allows you to train things such as (07:39) strength and hypertrophy very effectively with no weight added at all excellent excellent option for those purposes not to mention it also includes a dynamic cross-body stability challenge this means that although you're training one side of your body for the purpose of building up your lower body to become a faster skater you're actually getting a sneaky cross-body core stability effect happening at the exact same time which is absolutely gonna help you increase all aspects of your hockey performance if you're a hockey player watching this (08:17) right now you should be doing skater squads our fifth exercise in this video is going to be the skater lunge now the skater lunge first and foremost it mimics the crossover movement out in the ice if you had a still frame of an athlete doing crossovers on the ice and then you paused it right at the moment where the back leg is behind your body in the skater lunge you're getting that crossover position you're focusing on the glutes the hamstrings the groin and because you're pushing off of one leg and trying to softly land on the (08:53) other it's really helping you focus on your hip and ankle mobility at the same time bang for the buck movements is what optimal hockey training is all about there is a lot happening here from a biomechanical standpoint when you're looking at kevin perform this you're improving your agility you're increasing your strength and endurance and you're doing it while doing cross-directional core stabilization so that you don't fall over this is dynamic this is functional and since you're moving in (09:23) that crossing pattern you're increasing the specificity behind your exercise selection so that it is very sport specific for improving your crossovers out in the ice which is absolutely going to give you the edge especially in the agility department during games if you want to perform a skater lunch properly make sure you engage your core but most importantly land with soft knees and keep your eyes on a single spot so you don't topple over one of the best cues i found when working with athletes one-on-one (10:00) in person is that i would tell them to think about going side to side rather than up and down when you put your mindset in a place where you're moving side to side not only are you going to be more balanced and coordinated throughout this movement but it's also going to be more sport specific for the crossover by the time you hit the ice up next we have everybody's favorite exercise which is the skater bound but more specifically this is the forward skater bound i really like the forward skater bound (10:31) because it is as hockey specific as training gets it's high velocity it's explosive it's lateral but it also contains that excellent 45 degree backward stride that you really are going to be exposed to out in the ice other lateral training variations may be just directly lateral and that you're jumping from side to side although this is still highly beneficial for hockey and can absolutely be incorporated intelligently into a hockey training program the forward motion of this replicates your stride better because when you're (11:08) on the ice you are pushing down and back in a 45 degree angle exactly as you would in the forward skater bound i love this movement for hockey players it develops explosive skating speed incredibly well i find it's great to improve stride length in a hockey player and one of the best parts of it is that it's unilateral meaning you're training only one leg at a time this may seem obvious when first looking at the movement but a lot of people don't take into consideration that this removes explosive imbalances (11:46) from one side to the other meaning when you train this movement effectively within your hockey training program design you're no longer going to have a preferred takeoff leg out in the ice and instead both legs are going to be maximally explosive so no matter what position you find yourself in during a game you are going to have that first step quickness and acceleration you need to get ahead of your opponents the last and final exercise i want to make sure is on your radar for lower body hockey training is the nordic hamstring curl look the (12:23) nordic hamstring curl is my favorite hamstring exercise and it's one that i believe should be in every hockey players training program that's right if you're a youth player high school college uh semi-pro nhl men's leaguer no matter where you're at in your hockey life the nordic hamstring curl has a place within your hockey training program design but a lot of people completely avoid it simply because it's very difficult so i'm gonna have kevin show you through simplified variations of it so you can (12:53) get started on this awesome movement the nordic hamstring curl one of the reasons why i'm so excited about it is it's one of the best ways to load the hamstring in an eccentric way so that it can gain eccentric strength you see when kevin's lowering down slowly here he's targeting the hamstrings and that's what's slowing his upper body from just collapsing to the ground this strengthens the hamstring while they're being lengthened which is the most important aspect of preventing groin hamstring and knee injuries (13:28) out in the ice but it gets better than this because studies have demonstrated that inserting a nordic hamstring curl into a training program led to improvements in 10 meter sprint times this means more explosive speed and acceleration for you out in the ice beyond this nordic hamstring curls have also been demonstrated to improve repeat sprint times as well which means improvements in anaerobic conditioning for you out in the ice so that you're not just explosive but you can stay explosive so if getting faster preventing injuries (14:05) and improving your conditioning is in your alley get going on the nordic hamstring curl this video was all about showing you the best lower body hockey training exercises that you can do to make sure you're getting well-rounded results in your explosive speed conditioning agility mobility structural balance and overall edge work however the amount of sets and reps you do for each movement and how often you perform it throughout the week depends completely upon the current phase within your program design if you're serious about improving your (14:42) hockey performance then click on the link below and get access to the brand new off-season programs that are now live these are the most cutting edge programs we have ever come out with here at hockey training and i guarantee they will improve your all-round hockey performance click on that link and i'll see you on the inside until next time stay strong stay positive and stay motivated

**3. 7 Best Exercises For A Harder Shot 🏒 - YouTube** [**https://www.youtube.com/watch?v=UYOZ\_zfa0OY**](https://www.youtube.com/watch?v=UYOZ_zfa0OY)

Transcript: (00:00) in this video i'm going to be running you through seven of the best upper body hockey exercises that you can do at home to get stronger on the puck improve your shot power and believe it or not become a more explosive skater stick around to the end though cause i got a surprise for you that you're not gonna want to miss let's go this video is gonna be centered around something that's known in kinesiology as the sarape effect the sarape effect first got introduced into sport science all the way back in 1970 by mckinney and (00:33) logan's data it's essentially a simplified way in which you can view both the accelerators and decelerators of high performance movement for example we're training our upper body very often to improve our shot power right well when it comes to your shot power it is a high to low high velocity cross-directional movement pattern when i am taking a left slap shot here i am going to be loading my left serratus anterior my left external oblique but then that is going to cross my rectus abdominus into my right internal oblique and then (01:10) ultimately into my left my right hip flexor and adductor abductor complex i am loading and exploding in a cross-directional dynamic fashion the sarapa effect perfectly trains the body horizontally vertically and diagonally both in the anterior chain and posterior chain so that you have the exact accelerative and decelerated forces you need to become an all-around better hockey player but you're also perfectly balanced in the upper body which makes you injury proof out in the ice let's get to the first exercise (01:52) the first exercise that i want to run you through is the dive bomber the dive bomber is an incredibly difficult pushing based exercise that trains vertically your anterior chain you're going to be training your core your chest your triceps and your anterior deltoids all in one running through a vertical movement pathway so we've checked our first box in the serape effect this exercise is great for strength and hypertrophy and particularly good for keeping you strong on the puck up next we have the pike push-up this is (02:30) basically the bodyweight version of doing a shoulder press like the dive bomber it's training the pushing muscles of the body but due to the angle that you see kevin at here there is much more emphasis placed on the shoulders this is important to care about because your shoulders are one of the prime drivers for improving your shot power make sure you create as much of an angle as possible and drive the top of your head straight into the ground so that you do truly replicate the overhead press moving on to the next exercise we have (03:06) the x up the x up is one of my all-time favorite core exercises because it perfectly trains that diagonal pathway i was talking about in respect to high to low as well as low to high cross-directional force potential this is going to play a big role not just in your shot power but absolutely in your skating speed as well when you are skating out in the ice you are cross-directional with every single stride you are creating equal and opposite forces with your lower body and your upper body on every single stride that you take (03:42) out in the ice this can in a very real way limit your skating speed if you don't have the upper body power to negate the accelerated forces that your lower body can create upper body and lower body need to be working in unison if you want to be the fastest skater possible the x up is great for shot power core development and skating speed get it done the fourth exercise that i want you to include in your upper body hockey training is the bird dog now where the x up cross-directionally trained the anterior portion of the body (04:23) the bird dog is going to cross-directionally train the posterior section of the body so where the x up train the front of your shoulder down to the front of your opposite hip the bird dog is going to train the back of your shoulder down to your opposite glute this exercise you can think about it as if it's training the rear delt and latch but then cross directionally moving into your opposite glute and then of course you get an equal and opposite balancing effect because you're doing this movement on both sides what a lot of people (04:56) underestimate about the bird dog is two big things number one this is the exact same muscle coordination pattern you want to train to get a harder backhand but number two you actually load these muscles to be faster out in the ice when i am taking a stride and i am concentrically contracting here the upper body is shortening but where i'm shortening taking a stride this way my back is lengthening so that it is lengthening and loading just like an elastic so i can explode on the other side that structural balance creating anterior (05:35) and posterior chain stability is what makes you faster and improves your backhand the fifth hockey training exercise i want to run you through is the bodyweight renegade row now the renegade row even though you're not rotating is actually a core rotation exercise the reason why this is true is because it trains what's known as your anti-rotation muscles you see kevin in a perfect push-up position here but then he brings one arm up slowly to his shoulder if he was to allow gravity to just take him to the ground (06:10) well then that side of his body would collapse but the focus of this exercise is to actually have perfectly parallel shoulders with the ground and perfectly parallel hips with the ground when you do this and you fight gravity you're now anti-rotating this body to maintain your position and therefore creating a very strong core stability effect within your entire core complex in terms of bang for the buck this is training the anterior chain and the posterior chain at the same time which puts it in a rare group of (06:44) exercises they get a lot done for you at the same time and the fact that it's going to keep you stronger on the puck and really improve your all-round hockey performance because you can't not connect core strength to anything you do out in the ice makes the renegade row a must for any hockey player out there moving into the sixth exercise that i want to show you in this hockey training video i gotta catch you back up to speed and remind you that for the surabay effect to be complete we wanna train vertically horizontally (07:16) and diagonally on both the front of the body and the back of the body to ensure we're getting all of the accelerators and decelerators responsible for the best hockey performance the dive bombers are in place to train the anterior chain vertically the x ups train the anterior chain diagonally and the renegade row is training the anterior chain horizontally through anti-rotary movement now the bird dog had to pass through your chain diagonally which leads us into this movement now which is the superman that's going to (07:49) chain the posterior chain vertically this is going to give us complete development on both the front and the back of the body the superman here training the upper back the middle back the lower back it's hitting the entire posterior chain and if you want to stay strong on the puck you need great posture this training your entire posterior chain is going to train your posture on an entirely different level if you've ever ran into a hockey player out in the ice and you were the one that bounced back off of them and you thought oh that (08:23) guy is sturdy that's because he's got excellently strong posture muscles that's what the superman trains as well as shot power because when it comes to shot power you need a strong back check all of those boxes and get the superman done moving on to the last exercise of this video we are going to be going through the ytw now technically it's three exercises all in one but you and i got a lot to talk about and i want to make sure you're the best hockey player possible for watching this video the shoulder ytw is going to train the (08:59) upper back in a very effective way in anatomy you always want to train the muscle the way in which the muscle fibers are directed for example the bicep is simply articulated downward so a way in which to challenge the bicep is to curl it upward easy enough right the upper back is all over the place there's muscle fibers pointing diagonally upward horizontal and diagonally downward this is why we're doing the shoulder y the shoulder t and the shoulder w to ensure complete structural development of the upper back (09:35) this is very important for preventing shoulder injuries for hockey players hockey players spend the entire game and practice and even lots of their dry land work in flexion in order to create balance we need to strengthen the extenders so that we can avoid shoulder injuries out in the ice and ultimately also have a harder shot because your upper back does play a very big role in doing that to prevent shoulder injury improve your shot power perform these ytws and really try and get a good squeeze on the top of every (10:10) rep just like you see kevin performing here those seven exercises are some of the best exercises for upper body training in the entire hockey world why we trained the entire serape effect for perfect hockey training results and even threw in a couple of extras such as the pike push-up and shoulder ytw to take your performance from good to optimal these exercises are all found within our body weight only off season hockey training program that you can find at hockeytraining. (10:42) com programs and before you leave don't forget to pick up your free explosive speed package in the link below let's go

**4. Complete Strength Workout for Hockey Players - YouTube**

[**https://www.youtube.com/watch?v=BRydoHmmpP8**](https://www.youtube.com/watch?v=BRydoHmmpP8)

Transcript:

(00:01) [Music] hey guys welcome back to Maryland's hockey my name is Kyle and today we're going over a complete workout sequence that hockey players can use to really take their strength munitions to the next level in the gym if you're a hockey player you need to be focused on having well-structured training and in this video we're gonna go over the exact structure that we use with our elite and pro players and that you can use whether you're at the gym at home or on the road okay so before we jump into any sort of

(00:30) strength workout it's important that we have a couple of components first first we have to have a very high quality warm-up so warm arms are essential to staying healthy maintaining tissue quality over the course of a long season and so whether it's in the off season or in season getting in a high quality warmup is important and those habits are really important to taking your game to the next level number two is prehab or activation work so this is rubber typically bring up mini bands we'll do a

(00:52) lot of very specific tailored custom work to really be able to start to activate some of the muscles that we'll use in our workout or start to address some of the imbalances that a player might have so some of that stuff you can find through a youtube channel in our activation warm-up videos but those are two very important components and then our third component is their athleticism work and this is really tailored to hockey players and that we're focusing on a lot of movement working on agility working on change of direction and we're

(01:16) really doing deliberate work that will translate on the ice and that's important to be able to do that fresh so before you get into your strength work you want to make sure that you're doing very high quality athleticism work and really focusing on getting better at that specific thing then we'll move into our strength work and this is what we're going to focus on today is the exact structure that we use with all of our players and the structured workouts that you can be using at home okay so we

(01:36) break down our workouts into blocks and so typically a worker will have a block a block B and then maybe even a block C depending on the day and so this is what you would conventionally call superset we have two to three exercises that are done very synergistically so their exercises that go very well together and it's not just to kind of get the ultimate burn but they're working very synergistic aliy to create that ideal response that we're looking for so we're going to get into our block a which

(01:58) includes a deadlift a jump and a press and it's really important to have these exercises back to back to back and not having long leg times in between exercises so our first exercise we have the our deadlift and we love the trapper specifically because it puts hockey players in a much more natural position where we can draw our shoulder blades back and really have a nice aligned spine but if you don't have a trap bar that's fine you can still use a conventional bar and sometimes will even have hockey players go into a little bit

(02:19) more of a sumo deadlift just so they can get a very strong rigid back but for us we're gonna set up in our trap our deadlift and we're just going to make sure that we have nice strong clean pulls and that right back down you're gonna want to perform this for six to eight reps and so that's our first exercise and we're gonna be crushing through that very focused and very deliberately and then immediately after we're gonna go into jumps so these are two exercises that have to have been

(02:40) very back and forth so as soon as we get out of there we're going to a squat jump and you just need a little bit of space here and you're just loading up from your hips and then jumping as high as you can every single rep so these are two exercises that we've specifically put together because they are very synergistic so even though you might feel like you might have a little bit of a Teague burn because you're in a six and a six or a five and a five rep scheme we're actually gonna be focusing

(03:00) on firing as much as possible because it has a very strong CNS response so when we're focusing on our deadlift we're focusing on driving as much as we can and then in our jump we're not rushing them we're having some sort of conditioning jump we're having a very deliberate powerful jump so after we've done those two exercises we're now actually and go to an upper body exercise with a half kneel press and this is an awesome exercise because we've had a lower body pull we use a

(03:22) press here because you get a very strong movement and it's actually a little bit more of a break so in this case we're gonna set up into a half a nail press and then just focusing on on having a very strong torso and just having a straight up press and straight back down and this is an exercise that you can really begin to load up very heavy because you are in a very brace position so as long as we're not having some sort of rib flare and we've pulled everything down a strong heavy press here is

(03:45) actually really what we're looking for so this is an exercise you do for six to eight reps and if you're not so big on that shoulder press you could move over to something like a chest press we really like an incline chest press because it kind of combines some shoulder and chest work but having some sort of press here is very valuable all right so that's our block a and those are exercises you should be doing back to back to back with very minimal reps especially between the deadlift and jump though it's have to be done immediately

(04:06) after one and then we take a break so we want hockey players to take a nice long break here of sixty to ninety seconds and make sure that our heart rates come down if you were wearing a heart rate sensor I'd say something in that sixty percent range where we've really come to relax before getting into our next work a lot of hockey players think that super set has to be does non-stop work but when we're doing specific strength work or specific power work like we're doing here in our jump we want to make sure

(04:30) that we're going in to arrest it so it takes some time if it's 60 if it's 90 if it's 120 seconds you want to make sure that you're going into an x-block or next set rested as we move on our block beam hopefully you've done anywhere between three and four sets of our block a and now we're going to move into a little bit faster pace so if you were taking nice long breaks in that first set that's awesome because now in this one we're gonna shorten our rest time and really try and keep it consecutive

(04:51) so we have four exercises which means we're probably gonna have a little bit more of a conditioning response here which is good that's what we want so ringing into our first exercise which is a half kneel row and this could be replaced with a lot of different row exercises it could be even replaced with a chin up and inverted rows and TRX rows but for our case we use a half kneel row because it's a nice opportunity to do a unilateral exercise and our upper body and so we're gonna be down on our half

(05:12) kneel very similar to our press and then as soon as we're ready to have that pull I'm engaging my lats on having a strong pull down and then letting go so I want to make sure that I'm maintaining my torso the entire time here and I'm not rotating I'm not jerking it back and then I'm using a weight that's going to be able to challenge me without kind of breaking my form here alright so for our next exercise we have a forward lunge and this is an awesome exercise for hockey players because it not only puts

(05:35) them in the lunge position but it puts them in a lot of different lower body positions that are very valuable to be able to translate on ice so we're gonna grab two weights they don't have to be very heavy you can even do this body weight but in our case we're just eating some 15 and we're gonna be focusing on controlling all of our positions so our first one we have a lateral lunge again I'm maintaining my position nice and strong with an operate torso I have a skater lunge where I'm kind of going out

(05:57) like a 45 degree angle very similar to that skater stride I have a reverse lunge where I want to make sure that I'm focused on having my knee over my ankle and toes and then we have a crossover or a curtsy lunge where we're gonna try and get out as far as I can't hold and come back up so it's important that you really maintain strong positions not only in your torso where we want to have that upright chest but also in our knees so we want to make sure that we're not going too far over our toes which isn't

(06:20) our biggest concern but we're not flaring in and this is something we'll see in a lot of hockey players that they try and create strength by flaring their knee in and this messes up a lot of our nice clean positions so those are focuses that in all of our lunges we want to make sure we're maintaining that knee hip ankle kind of stack and really staying organized in our lower body alright so our next exercise is suitcase carry and this is a super valuable exercise for hockey players because it really creates that strong brace trunk

(06:44) and it's a phenomenal core exercise so we're gonna grab something fairly heavy here we want to make sure that it's heavy enough that it is forcing us into some sort of side flexion and then we have to kind of maintain that brace position and kind of fight against that but not so heavy that we're struggling or that we've jacked up our shoulder to try and control the weight I had so a fairly heavy load that we can really maintain our core position and then we're not going to lose our grip

(07:04) strength so in our case we're gonna walk about 20 meters or 20 yards and really focusing on staying brace with our shoulders back the entire sequence and just maintaining our position the entire time so we want to make sure that as we're walking we're not flaring oh we're not pushing out our hips and that we've maintained everything nice and tall nice and strong alright so our next exercise is a dead bug and this is probably one of our favorite course it says for hockey players because again it's super

(07:27) valuable in training that very brace strong position so for me I'm gonna grab a 25 you could go heavier we've seen players kind of use that 35 but typically it's not too far beyond that because we want to make sure that we're doing our exercise with the perfect reps so I'm gonna get set up on the ground and really making sure that through the entire exercise I'm forcing my back down so this exercise is so valuable because the dead bucket as we start to go overhead with the weight it kind of

(07:50) lifts off our ribs we naturally want to have that open rib position and for us we want to make sure that we're forcing against that so as we open up we're actually forcing down our ribs an entire time and really staying braced this is why this exercise is so valuable is because it's not actually moving in the trunk we're not doing any crunch or anything like that we're just fighting against that open rib position and if you think about being on the ice it's one of those positions where if you

(08:12) get knocked back and you open up those ribs you lose your whole brace position and oftentimes you'll lose your body position so we want to make sure in this exercise that we're staying very braced and focused the whole time all right should we love this structure because it allows you to get very specific and focused work in and if you notice we actually included all of our five primary moving patterns we had our deadlift we had a squat we had a push-pull and we also had our lunge and those are the five movement

(08:34) patterns that you should be incorporating in all of your workouts so even if you wanted to use the structure and play around with it make it a little bit more squat focus or a little bit more lunge focus you still want to make sure that you're getting all five of those moving patterns in in every single workout so if you're interested in this kind of stuff we were putting out a ton of educational base content to really help you take your performance in the next level so we encourage you to check out our youtube channel throws to

(08:53) subscribe because if you enjoyed this we know you're gonna enjoy some of the content that we've got coming out and then also head over to Roland's hockey we're putting out a ton of programs very similar to this that actually build on and make a little bit more complex but we're also putting out a ton of free articles guides and giveaways to really help you take your performance to the next level stay relaxed

**5. Best Exercises for Hockey Players Develop Explosive Speed - YouTube**

[**https://www.youtube.com/watch?v=9JY-ZLA\_UgU**](https://www.youtube.com/watch?v=9JY-ZLA_UgU)

Transcript:

(00:00) in this video we're going over our favorite strength based exercises for hockey players to take their game to the next level if you're a high key pair that's trying to get faster more explosive on the ice and these are the office exercises that you need to be incorporating in your workouts to start developing elite power hey guys welcome back to wellness hockey my name is Kyle and today we're gonna go over some of our favorite power based exercises for hockey players power is one of the most essential attributes for

(00:29) a hockey player looking to take their game to the next level because it's one of those things that translates to every element of a nice performance whether you're looking to add more power into your stride shoot or hit harder power is an element that's going to take your game to the next level alright so Before we jump in it's important to understand that we have two different types of power so we have a speed power which is something you typically see in sprint work or jump work or something where you're trying to

(00:50) express as much force as you can as explosively as you can and then we have strength power and it's a little bit different because it's still as explosive as possible but instead of just going as fast as we can we're using some sort of load to challenge that power demand and that's what we're focused on in this video so in this video we're going over exercises that specifically focus on that strength power and that means we're using some sort of load and typically we'll be using weights and it's important to

(01:12) realize before we get started that you need to be able to choose a load that is appropriate so it's not something that's too heavy that's gonna be able to slow you down or you're struggling against but it's also not something that's too light so if you're using something too light you're probably not gonna have that stimulus demand that we're looking for but if we're using something too heavy chances are we're moving too slow so it's choosing something that's

(01:29) probably a six or seven and intensity and not having it too light or too low so as we get into our first exercise we're gonna be using probably only around 20 or 25 for me I'm gonna personally use 20s but chances are you're gonna go a little bit lighter if you're just starting and we have a squat to press so this is an awesome exercise because we're really gonna be driving a lot from our hips and then finishing all the way through so it's a full body power demand here so as I get started I

(01:51) have my squat I'm gonna be nice and controlled on the way down and then as soon as I'm ready to express my power I'm firing up as fast as possible and this is an exercise that you really want to generate as much force as you can here and as soon as you hit that bottom position you're generating as much force you can to get up there as fast as possible alright so our next exercise is the kettlebell swing we just went over a squat pattern and that's super effective but now we're gonna focus on a hinge

(02:13) pattern and the kettlebell swing is an awesome hinge exercise where we can really start to load up that posterior chain because as we're in our actual full hinge what we need to do is fire those glutes and hamstrings as fast as possible to generate that force forward so I'm gonna get set up nice and strong with that kettlebell out ahead of me and then as I start to pull it's coming from between my legs and I'm firing up as fast as Paul you want to make sure in this exercise that you're maintaining a strong braced

(02:37) trunk so we're not opening up and every single rep we're firing as fast as possible so if you don't feel like there's a strength demand here then chances are you're doing it too light and a lot of players go to lighten their kettlebell swings really make sure that you're generating as much force as possible every single rep all right so for our next exercise we have a step up with a drive and this is an awesome lunge based exercise because we want to make sure that we're not we're

(02:58) generating a lot of force but we're not overextending so we want to get grab a box that's not too high and not too low and we're just in a nice sweet spot where we can have a lot of force coming from our hips so I'm gonna choose two weights again they don't have to be crazy heavy but we want to make sure that it's gonna create some sort of stimulus that we can work against and then as I'm ready to fire I'm generating as much force as I came from my glutes or my hip to have a strong step up so

(03:20) you're gonna want to perform this exercise for around eight reps and really focus on generating as much force as you can from that hip instead of from our quad a lot of hockey players they tend to sort of fall forward and they have their heel coming off it's important to be able to drive from that heel from that hip right so our next couple of exercises a little bit more complex a little bit more elite so you want to make sure that you have some sort of gym experience before including these exercises in your workout our

(03:41) first exercise here is going to be a landmine rotational press and if you've seen our video on landmine exercises we love the landmine because it allows you to express a lot of power and we're gonna use one of our favorite exercises the landmine rotational press here so I'm gonna get set up across my body so I'm gonna start off in athletic position and then it's gonna be my opposite hand and then from here I'm gonna be rotating as fast as I can to get right up top so this is one of those exercises you can express a lot of

(04:07) force in you don't need a ton of weight so this is the typically done better if it's a lighter so if it's at ten fifteen twenty five rather than a forty-five or heavier you really don't need anything heavier than that because you want to make sure that every single rep you're doing as explosively and as fast as possible alright our next exercise is another very complex exercise and you want to have some sort of experience before jumping into so we have that hang snatch and this is an awesome exercise

(04:29) for elite hockey players because it's an opportunity to develop power not only in the hinge but also in a pole so we're going to start in that hang position we have it just above our knee and then as soon as we're ready to fire we have that kind of hit pops who are firing everything in our posterior and then having a pull right up to a finish and this is one of those exercises that you want to make sure you're not too heavy so a lot of guys think that this is an exercise they should be continuing to

(04:51) improve and get heavier in when realistically we want to get faster we want to get more explosive and it's not all about just the weight all right so our next exercise is the split squat jump and we're gonna do it weighted which makes it super valuable for hockey players because it's an opportunity to express a lot of power in a unilateral way so typically it will have a lot of jump exercises better double leg but this single leg jump is super valuable because if you think about your skating it's always one leg at a time so we

(05:16) fully loaded up a leg and them are expressing as much strength as we can your power as we can and that's what we're doing here so we're gonna grab two dumbbells I'm using fifteens and typically I'd want my players to be doing a 15 or 20 my younger guys probably a 10 or 12 it doesn't have to be very heavy we're just looking for some sort of load so I'm gonna get set up in a split squat I'm making sure that my knee is over my ankle I don't have any sort of fall in my foots not

(05:40) collapsing in my ankles not collapsing in everything's pointed forward and then as soon as I'm ready to fire I'm getting low and I'm jumping as high as I can all off of that front leg now if you see the position that I'm getting set up in I want to make sure that I'm not I'm not driving from my toes so I'm sitting back a little bit more and I've fully loaded from my hip so this is super important because a lot of players they'll get a little bit too far forward and then

(06:01) they're their heel will pop off and then they get very quad dominant so if your heel is popping off you're probably firing from the quads and not from the strong like glutes hamstrings or anything in that posterior chain and that's what we're trying to work on so I want you to get set up and really focus on loading up that hip as much as you can before you start your drive alright so those are some of our favorite strength power based exercises the hockey players can use to immediately begin to develop elite power that

(06:25) translates on ice so whether it's to develop a harder shot or harder hits in that rotational press or develop more power behind your stride and in those single leg jumps these exercises are the exercises that hockey players should be incorporating in every single workout to ensure that they're developing that elite power if you look at an NHL players workout these are all exercises you'll find because they understand the importance of true power development if you're looking for more information like this

(06:48) please check out our YouTube channel we're putting out a ton of content specifically for hockey players or head over to relentless hockey comm where we have tons of workout programs and free guides to take your performance to the next level [Music]

**6. 7 Stairs Exercises Hockey Players Use to Get Faster! - YouTube**

[**https://www.youtube.com/watch?v=bmTV1dwFVmQ**](https://www.youtube.com/watch?v=bmTV1dwFVmQ)

Transcript:

(00:00) in this video we're going over some of our favorite stairs exercises for hockey players hockey players can use stairs as an awesome tool to really develop elite power that translates specifically to an on-ice hey guys welcome back to relentless hockey my name is kyle and today we're going to go over some of our favorite stairs exercises for hockey players so everyone knows hockey players have to be explosive they have to have strong powerful strides and we find that stairs can be an awesome tool for really developing that

(00:29) power so we're gonna go over some of our favorite exercises today and we're gonna focus a lot on the glutes and the hips so driving a lot from those glutes and a lot from those hips because those are the muscles that are specifically going to translate to having an explosive stride on the ice so we love stairs for hockey players because you can find it literally anywhere i'm at a rink here today and so this is something you could do after practice before practice or really just coming over and trying to

(00:49) get some stairs working you shouldn't need any equipment for this and still have a really powerful workout all right so we're going to find some stairs and we're going to focus a lot today on the glutes so anytime that we're trying to generate power using the glutes is a lot more useful than just quad work alright so hockey players have the tendency to use a lot of quad here and kind of just muscle their way up when really if we're utilizing our glutes a lot better we can generate a lot more power and ultimately

(01:10) start to translate this power into an on-eye stride so our first exercise is actually just going to be one at a time and we're going to have again focusing on our glutes a step up one stair at a time for our next exercise we're gonna have two feet on each stair so we're trying to generate as much speed as we can here still staying nice and low in athletics still loaded up in our glutes but here trying to get as light little touches as we can all the way up the steps for next year's exercise we're going to

(01:42) skip a stair so here we're going to have a little bit of a longer stride something that's going to really translate to our on eye stride we're going to be focusing on generating as much power as possible every single push into the stair here you're going to want to focus on really generating the power from the hips and the glutes instead of focusing on your quads our next exercise is going to be focused on jumping so we're actually going to be jumping two stairs every single time and as we're jumping we want to make sure

(02:04) that we're focusing on generating as much power as we can so this isn't necessarily a speed focus exercise where we're trying to get up the stairs as fast as we can we're gonna focus on generating as much power as we can so if that's two stairs or if that's three stairs neither really matters as long as every single jump is as powerful as possible our next exercise is the skater hop here we're gonna focus on generating as much power as we can and almost in a hockey stride position where we're

(02:26) actually going at like a 45 degree angle landing and then generating as much power as we can to the other leg so every single time i really want you to focus on generating as much power as you possibly can always under control [Music] the next exercise is a lateral jump so very similar to our skater hops we're going to load up our one leg as much as we can here and every single time we jump we want to focus on generating as much power as we can from that leg so start by sinking into your glute so you're sinking your

(02:55) hip down and then as you fire fire from that glute as much as you physically can and focus on really trying to get as high as you can from the stairs so here you want to make sure you're doing it under control and still generating as much power as you can every single push off [Music] our last exercise is actually a plyometric based exercise so here instead of just jumping up the stairs we're going to have a soft landing and then driving up a little bit higher and we're really going to focus on that

(03:18) shortening period so as we land trying to shorten that period where we absorb our weight and then express as rapidly as possible it's important to do this exercise under a lot of control but really as soon as we are landed and under control generating that power as fast as you can this should only be about a half second all right so those are some of our favorite stairs exercises for hockey players and as you see you don't need a ton of space to have a great workout so these are very basic and we want to make

(03:43) sure that every single time that we're making some sort of jump here we're loading up the glutes because that's what's going to translate to having a more explosive stride on the ice so these are exercises that you can do after practice if you're here to get a little extra work or inside of your workout or just running your local stairs and try and get in some sort of stairwork this is super useful for hockey players because it translates a lot to the on-eye stride because it's so glute

(04:03) dominant and it actually eliminates a lot of the sprint variables like eccentric stress that you might not be necessarily prepared for alright so if you're trying to take your game in the next level these are the kind of exercises that are going to seriously help your performance on the ice by developing the elite power that hockey players need to take their game to the next level if you're looking for more training content please subscribe to our channel we're putting out constant content specifically for hockey players or head

(04:24) over to ronaldo hockey.com and find your program to get started today

**7. The Top 5 Power Exercises for Hockey Players with Med Balls! - YouTube**

[**https://www.youtube.com/watch?v=0vmdtMoUqBU**](https://www.youtube.com/watch?v=0vmdtMoUqBU)

Transcript:

(00:00) in this video we're going to our favorite med ball exercise for hot lips med balls are some of our favorite tools for athletes to begin to develop really explosive power whether you're at home or in the gym these are exercises that you can use with med balls to improve your power on [Applause] [Music] [Applause] hey guys welcome back to Berlin sake my name is Kyle and today we're gonna go over our favorite med ball exercises for Hercules so all hockey players should know that power is one of the most important

(00:29) attributes for taking your game to the next level and whether that means more power into the ice to an explosive stride or more power into the stick to get an explosive shot power is the most important attribute to really take your performance on the ice in the next level so the med ball is one of our favorite tools for hockey players to develop that power especially develop rotational power so today we're gonna go over some of our favorite exercise that hockey players can use in your workouts to take your game to the next level all right so

(00:52) before we get going it's important to note that the med ball doesn't have to be crazy heavy for it to be effective it's really just a tool that you can express a lot of power into whether it's into a wall or another ground and it doesn't have to be heavy for you to create that stimulus so first of all we're gonna use one of our most basic exercises and it's just a med ball slam so we're gonna start right up on our toes right overhead and then as I'm coming down slamming down on the ground

(01:12) as explosively as possible it's our level 1 version and this is some of the hockey player should practice often because it's a great exercise to really begin to develop explosive power into the ground exercise number two choose a progression off of the regular ball slam and this time we're gonna be up on a single leg and then slamming down and creating stability here is an interesting exercise because we're actually focusing on creating that power explosively down but we're also focusing

(01:34) on creating some sort of stability in our lower body both of these exercises you should perform as explosive as possible for only around six reps [Music] [Applause] [Music] [Applause] the medval rotational slam is an awesome exercise to begin to develop some rotational power in our hips and upper body so we're gonna set up this exercise but starting with the ball on our hip and we're loaded in our lower body so as I'm here my chest is kind of pointed down towards the ball I'm gonna trigger and come around and slam down on the

(02:02) other side so not only have I created that rotation the hips but I've also created that super strong braced position as if I'm taking a shot and I have to create that brace position in my trunk this is an exercise you want to perform at max intensity for around six to eight reps per side all right so this exercise is called med ball rotations and it's an exercise that we use to begin to cue up that rotational power and so we're going to get set up as if we're almost taking a shot here so I'm loaded and loaded and

(02:26) up in my hips and then I'm also loading up the ball here and then I'm taking this ball as explosively as possible up here I'm gonna continue to reload this exercise every single time with that hip loaded up that trunk loaded up and then focusing on my rotation as explosively as possible you're gonna want to perform this exercise for around six to eight reps and really focus on saying brace especially at the top when you're slowing down your rotation through the entire room a med ball rotational throw is one of

(02:57) our favorite exercises for hockey players to begin to develop that rotational power that really mimics your shot on the ice so in this case we're gonna find some sort of wall get into a brace position and take that ball right off of our hip and then as students we're ready to fire we're gonna rotate everything as fast as we can right through into the wall so we want to make sure that we're rotating through our hips first and foremost and then secondly finishing with our upper body and then my toe is rotated so as I

(03:19) finish this exercise everything is rotated into the wall you're gonna want to perform this exercise for about six reps and as explosively as possible [Music] [Applause] [Music] the two-step rotational med ball throw is an exercise that we created specifically for hockey players to mimic that one-time motion so if you're on the ice you find that position where you actually are opening up your hips first and rotating we're gonna do a similar movement with the ball so as I get set again I'm facing off the wall and I'm

(03:53) taking my step and then I'm throwing in this is very similar to as if I was stepping into a one-timer where I have an open hip position and then I'm coming down into it so here is an awesome opportunity to really develop the power that's gonna translate on ice to your shot we're gonna perform this exercise six reps for each side and really focusing on max effort power every single time [Music] and so the three jump med ball throw is an awesome rotational based exercise ring it's set up here at a wall and

(04:24) we're going to start actually by jumping so we want to make sure that we're controlling the ball on both sides but as I get set I'm gonna start off with a jump and then a second jump over the other side and then explosively jumping while creating that rotation of the wall so here I need to focus on creating as much control as I can control as I can and then firing off as explosively as I can that ball right in the wall you want to make sure that we're finishing with everything pointed towards the wall so

(04:47) my hips have come around my chest has come around and everything has been expressed into that wall with rotation this is very similar to the on ice shot where I'm taking my slap shot and everything is finishing towards the net you want to perform this exercise between six and eight reps on both sides and making sure you're expressing as much power every single day [Music] [Applause] [Music] [Applause] those are some of our favorite med ball exercises for hockey players and we love the med Bowl because it's an awesome

(05:17) tool to really begin to express power whether it's into the ground or into the wall we're generating as much power and explosiveness as we can so if you're serious about your performance these are the exercises you need to be doing to really take your game to the next level if this stuff industry please check out our YouTube channel we have tons more videos like this or head over to Reliance hockey comm and find your program and get started today [Music] you [Music]

**8. Hockey Lower Body Explosive Power Workout 🏒 [Off-Season Training] - YouTube**

[**https://www.youtube.com/watch?v=NptSA1wjlq8**](https://www.youtube.com/watch?v=NptSA1wjlq8)

Transcript:

(00:00) - What's up hockey player, Coach Garner here from hockeytraining.com. In this video, I'm gonna be running you through a lower body explosive speed workout, right from our 2019 off season domination system. If you want more information on that program, click on the link in the comment section below.

(00:17) Lets get after it. All right, I got Kevin here who is ready to do the exercise demonstrations for us, and the first exercises we're gonna do is gonna be a super set between the Bulgarian Barbell Split squat and the Depth Box Jump. Here we're gonna be doing five sets of each, and the Bulgarian Split Squat is gonna be three reps per leg.

(00:36) The Bulgarian Split Squat is one of my favorite exercises for hockey athletes. I personally think it has the most bang for the buck as far as hockey performance goes over any other lower body exercise. It corrects structural imbalances, it builds muscle, it builds strength, and it opens up the hips, which so many hockey players need help with.

(00:58) The next exercise is the Depth Box Jump. We're gonna be doing five sets of three here as well if you're super settin' it with the Barbell Bulgarian Split Squat. Now this exercise, it is the definition of Plyometric, its one of the most advanced plyometric exercises that you can do in the game. And it really allows hockey athletes to get that first step quickness.

(01:19) Anything vertical we are after that acceleration capacity and that's really gonna allow you to change direction quickly but also just get that first step quickness to allow you to get to the puck first, before your opponent. All right, the next series of exercises we're gonna be doing is a super set between barbell conventional dead lifts and broad jumps.

(01:40) Here with the conventional deadlift, its one of the best total body strengthening exercises in the game. But what's most important here is the horizontal hip extension that we're getting. That horizontal hip extension is the opposite of the vertical power expression we were getting with the Bulgarian Split Squat and the Depth Box Jump.

(02:00) Those two are vertical and these two are horizontal. Put another way, those two are very effective for explosive starting speed and these are very effective for deceleration and top speed. We need both if we're gonna have the most well rounded speed out in the ice. The second exercise in this super set is the Broad Jump.

(02:23) You wanna be as explosive as possible here 'cause that's what's really gonna allow you to get that deceleration and top speed that you need out in the ice. Done a lot of Broad Jumps here at hockeytraining.com and that's for a reason. We rest 15 seconds after the Deadlift and then move right into that broad jump in order to be as explosive as possible.

(02:45) The next series of exercises we're going to be doing is a tri-set. And the first exercise in this tri-set is the Front Foot Elevated Dumbbell Reverse Lunge. You're gonna be doing all your reps on one leg back to back to back before moving to the next leg and this is a great exercise for knee stabilization, hip mobilization, and overall lower body strength.

(03:11) The next exercise in this tri-set is the One Arm One Leg Dumbbell Romanian Deadlift. This is a very advanced exercise but advanced exercises give you a lot of return on investment. You're gonna get a lot of strength within the posterior chain, but what's most important here is you're getting cross body posterior chain strength.

(03:31) Cross body strength is very important for athletic movements because almost everything you do, is cross body out in the ice. Whether you're shooting, whether you're skating, whether you're exploding from one position to the next, cross body is where its at. Okay, we're gonna finish off this tri-set with some Standing calf raises.

(03:51) The Standing calf raise is a great exercise for hockey players 'cause we're gonna be tackling the gastrocnemius muscle. Now notice Kevin's tempo is quite explosive here, he's coming up very fast and that's because the gastrocnemius is a fast twitch muscle fiber but its also a knee stabilizer for hockey athletes and something we need to skate fast out in the ice.

(04:12) Do 15 reps of these and crush it. Thanks for watching our hockey training speed workout. For all the sets, reps, and rest periods, check out the description. I've got all the information just waiting for you and if you like that video, give us a thumbs up and subscribe to the channel while you're at it and just for you, we've put together an explosive hockey speed package.

(04:34) I want you to check out the link in the comments section, download that package, and become the fastest hockey player you've ever been.

**9. AT HOME HOCKEY FOLLOW ALONG WORKOUT 🏒 - YouTube**

[**https://www.youtube.com/watch?v=qTMh3y\_QKu4**](https://www.youtube.com/watch?v=qTMh3y_QKu4)

Transcript:

(00:00) hey what's going on hockey players if you're stuck at home right now I've got the perfect hockey workout for you coming up we're gonna be doing an at-home follow along style hockey conditioning workout taken right from our at-home follow along program so we're running a 50% off sale for this program right now so if you do enjoy this workout you want more follow along workouts like this check out the link in the description below to get your 50% off discount and I want to let you know that this is an advanced workout so it's

(00:25) gonna be pretty tough you'll see I struggled quite a bit during this workout so if you can't get all the reps don't worry just work as hard as you can and I want to let you know that you should be doing a warm-up before we get started so you ready to go let's go all right and welcome to the total body conditioning hockey follow along workout in this workout we're gonna be going through six exercises all back to back to back to back with absolutely no rest and then we're gonna take 90 seconds

(00:52) rest in between circuits we're gonna repeat that three times before I run you through a 60 second finisher to burn everything out in the end all right you ready to go let's get right into it first exercise is going to be a deep squat and we're gonna do 15 reps here deep squat always making sure that you're breaking parallel keeping your posture the whole time keeping the weight on the heels running all the way through this thing keep the speed moving this is a conditioning session we want this to have that circuit style feel

(01:25) once we finish 15 reps we're gonna go right into the stop and go push up stop and go exactly as it sounds rest on the ground push yourself up you want to come to a complete stop on the ground before moving into your next rep and we are doing 15 total reps here [Music] keep going keep going keep rapping next exercise after this you got to get ready for it is going to be the P stand with the T stand you're gonna do six reps per leg focusing on only one leg per time now this is a difficult exercise deep

(02:13) breathe deeply through it try and stay balanced don't be discouraged if you do not get the balance right away this is a very difficult exercise for all levels of fitness but it is an excellent exercise for hockey we're gonna do six per side here [Music] [Music] if you are having difficulty with this exercise you can always return your foot back to position you don't have to keep it up in the air the whole time or keep something nearby to balance you once you have completed the T stands the next exercise we're gonna roll right

(03:02) into with no rest is a SCAP push up Scott push-ups really just short for scapula push up you see you'll get into push-up position here we're going to be doing 15 total reps and you're just moving your shoulder blades which are your scapula in and out the entire time for 15 total reps once you got those done we're gonna move right into dive-bombers dive-bombers for 15 total reps you're gonna get into a yoga downward dog pose and then follow all the way through in a position like enough follow through into a progressive

(03:39) type of movement using that momentum to get all the way into spinal extension at the end and then do your best to follow that pattern all the way back so you're not just going it back into downward dog you are following that loop pattern all the way back 15 total reps here is an excellent exercise for the triceps the chest and the core once you've completed your 15 total reps we're gonna go right into reverse crunch with hip lift keep going keep going keep going good right into reverse crunch with hip lift hands under

(04:18) the bump you're gonna legs straight out bring up and bring your bum and hips right up off the ground this is the difference between a reverse crunch and a reverse crunch with hip lift it adds just that extra progression to stimulate the ABS more you're only gonna do 10 total reps of this exercise and this is the last exercise of your very first circuit let's go let's go let's go finish strong here [Music] nice rest for 90 seconds [Music] [Music] [Music] [Music]

(06:07) [Music] all right get back start getting into it take your final deep breaths here if you need a last quick áwhat quick trigger water get it three two one right into deep squats make it happen fifteen reps all back-to-back-to-back always breaking parallel always keeping your posture off weight on the heels keep moving keep moving keep moving keep your speed keep it going keep it going fifteen right in a row here before we move into the stop and go push up right to it complete stop and up good fifteen reps of these this teaches your body to

(06:57) go from an isometric contraction into a concentric contraction which is what you see many times out on the ice when trying to defend yourself and stay strong on the puck in front of the net this is an excellent exercise for that fifteen total reps keep her going Kevin keep her going [Music] t-stance right up into t stand sticks per leg and straight up lower yourself slowly into the movement to make your body become a t full extension at the shoulder full extension at the hips at the end of the movement I should be able

(07:38) to place a coffee on your back okay you want to go for that straight back feel at the bottom of the movement this means your shoulders need to be extended and your hips also really need to be extended at the back one leg at a time six right in a row you start getting real good at these you start thinking you're fancy don't put your foot down at the end and keep it up the entire time [Music] once you have completed the t stands you are going to go into your scat push-ups right down in ASCAP push-up let's go 15

(08:24) of these nothing in your body should move arms shouldn't be moving but should be moving the only thing that is moving your body up and down is you just moving your shoulder blades back and forth it's a shoulder blade pinch and release pinch and release 15 times and you go right into dive-bombers back to dive-bombers one of the hardest exercises in this entire circuit okay the dive-bombers they're gonna light up your chest they're gonna light up your shoulder I'm gonna light up your arms your core is

(08:54) gonna be working the whole time and it also requires a tremendous amount of conditioning because you're looking at the whole body moving through a very long and very dramatic range of motion very tough keep going strong keep going strong take breasts if you need to take more time if you need to this is a very very difficult exercise but in order to get a phenomenal workout at home without equipment I got to pick the good ones for you and I'm picking dive-bombers for a reason because they're gonna smash you

(09:26) so you can thank me later for that 15 total reps here getting through it getting through it staying breathing once we are complete those dive-bombers we're gonna move into the reverse crunch with hip lifts ten reps the reverse crunches let's go let's go right into position hands under the tailbone legs straight out use the ABS to bring your legs back in and lift the hip back up good for keep going strong five keep the pace keep the pay six seven three more eight nine and ten awesome job take 90 seconds

(10:14) rest right now deep breathing try and consciously lower your heart rate deep breath relax get some water if you need to lower that heart rate and come prepared for the next round [Music] [Applause] [Music] [Music] [Music] all right we're about getting that time

(11:33) again get ready in six five four three two one let's go deep squats 15 in a row let's go this is your last circuit everything you got in this round everything you got let's go keep pumping keep pumping let's go non-stop non-stop right in to stop and go push-ups [Music] keep it going keep it going everything you got here this is your last circuit of the day come on let's go strong let's go strong keep going keep going once you've done 15 of these right up into T stands six per leg focus on

(12:37) contracting the core contracting the hamstrings contracting the glutes and contracting the shoulders throughout this movement we want that whole kinetic chain flowing seamlessly as you make your body into a tee and maintain your balance good six down six To Go there [Music] and last one we're good going right down into scat push-ups scapula push-ups pinching the shoulder blades together and push-up position and letting them go

(13:42) all the way forward 15 times it's got push ups I want you to try and get the most range of motion possible out of your shoulder blades within this movement don't just pinch at the top go for a very long ones here take a couple of deep breaths because now we're gonna go right into dive-bombers dive-bombers incredibly difficult exercise here going from all the way to the back to all the way to the front 15 times you start that deep breathing right from the beginning [Music] let's go let's go let's go let's go

(14:27) [Music] stay strong throughout this movement this is a super super super tough movement it's a reason why it's in the total body conditioning system right now it trains your entire body so I want you to keep going strong until you've got to 15 reps if you need to take a moment back down on your knees relax and take deep breaths that's totally fine because we're always after quality and not quantity take those deep breaths keep going strong the set doesn't need to be perfect but it needs to get done okay 15

(15:10) total reps throughout this whole thing keep going keep going I know you got it in you once you've completed your 15 we're gonna go into reverse crunch with hip lift do this for 10 reps leg straight out come on let's go let's go this is your last round here run this out run this out embrace that discomfort that's where change is made let's go ten total reps finish this off [Music] nice ninety seconds rest and then we are gonna move into our 60 second finish their technique that I know you're gonna

(15:55) love 90 seconds [Music] [Music] [Applause] [Music] we are gonna go through a 60 second

(17:21) finisher technique where you gonna do single leg burpees on one leg skater bounce and then single leg burpees on the other leg we're gonna do 20 seconds per movement and do that as fast as we can to finish strong and act like a burnout okay let's get into it alright single leg burpees with that left foot make it happen 20 seconds starts now stay on single leg the whole time you don't do the jump at the top of the movement and you don't you don't need to do a push-up at the bottom of the movement either you keep

(17:56) that one leg out and in keep it going strong the whole time good and let's switch into skater pounds back and forth back and forth going for length going for length you don't need to do it constantly we are going after just good rhythmic movement for 20 seconds two and one now single leg burpees with the right foot to finish off the entire workout let's go get right into it keep making this thing happen come on Kevin let's go strong let's go strong keep them coming keep them coming five more seconds four three

(18:49) two and one awesome job that is a super tough conditioning workout you're done now all right congratulations [Music]

**10. 15 min Leg Workout For Athletes (Conditioning) | Follow Along - YouTube**

[**https://www.youtube.com/watch?v=9uwB6od6mmw**](https://www.youtube.com/watch?v=9uwB6od6mmw)

Transcript:

(00:03) [Music] hey guys welcome to the video so today i'm gonna be doing something a little bit different and that is i'm gonna be taking you through a lower body body weight workout that i used to do playing at the university of nebraska omaha i mostly did this workout freshman year because when we traveled on the road and you got scratched they still made you work out and this is what we did so before we get started a quick thing about this workout is it is moderate to high intensity depending on how fast you do each exercise and it is quite

(00:32) the leg burner so get ready for some fatigue in the quads and the glutes but most importantly feel free to go at your own pace you can do things slower or faster than what i'm doing at so with that being said here's your 15 minute lower body [Music] all we workouts [Music] is [Music] all we got

(01:54) [Music] oh [Music] it up [Music] i was busy trying to work this [Music]

(03:03) back to out we started [Music] [Applause] [Music] [Applause] [Music] [Applause] [Music]

(04:16) [Applause] [Music] yes [Applause] hey [Music] there's nothing new [Applause] [Music] hmm

(05:55) [Music] do [Music] [Applause] [Music] [Applause] [Music] foreign it's not for me [Music] is

(07:59) [Music] [Music] uh [Music] we still going [Music] good things good things good things all we need good things good things [Music] i see the ocean there in your eyes

(10:18) [Music] so [Music] cause i'm feeling good i'm feeling good [Music] [Music]

(11:41) is [Music] do [Music] oh thank you [Music] but here we

(12:53) [Music] when the sky [Music] and is [Music] [Music] me [Music] mr

(14:04) [Music] he picks this phone up and she starts yelling grab your coat i want you here in a second but the dreams keep begging all the begging in the state so he says i'm on my way [Music] [Music] just but that was yesterday but that was yesterday

(15:28) but that was [Music] i'm proud yesterday your eyes tune them out you're right here with me now i just wanna let you know i'm proud i just wanna let you know that's it guys that concludes the workout all right i don't know i might be out of shape or that might just be a harder workout than i remembered it was but i was pretty tired i'm out of breath my legs were really really burning anyways if you guys end up trying this workout please let me know throw it up on your instagram story tag me i want to see how

(16:18) you guys did i want to share it and i just love to hear your thoughts on the workouts so that's it for this video thanks for tuning in see you guys next [Music] week

**11. Hockey Hip Mobility Routine! Follow Along - YouTube**

[**https://www.youtube.com/watch?v=tO\_2mB53Bgs**](https://www.youtube.com/watch?v=tO_2mB53Bgs)

Transcript:

(00:01) [Applause] through my hockey journey i ran into some hip issues which kind of forced me to learn different stretches and methods to open them up so i could avoid injury skate smoother and pretty much just not be in pain so hopefully you're not at that point yet and you just clicked on this video because you wanted to prevent getting there but if you are like me this 10 minutes of dynamic stretching should leave you feeling a lot better so let's get to it 10 minutes mobility good on you for clicking this video let's

(00:32) open up those hips all right guys there's about 12 different exercises and feel free to follow along with me through this whole thing [Music] [Music] what [Music] [Music] [Applause] [Music] [Music]

(01:43) [Applause] [Music] [Music] [Music] oh

(02:49) [Music] oh [Music] oh [Music] [Applause] [Music] [Applause] [Music] wow

(04:09) [Music] so [Music] [Applause] [Music] uh so oh

(05:23) [Music] hey [Music] [Music] this is i'm just trying to see you

(06:36) [Music] [Music] [Music] was thinking i could skip the part where we small talk each other oh [Music]

(07:45) [Music] [Music] [Music] [Music] seriously [Music] [Music]

(09:28) [Applause] [Music] so [Applause] [Music] [Music]

(11:02) um [Music] so [Music] [Music] all right guys so that's it for the mobility routine it's nice and short which i think is a good thing because you can be consistent on it and do it every day or every other day hope that helped thanks for checking out this video make sure to like and subscribe

(12:05) see you next week [Music]

**12. Complete Strength Workout for Hockey Players - YouTube**

[**https://www.youtube.com/watch?v=BRydoHmmpP8**](https://www.youtube.com/watch?v=BRydoHmmpP8)

Transcript:

(00:01) [Music] hey guys welcome back to Maryland's hockey my name is Kyle and today we're going over a complete workout sequence that hockey players can use to really take their strength munitions to the next level in the gym if you're a hockey player you need to be focused on having well-structured training and in this video we're gonna go over the exact structure that we use with our elite and pro players and that you can use whether you're at the gym at home or on the road okay so before we jump into any sort of

(00:30) strength workout it's important that we have a couple of components first first we have to have a very high quality warm-up so warm arms are essential to staying healthy maintaining tissue quality over the course of a long season and so whether it's in the off season or in season getting in a high quality warmup is important and those habits are really important to taking your game to the next level number two is prehab or activation work so this is rubber typically bring up mini bands we'll do a

(00:52) lot of very specific tailored custom work to really be able to start to activate some of the muscles that we'll use in our workout or start to address some of the imbalances that a player might have so some of that stuff you can find through a youtube channel in our activation warm-up videos but those are two very important components and then our third component is their athleticism work and this is really tailored to hockey players and that we're focusing on a lot of movement working on agility working on change of direction and we're

(01:16) really doing deliberate work that will translate on the ice and that's important to be able to do that fresh so before you get into your strength work you want to make sure that you're doing very high quality athleticism work and really focusing on getting better at that specific thing then we'll move into our strength work and this is what we're going to focus on today is the exact structure that we use with all of our players and the structured workouts that you can be using at home okay so we

(01:36) break down our workouts into blocks and so typically a worker will have a block a block B and then maybe even a block C depending on the day and so this is what you would conventionally call superset we have two to three exercises that are done very synergistically so their exercises that go very well together and it's not just to kind of get the ultimate burn but they're working very synergistic aliy to create that ideal response that we're looking for so we're going to get into our block a which

(01:58) includes a deadlift a jump and a press and it's really important to have these exercises back to back to back and not having long leg times in between exercises so our first exercise we have the our deadlift and we love the trapper specifically because it puts hockey players in a much more natural position where we can draw our shoulder blades back and really have a nice aligned spine but if you don't have a trap bar that's fine you can still use a conventional bar and sometimes will even have hockey players go into a little bit

(02:19) more of a sumo deadlift just so they can get a very strong rigid back but for us we're gonna set up in our trap our deadlift and we're just going to make sure that we have nice strong clean pulls and that right back down you're gonna want to perform this for six to eight reps and so that's our first exercise and we're gonna be crushing through that very focused and very deliberately and then immediately after we're gonna go into jumps so these are two exercises that have to have been

(02:40) very back and forth so as soon as we get out of there we're going to a squat jump and you just need a little bit of space here and you're just loading up from your hips and then jumping as high as you can every single rep so these are two exercises that we've specifically put together because they are very synergistic so even though you might feel like you might have a little bit of a Teague burn because you're in a six and a six or a five and a five rep scheme we're actually gonna be focusing

(03:00) on firing as much as possible because it has a very strong CNS response so when we're focusing on our deadlift we're focusing on driving as much as we can and then in our jump we're not rushing them we're having some sort of conditioning jump we're having a very deliberate powerful jump so after we've done those two exercises we're now actually and go to an upper body exercise with a half kneel press and this is an awesome exercise because we've had a lower body pull we use a

(03:22) press here because you get a very strong movement and it's actually a little bit more of a break so in this case we're gonna set up into a half a nail press and then just focusing on on having a very strong torso and just having a straight up press and straight back down and this is an exercise that you can really begin to load up very heavy because you are in a very brace position so as long as we're not having some sort of rib flare and we've pulled everything down a strong heavy press here is

(03:45) actually really what we're looking for so this is an exercise you do for six to eight reps and if you're not so big on that shoulder press you could move over to something like a chest press we really like an incline chest press because it kind of combines some shoulder and chest work but having some sort of press here is very valuable all right so that's our block a and those are exercises you should be doing back to back to back with very minimal reps especially between the deadlift and jump though it's have to be done immediately

(04:06) after one and then we take a break so we want hockey players to take a nice long break here of sixty to ninety seconds and make sure that our heart rates come down if you were wearing a heart rate sensor I'd say something in that sixty percent range where we've really come to relax before getting into our next work a lot of hockey players think that super set has to be does non-stop work but when we're doing specific strength work or specific power work like we're doing here in our jump we want to make sure

(04:30) that we're going in to arrest it so it takes some time if it's 60 if it's 90 if it's 120 seconds you want to make sure that you're going into an x-block or next set rested as we move on our block beam hopefully you've done anywhere between three and four sets of our block a and now we're going to move into a little bit faster pace so if you were taking nice long breaks in that first set that's awesome because now in this one we're gonna shorten our rest time and really try and keep it consecutive

(04:51) so we have four exercises which means we're probably gonna have a little bit more of a conditioning response here which is good that's what we want so ringing into our first exercise which is a half kneel row and this could be replaced with a lot of different row exercises it could be even replaced with a chin up and inverted rows and TRX rows but for our case we use a half kneel row because it's a nice opportunity to do a unilateral exercise and our upper body and so we're gonna be down on our half

(05:12) kneel very similar to our press and then as soon as we're ready to have that pull I'm engaging my lats on having a strong pull down and then letting go so I want to make sure that I'm maintaining my torso the entire time here and I'm not rotating I'm not jerking it back and then I'm using a weight that's going to be able to challenge me without kind of breaking my form here alright so for our next exercise we have a forward lunge and this is an awesome exercise for hockey players because it not only puts

(05:35) them in the lunge position but it puts them in a lot of different lower body positions that are very valuable to be able to translate on ice so we're gonna grab two weights they don't have to be very heavy you can even do this body weight but in our case we're just eating some 15 and we're gonna be focusing on controlling all of our positions so our first one we have a lateral lunge again I'm maintaining my position nice and strong with an operate torso I have a skater lunge where I'm kind of going out

(05:57) like a 45 degree angle very similar to that skater stride I have a reverse lunge where I want to make sure that I'm focused on having my knee over my ankle and toes and then we have a crossover or a curtsy lunge where we're gonna try and get out as far as I can't hold and come back up so it's important that you really maintain strong positions not only in your torso where we want to have that upright chest but also in our knees so we want to make sure that we're not going too far over our toes which isn't

(06:20) our biggest concern but we're not flaring in and this is something we'll see in a lot of hockey players that they try and create strength by flaring their knee in and this messes up a lot of our nice clean positions so those are focuses that in all of our lunges we want to make sure we're maintaining that knee hip ankle kind of stack and really staying organized in our lower body alright so our next exercise is suitcase carry and this is a super valuable exercise for hockey players because it really creates that strong brace trunk

(06:44) and it's a phenomenal core exercise so we're gonna grab something fairly heavy here we want to make sure that it's heavy enough that it is forcing us into some sort of side flexion and then we have to kind of maintain that brace position and kind of fight against that but not so heavy that we're struggling or that we've jacked up our shoulder to try and control the weight I had so a fairly heavy load that we can really maintain our core position and then we're not going to lose our grip

(07:04) strength so in our case we're gonna walk about 20 meters or 20 yards and really focusing on staying brace with our shoulders back the entire sequence and just maintaining our position the entire time so we want to make sure that as we're walking we're not flaring oh we're not pushing out our hips and that we've maintained everything nice and tall nice and strong alright so our next exercise is a dead bug and this is probably one of our favorite course it says for hockey players because again it's super

(07:27) valuable in training that very brace strong position so for me I'm gonna grab a 25 you could go heavier we've seen players kind of use that 35 but typically it's not too far beyond that because we want to make sure that we're doing our exercise with the perfect reps so I'm gonna get set up on the ground and really making sure that through the entire exercise I'm forcing my back down so this exercise is so valuable because the dead bucket as we start to go overhead with the weight it kind of

(07:50) lifts off our ribs we naturally want to have that open rib position and for us we want to make sure that we're forcing against that so as we open up we're actually forcing down our ribs an entire time and really staying braced this is why this exercise is so valuable is because it's not actually moving in the trunk we're not doing any crunch or anything like that we're just fighting against that open rib position and if you think about being on the ice it's one of those positions where if you

(08:12) get knocked back and you open up those ribs you lose your whole brace position and oftentimes you'll lose your body position so we want to make sure in this exercise that we're staying very braced and focused the whole time all right should we love this structure because it allows you to get very specific and focused work in and if you notice we actually included all of our five primary moving patterns we had our deadlift we had a squat we had a push-pull and we also had our lunge and those are the five movement

(08:34) patterns that you should be incorporating in all of your workouts so even if you wanted to use the structure and play around with it make it a little bit more squat focus or a little bit more lunge focus you still want to make sure that you're getting all five of those moving patterns in in every single workout so if you're interested in this kind of stuff we were putting out a ton of educational base content to really help you take your performance in the next level so we encourage you to check out our youtube channel throws to

(08:53) subscribe because if you enjoyed this we know you're gonna enjoy some of the content that we've got coming out and then also head over to Roland's hockey we're putting out a ton of programs very similar to this that actually build on and make a little bit more complex but we're also putting out a ton of free articles guides and giveaways to really help you take your performance to the next level stay relaxed

**13. The Ultimate Guide to Foam Rolling for Hockey Players - YouTube**

[**https://www.youtube.com/watch?v=\_FrtiyON9bs**](https://www.youtube.com/watch?v=_FrtiyON9bs)

Transcript:

(00:00) in this video we're gonna go over the ultimate foam rolling sequence for hockey players if you're a hockey for this series about your performance the maintaining your tissue quality with foam rolling is essential to performing your best on the ice hey guys welcome back to wellness hockey my name is Kyle and today we're gonna go over some of our favorite full rolling exercises for hockey players this can be done an entire sequence because we're actually gonna go all the way from neck down to our feet today and we want to make sure

(00:28) that we're improving our tissue quality among everywhere in our body to really stay healthy and perform our best on the ice before we get started it's important to realize that we have different foam rollers so in this case we're gonna be using a black foam roller that's kind of medium hard it has a little bit of give to it but it's still gonna be able to create a lot of pressure in our muscles we also have a blue foam roller and these are a little bit softer so you can see it's gonna give you a little bit

(00:48) more give and if you're super tight is probably best to start with this we often sometimes even use PVC pipe or very hard kind of foam rolling to really get into tissues but for the most part the black foam rollers are the best to use alright so as we get started wrangle basically head to toe here and instead of starting with a foam roller we're actually get started with a lacrosse ball and so we find that trying to get into the neck with a foam roller doesn't really do too much but a lacrosse ball really gets into some

(01:09) gnarly spots and can really create a great release so you can start with a lacrosse ball we like it because it's grippy but you could also use something like a tennis ball or even a golf ball and we're just gonna start by getting into a couple different spots so we can find that as we press in we can also twist and kind of grab a little bit more muscle and then just kind of do some side to side work here where we can really have a strong pull and kind of open up those muscles so we found a lot of hockey players get tight and he

(01:31) really threw their necks because we're kind of always in this forward leaning position so these muscles actually get shorter and so getting in a lacrosse ball specifically at our collarbone and kind of doing some releases through there can really go a long way in releasing the neck after you've hit two or three different spots on the neck and really kind of gotten in and hopefully created some sort of release it's the perfect time to move down to our shoulders so again because hockey players are constantly kind of

(01:52) chronically down and then we also have kind of that up and down side where we always have a top hand shoulders can often get really junky and hockey players so we want to use a ball again especially anteriorly to kind of get through the front of the shoulders but also if we use some sort of wall or something and get the ball specifically through our traps we can create an amazing release but we're gonna move on to a foam roller here and you could use the ball still on the ground but in this case we're gonna

(02:16) start to use the foam roller through our last and upper back so we again we find that hockey players are getting very tight all of that upper back area and we find that creating a release through the last these big muscles all along the side really goes a long way so we're gonna try and get that foam roller in specifically right from the very top of the lat kind of underneath the armpit all the way down the lower back and we find that this is going to creating massive release and hockey players if they spend

(02:40) a lot of time here these lot releases can often be very nasty so spend your time and try and breathe and relax into them if you're constantly trying to fight against it you're not gonna create that release that's really gonna pay a lot of dividends off in kind of creating and restoring some muscle tissue there alright so continuing with trying to release through the upper back and shoulders we're gonna get the foam roller specifically in our shoulder blades here and have it sit right in the middle so this is an awesome opportunity

(03:03) to really try and create some release not only through the shoulder blades because they're gonna be forced kind of against the foam roller to open up but also through the chest and kind of anteriorly through the shoulders so in this case I'm gonna get the foam roller specifically along my spine and then I'm basically going to be doing a giant snow angel so as I get set up I'm gonna make sure that it is directly pressure holder blades I'm opening up and then coming back down oftentimes we'll have cracks

(03:26) or pops kind of through the spine and this is completely normal and it's really because we're trying to create a lot of release through that upper back and the shoulder blades are actually getting kind of pinched or squeezed around the foam roller and it's creating a lot of release so this is an awesome exercise specifically for the back but also through the chest so if you notice in my demo I was keeping my elbows completely on the turf and so I was forcing that chest and everything anteriorly to really open up and kind of

(03:48) forcefully open and release through those ranges okay so we have one more release that we're gonna do through our upper back and this is called a tee spine open because we're actually gonna try and create some sort of movement to the segments and our upper spine and so we're gonna start by getting a form roller specifically nice and soft in our back and kind of find different spots where we can open up and so I'm gonna start by crossing my arms and then just opening up gently and trying to create a

(04:09) lot of range I'm gonna try and open up probably five to ten times per side here or per space here before moving on to a different segment but really want to try and create as much release as possible oftentimes as players are trying to open up they kind of have like a rib flare up if we're squeezing everything down and kind of trying to create pressure through that foam roller we're gonna get a lot of reliefs here so you're gonna want to find around four to five different spots and really created a deliberate release

(04:31) we're really forcing into that foam roller and then opening up and it's gonna pay a huge dividend for oggi players that have that tight upper back I said moving down the chain a little bit further we're gonna try and get into our upper glutes and hockey players are often chronically tight in this area it's the area kind of just in the back of our hip a lot of players are coming and say oh the back of my hips are really hurting and it's really just often tight glutes and that's it's that

(04:51) tight upper polute so in this case we're gonna go back to the lacrosse ball and we're gonna specifically get kind of get it in there and create a lot of pressure and try and create some release it's important to try and find spots that are painful so if we're just kind of laying on it it's not gonna pay a lot of dividends but if we specifically find spots that are painful and kind of a sink in there and create a lot of pressure it's gonna be a lot of dividends off so in this case I'm gonna

(05:10) try and sink in and then as I'm down here I'm just going to try for some kind of range it's kind of really nasty create a lot of pressure in there and it kind of just relax into it again if we're holding these kind of paint positions in this pain face we're not gonna create a release so we need to find something that's painful kind of course into it and then trying to relax into it so that that whole range kind of releases we're gonna want to kind of find three or four different spots

(05:31) before we move to kind of down the chain even further as we go to our bigger glutes alright so we're gonna move down to our actual glutes in this case we're gonna go back to our foam roller and this often other hockey players feel a lot or they don't feel at all but typically if you've come off of some sort of heavy bag skate then getting in some glute kind of releases is gonna be very beneficial so in this case we're literally just going to roll over the glutes which is essentially just your

(05:52) butt but we're gonna be rolling kind of from that top area all the way down to just kind of where your butt ends are those glutes and before going into the actual hamstrings so we can find a couple different positions here kind of by rotating our foot out or in and if we're rotating it out we kind of get a little more of that outside glute release that can be really beneficial and we're just gonna try and create as much pressure another foam roller as we can here all right so we're now gonna

(06:12) move down to our hamstrings and this is actually a problem area for a lot of hockey players then where they get really chronically tight and they get restricted and ultimately it kind of pays off on other areas because that's squeezing and pulling things out of alignment so it's important to before rolling your hamstrings we're gonna start basically from that area just below your butt and coming all the way to just kind of above the behind the knee we don't want actually rule behind the mini because we

(06:34) have a ton of the ligaments there and it can kind of cause some problem areas for some players but we just want to make sure that we're kind of starting to get the top and the end of the hamstring or the proximal distal ends and we want to make sure that we're creating a lot of pressure all the way through so oftentimes we'll find like one or two areas that's really tight and restrictive and we want to try and stay there and create a really strong release and relax into it and then move on so if

(06:55) I was kind of tight right here I'd really want to like force down right now create a lot of pressure relax and do it and then move on to a different spot and sometimes it'll take a while to for this release sometimes it happens right away but you want to make sure that you're actually creating a release before you move on to the next exercise all right so we're now gonna be firm rolling our quads and this is a problem area for a lot of hockey players and it's because we're in that Flex hip

(07:14) position so often that everything anteriorly right from our hip flexors down to our quads really starts to shorten up so our goal is to try and create a lot of release here so that we can start to restore some of that function and oftentimes even something like a knee pain or hip pain can be fixed by actually getting some good high quality foam rolling in so we're gonna start off by actually doing our hip flexor all the way down to our actual kind of this top of the knee you want to make sure that we're never actually

(07:35) going over the kneecap but kind of where this pouch of ligaments is we want to kind of end there and then go back to our hip flexor we want to make sure that we're doing this with a lot of pressure and going about maybe a centimeter per second and really trying to create some sort of deliberate release for the entire thing before we start going back the other way you want to take your time here so we'll have players just go anywhere between thirty Seconds to up to two minutes of form along their quads

(07:57) just because we find that it creates a ton of release that's really beneficial all right so a bit of a foam rolling hack for our quads here's a lot of players consider foam rolling is only the rolling part where oftentimes it's really beneficial to find a pain spot a spot of that's kind of like a clump of kind of knotty muscles and the really tranqer of released there we're actually kind of grinding over it so if I'm gonna set up in this position instead of just rolling out gently like we were before

(08:20) we can find one position that's really nasty and then actually kind of flex over it and that flexing is gonna kind of pinch down the muscles and then kind of open them up through the actual movement to try and create a little bit more release so you can oftentimes find two or three spots among your quads create a lot of pressure make sure your flex down into the foam roller and then flex and kind of create a lot more release that way than just a typical rolling all right so now instead of just getting the regular

(08:44) we're gonna try and get more kind of medially here and try and create some fertility so that either through the adductors or groin or right into kind of the VMO area which often gets tight on a lot of players so often when a player comes in and they go I have some sort of knee pain down the center here it's often just a type V mo that's kind of pulling the knee out of alignment so here we're gonna try and create some for a release specifically in this area but we're also gonna try and create some for

(09:07) release the adductors and the research is often mixed on whether it's a good thing or bad thing to roll out the adductors I think that if you're doing this sub gently and kind of deliberately creating a release instead of getting too mean and nasty it can be really beneficial but if we are getting too nasty it might cause some sort of problems for you so we're gonna get set up kind of on the inside of our leg here and as I'm starting I can already feel some pressure in that like VMO kind of medial quad area and I'm just gonna try

(09:30) and roll all the way to where my groin or adductors would be and again very gentle in that area and then coming back off I think you really should spend some some time here whether it's a minute or so and just create as much release as you can but you have to be relaxing and you have to be gentle in this area well the quads and the glutes are very kind of dense areas that can do a lot of pressure this area is an area where you want to be a little bit more gentle alright so our next area is gonna be the calf's and this is in the area that

(09:55) often gets restricted in hockey players just because we're in such a rigid boot or calves are constantly working if you think about your stride where you're making that constant toe flick that's your calves so a lot of times the hockey players will get really tight to this area and they never really release often if we say go jump on a foam roller it's just their quads or it's their hamstrings but specifically getting into the calves can pay huge dividends I serve the cast we can create a lot of

(10:15) pressure and really get nasty in there because it sometimes needs a lot of release and so actually getting specifically nasty in there especially kind of along the outside can really pay off some evidence we've also seen players use the ball specifically in different areas of calf's and that can create a really strong release if there's like one specific area that's tight or we can go back to that technique where we're finding one area and then just really flexing down into it releasing the calf's is gonna be

(10:39) something that really pays evidence and if you have some sort of ankle pain or even knee pain often going above or below the knee will pay a lot of dividends in creating that release all right so our last area is our feet and this is an often neglected area because a lot of hockey players were constant in that boot so we never really consider that we might have some throw to this function with our feet but a lot of hockey players do because of that rigid boot so we're gonna get some sort of ball oftentimes players will use golf

(11:01) balls kind of because it gets a little bit more gnarly because it's a smaller kind of surface area but in our case we're just getting to lacrosse ball we want to make sure we're gonna throw our shoes off and then just create as much pressure as we can into the foot in different areas so we've seen players come right out of their skates and do this just to kind of open up their feet because they're having some sort of foot or ankle pain even in lace bite we can find that sometimes getting in into

(11:24) those feet and creating some sort of release helps with that kind of stuff so we want to spend probably around a minute or two just per foot really trying to create some release roll around on it we want to specifically spend some time here because it's really gonna pay some dividends off in creating a foot health all right so those are some of our favorite foam rolling exercise specifically for hockey players and it's important to be improving your tissue quality throughout this season we find that so many players have this

(11:45) really high stress demand toward the season between practices games extra work and they're not spending the time to specifically improve their tissue quality so doing this even once a day and we find specifically after practice is gonna go a long way it's something that creates a parasympathetic response and really starts to relax you so whether it's after practice or before bed this can be an awesome recovery tool if you're looking for this kind of stuff please head over to our last hockey comm

(12:07) where we have tons of recovery and training articles or check out our youtube channel we have tons of high quality training [Music]

**14. The Top 5 Power Exercises for Hockey Players with Med Balls! - YouTube**

[**https://www.youtube.com/watch?v=0vmdtMoUqBU**](https://www.youtube.com/watch?v=0vmdtMoUqBU)

Transcript:

(00:00) in this video we're going to our favorite med ball exercise for hot lips med balls are some of our favorite tools for athletes to begin to develop really explosive power whether you're at home or in the gym these are exercises that you can use with med balls to improve your power on [Applause] [Music] [Applause] hey guys welcome back to Berlin sake my name is Kyle and today we're gonna go over our favorite med ball exercises for Hercules so all hockey players should know that power is one of the most important

(00:29) attributes for taking your game to the next level and whether that means more power into the ice to an explosive stride or more power into the stick to get an explosive shot power is the most important attribute to really take your performance on the ice in the next level so the med ball is one of our favorite tools for hockey players to develop that power especially develop rotational power so today we're gonna go over some of our favorite exercise that hockey players can use in your workouts to take your game to the next level all right so

(00:52) before we get going it's important to note that the med ball doesn't have to be crazy heavy for it to be effective it's really just a tool that you can express a lot of power into whether it's into a wall or another ground and it doesn't have to be heavy for you to create that stimulus so first of all we're gonna use one of our most basic exercises and it's just a med ball slam so we're gonna start right up on our toes right overhead and then as I'm coming down slamming down on the ground

(01:12) as explosively as possible it's our level 1 version and this is some of the hockey player should practice often because it's a great exercise to really begin to develop explosive power into the ground exercise number two choose a progression off of the regular ball slam and this time we're gonna be up on a single leg and then slamming down and creating stability here is an interesting exercise because we're actually focusing on creating that power explosively down but we're also focusing

(01:34) on creating some sort of stability in our lower body both of these exercises you should perform as explosive as possible for only around six reps [Music] [Applause] [Music] [Applause] the medval rotational slam is an awesome exercise to begin to develop some rotational power in our hips and upper body so we're gonna set up this exercise but starting with the ball on our hip and we're loaded in our lower body so as I'm here my chest is kind of pointed down towards the ball I'm gonna trigger and come around and slam down on the

(02:02) other side so not only have I created that rotation the hips but I've also created that super strong braced position as if I'm taking a shot and I have to create that brace position in my trunk this is an exercise you want to perform at max intensity for around six to eight reps per side all right so this exercise is called med ball rotations and it's an exercise that we use to begin to cue up that rotational power and so we're going to get set up as if we're almost taking a shot here so I'm loaded and loaded and

(02:26) up in my hips and then I'm also loading up the ball here and then I'm taking this ball as explosively as possible up here I'm gonna continue to reload this exercise every single time with that hip loaded up that trunk loaded up and then focusing on my rotation as explosively as possible you're gonna want to perform this exercise for around six to eight reps and really focus on saying brace especially at the top when you're slowing down your rotation through the entire room a med ball rotational throw is one of

(02:57) our favorite exercises for hockey players to begin to develop that rotational power that really mimics your shot on the ice so in this case we're gonna find some sort of wall get into a brace position and take that ball right off of our hip and then as students we're ready to fire we're gonna rotate everything as fast as we can right through into the wall so we want to make sure that we're rotating through our hips first and foremost and then secondly finishing with our upper body and then my toe is rotated so as I

(03:19) finish this exercise everything is rotated into the wall you're gonna want to perform this exercise for about six reps and as explosively as possible [Music] [Applause] [Music] the two-step rotational med ball throw is an exercise that we created specifically for hockey players to mimic that one-time motion so if you're on the ice you find that position where you actually are opening up your hips first and rotating we're gonna do a similar movement with the ball so as I get set again I'm facing off the wall and I'm

(03:53) taking my step and then I'm throwing in this is very similar to as if I was stepping into a one-timer where I have an open hip position and then I'm coming down into it so here is an awesome opportunity to really develop the power that's gonna translate on ice to your shot we're gonna perform this exercise six reps for each side and really focusing on max effort power every single time [Music] and so the three jump med ball throw is an awesome rotational based exercise ring it's set up here at a wall and

(04:24) we're going to start actually by jumping so we want to make sure that we're controlling the ball on both sides but as I get set I'm gonna start off with a jump and then a second jump over the other side and then explosively jumping while creating that rotation of the wall so here I need to focus on creating as much control as I can control as I can and then firing off as explosively as I can that ball right in the wall you want to make sure that we're finishing with everything pointed towards the wall so

(04:47) my hips have come around my chest has come around and everything has been expressed into that wall with rotation this is very similar to the on ice shot where I'm taking my slap shot and everything is finishing towards the net you want to perform this exercise between six and eight reps on both sides and making sure you're expressing as much power every single day [Music] [Applause] [Music] [Applause] those are some of our favorite med ball exercises for hockey players and we love the med Bowl because it's an awesome

(05:17) tool to really begin to express power whether it's into the ground or into the wall we're generating as much power and explosiveness as we can so if you're serious about your performance these are the exercises you need to be doing to really take your game to the next level if this stuff industry please check out our YouTube channel we have tons more videos like this or head over to Reliance hockey comm and find your program and get started today [Music] you [Music]

**15. Single-Leg Stability & Balance Exercises for Hockey Players - YouTube**

[**https://www.youtube.com/watch?v=upfKOpX\_G9U**](https://www.youtube.com/watch?v=upfKOpX_G9U)

Transcript:

(00:00) in this video we're going over our favorite single leg stability exercises for hockey players whether you're in PE or pro single leg stability is one of the more important attributes to really take your game to the next level hey guys welcome back to Berlin s hockey my name is Kyle and today we're gonna go over some of our favorite stability exercises for hikers so whether you're an elite player or a beginner player single leg stability is an important attribute to have to get stronger and more stable on the ice so for all of our

(00:32) sizes today we're gonna be focus on the single leg and the reason is even though we are often in a double leg on the ice we're always trying to express force and only one leg which means we're usually loaded up in just one leg another focus for us today is going to be ankle stability and the reason is is because hockey players that spend so much time in a rigid boot that almost acts like a cast throughout the season so we find a lot of hockey players are strong and stable up the chain but often ankles act

(00:55) as this unstable surface for a lot of hockey players so those are gonna be our two focuses today let's jump in alright so our first exercise today is the single leg RDL and this is an awesome exercise that you can do with or without weight and today because we're focus on stability we're gonna do it weightless so I'm gonna get set up and make sure that everything is completely square and then I'm gonna all I'm gonna be focusing on is trying to reach out both my foot and my hands as far apart as I can I'm

(01:18) in one performance between six and eight reps and really focus on the stability element and trying to stay control to the whole movie [Music] [Applause] our next exercise is the 4-point touch and this is an exercise that's incredibly basic and it can be made tougher with some sort of stability pad but in our case we're just going to do a body weight version that can be done anywhere so our first position is nice and low in our hip and nice and tall in our chest and we're just going to have four different touches so I'm reaching

(01:52) out to and then behind and then underneath so I have an out a skater stance a reverse and then we call this one a curtsy where I'm reaching out as far as I can underneath you're going to want to perform this anywhere between four to five reps of all of the exercises and really focus on staying strong and stable if this is too easy you can get either a little bit lower or add some sort of stability pad underneath which will create a little bit more of an ankle stability demand all right so our next exercise is a

(02:21) single leg box step off and this is an opportunity to have a little bit more of a control demand because as we're stepping off we need to be able to control all our weight to a full stop on just a single leg so I'm gonna get set up standing on some sort of box and it doesn't have to be very tall so in this case we have a 12-inch box but it could be even something smaller it could be something at home or it's just a stair to step off but we're gonna focus on the control landing more than the step-up so I'm gonna step off now

(02:45) and just focus on trying to create as much stability as I can really sinking into that hip and staying stable all the way down the chain you don't want to perform this anywhere between five and six wraps and really focus on your single leg stability [Music] all right so our next exercise is called a Peterson step off and it's an opportunity to challenge some single leg stability while also getting into the VMO which is often underdeveloped in hockey players so in our case we're gonna get set up at just a medium or low

(03:13) box in our case we're using a 12 inch but it could be even lower similar to our previous exercise and we're just gonna focus on having a very controlled up and then a lot of the focus on for this exercise is going to be on the way down so as I'm stepping down really focusing on as much control as I can not taking the weight off of this leg and then driving back up so just because I have a heel touch doesn't mean that I'm taking all of my weight off I should be focusing on having that stability and

(03:37) control on the way down this exercise we really want to make sure that our knee and foot aren't collapsing in and you're gonna want to perform anywhere between 8 and 12 reps [Music] all right so our next exercise is a cone pickup exercise that you can do at home very easily and it really improves single leg stability and a lot of hockey players so in this case we're gonna focus on trying to create as much Singh leg stability as I can while I'm gonna reach out my opposite hand to grab a comb staying nice and balanced and then

(04:09) I'm gonna put it over on to the other side so I'm gonna focus on picking up all of these cones and putting them back again all staying on a single leg for the whole time so this is an exercise that we've used with players all the way from peewee all the way up to our pro goes to really focus on creating strong stabilizer muscles in the lower legs [Music] [Applause] [Music] all right so there's some of our favorite single leg stability exercises for hockey players and if you're a pro or a PB player focusing on single leg

(04:46) stability is important for all hockey players this is the stuff that specifically translates getting stronger more stable and overall becoming a better skater on the ice so if you're interested in taking your game to the next level please head over to raga comm where we have tons of training programs and articles or hit the subscribe button here to get the best hockey training content and let's take your game to the next level [Music]

**16. The Ultimate BODYWEIGHT Workout for Hockey Players - YouTube**

[**https://www.youtube.com/watch?v=dSH7gzWuviI**](https://www.youtube.com/watch?v=dSH7gzWuviI)

Transcript:

(00:00) in this video we're going over a bodyweight workout for hockey players [Music] all right guys what's going on kyle here from relentless hockey and today we're going to go over a bodyweight workout that hockey players can do anywhere so whether you're at a field or stuck at home this is going to be the exact workout structure to start developing some functional strength athleticism and some power so let's dive in alright guys we're going to dive into our workout and today we're focusing on a lot of functional

(00:26) strengths so this isn't necessarily a conditioning bagger or a hit workout or anything like that we're actually going to be using bodyweight exercises to develop the strength that translates on the ice so we've broken this down into three different series we have a block a a block b and a conditioning block at the very end all right so let's start with our block a so we have three exercises that we're gonna go through one after another after another and then we're gonna repeat them all

(00:47) again for our block a we're gonna repeat it three times so our first exercise here is what we call the four-way launch so i'm getting nice and athletic and then i'm gonna start out going in four different directions so i'm starting with a classic reverse lunge making sure my knees pointed straight my chest is upright and i'm coming back up my second one i'm going into a skater's lunge so i still have my knee pointed forward i'm still in that athletic position i look like i could be skating right now i'm at

(01:11) a 45 degree angle that's lunge number two i'm coming back up i'm going completely out to the side now again making sure that i'm controlling my body position i'm up right my chorus brace that's number three and then i'm going the opposite way in a curtsy lungs or a crossover lunge i'm going to try and get this step out as far as i can so that is going to be considered one rep and we're going to repeat that five times all right so our next exercise is the eccentric push-up so this is an

(01:35) awesome exercise for hockey players to really begin to develop some strength so we've all seen the classic push-up we're going to take it to the next level by focusing on the eccentric element here so i'm going to start up in my push-up position my hands are just outside my shoulders my core's braced i'm squeezing my ribs down and then i'm going to focus on coming nice and slow down for five seconds and then making a strong push up so this is super important because i want to make sure that i'm in control

(01:58) the entire time squeezing and then making my strong push up so that eccentric element is where a lot of muscle strain and damage happens which is what we want we want to create that strain so that we can get to stronger and stronger every single time so make sure that you're controlling it the entire way and then make a strong push ten reps here and then we'll dive into our next exercise all right so our next exercise is called a high plank toe touch so we're going to stay in that push-up position which is going to be a little

(02:24) bit of a synergistic nature on that last exercise because we're already going to be roasted through our shoulders we're going to continue it but now we're going to challenge our core here even further so i'm getting set up in my high plank and now all i'm gonna be going is from my opposite hand to touching my toe and then right back in and i'm going to my other one so i want to make sure that i'm a i'm controlling my shoulder i'm not letting it flare out but then i'm also staying super squeezed

(02:47) especially when i'm in one hand so i'm coming across and back so we could consider this kind of like our level one if you're a little bit stronger you want to take it to the next level this is really taking into the next level but you'll enjoy this one so i'm still in my high plank i've got my toe touch and then i have an overhead reach so here i need to stay super super braced i want to make sure that i'm not rotating my hips around and that i am in a rock solid position from head to toe 10 reps here and you're

(03:10) going to be lit up in both your core and shoulders all right so that is our block a we want to make sure we're going through all of those exercises in session not taking a break until the very end and then take anywhere between 30 and 60 seconds recharge the body and then get right back into it and repeat three times all right so let's dive into our block b now a little bit more challenging in terms of stability we're not so much focused on our upper body we're a little more focused on the lower body here

(03:32) but we still want to have the same game plan we're going through one after another after another no break here so my first exercise is all about stability we don't want to be rushing through here this is not a conditioning bagger at all it's called the bowler squat so you might have seen just the classic rdl before but this time we're gonna take it to the next level by actually having a crossbody reach so if i'm getting set up i want to get set up in my athletic position right away i'm gonna be taking my opposite hand as

(03:56) far out as i can the opposite way so i'm trying to create that reach and i'm coming right back up so you're going to be shaking the ankle all hockey players are but we really want to make sure we're challenging our stability as much as we can by creating as much reach as we can so stay nice and low stay nice and squeeze through not only the glutes and the core but almost your entire body should feel like you're really flexing as you're having to reach out and back we're gonna repeat that for

(04:19) eight and then go over to the next side all right so our next exercise is the bear crawl and this is one of my all-time favorites right from peewee's all the way to the pros the pros love this exercise because it's really challenging their entire full body stability here so i'm gonna get set up on all fours i have my hips directly over my knees my shoulders are right over my hands and then i'm just gonna lift off i wanna make sure that i'm getting my knees as low to that turf or low to that carpet as possible and i'm just

(04:44) going to take small steps i'm going to have one hand in front of the other as slowly as possible now the key here is to not kind of rush through or go fast here i really want to make sure as i'm taking a step and i have my opposite hand and leg off the turf that i'm really going slow and challenging my entire body so as i lift up i feel as if i'm going to rotate i want to make sure that back is staying completely flat and i'm staying low a lot of hockey players will treat this by getting their butt up in the air make

(05:10) sure that that knees or your knees are as low as possible here and really staying braced so i'm going to take 10 steps forward and then if i want to take to the next level i'm going to take 10 steps backwards and it's the same concept staying nice and low staying nice and squeezed and going nice and slow all right guys so our next exercise is the adductor side plank so this is essential for hockey players because it's not just your classic side plank i know you've seen like your classic plank

(05:32) your classic side plank this is taking it to the complete next level so i'm gonna get set up in my classic side plank here because this is kind of my primer i want to make sure that i'm finding the positions where i'm over i have a straight line through my chest into my arm and then i have a straight line from my head to my toe so making sure my glutes are squeezed and i'm hips forward so that would be your classic side plank we're going to go with our adductor side plank here so if this if that extra

(05:55) cycling is too hard we can stick with that one but i really want to make sure you're challenging yourself with this one because it's going to load up our groin so i'm coming up here and instead of having my right foot down i have my left foot down in the ground and this one is forward so i still have though all of those straight lines my glutes are squeezed but this time i'm loading up through those adductors which is essential for hockey players so i say if a hockey player can't do this for 20 to

(06:17) 30 seconds then you almost shouldn't be on the ice this is like a prerequisite to staying healthy all season all right so we're back on our feet for our last exercise which is called the cosac squat so i'm gonna get set up and it's almost like the classic side lunge where i'm taking a nice deep kind of lunge to the side i'm going directly out but this time as i get to the bottom i'm opening up so now i'm kind of stretching through that adductor and hip or hamstring and i'm

(06:40) coming right back up so you're going to want to do this for eight reps per side and really focus on control all right so that was our b block we're going to dive into our conditioning work now and this isn't your classic conditioning we're going to be going for a run or anything like that we're going to do it all on the spot and it's going to be an absolute bagger for hockey players so we're going to be using something called the tabata protocol today it's 20 seconds on 10 seconds off we

(07:00) just want to be focused on getting those conditioning results with minimal work so let's dive in all right so all these exercises we want to get as many reps as possible in the 20 seconds our first one is just a body weight squat so we're going to get in our athletic position you can have your hands out we want to make sure that we have our chest up the entire time so if we do keep our hands out it's kind of an easy cue but i'm going to be focused on getting as many squats as possible here in my 20 seconds making sure nothing's

(07:22) collapsing in and i'm bringing the speed bringing the heat as fast as possible our next exercise is the alternating lunge jump so this is an absolute beggar we're challenging ourselves in that unilateral kind of movement here where i'm focused on generating as much power as i can from a single leg i'm getting nice and low and i'm exploding up every single time so for all of these exercises or all these reps we really want to make sure that we're not collapsing in we're not getting sloppy we're focusing on power

(07:45) generation getting strong and getting athletic all right so our last exercise is a lateral skater bound another awesome exercise to really begin to develop that stride mechanic position so i'm getting loaded up in my hip right away making sure i'm in my athletic position arms are pumping i'm getting out as fast as i can now typically we're focusing on generating as much power here but i actually want to see a little bit more speed for me so making sure that i'm landing and then as soon as i've landed i'm getting right into my

(08:10) next one all right guys that is an unbelievable body weight workout that you can do just about anywhere whether you're post practice at the rink you're at home you're out on a field wherever you are this is a workout that you can be doing and actually moving the needle forward we have to be getting stronger we have to be getting more athletic we have to develop the functional strength that translates on the ice so if you are interested in this kind of stuff head over to realnesshockey.com we have some

(08:30) unbelievable at-home programs and we have some at-home programs in our description for free so make sure you're checking it out and make sure that you're staying relentless

**17. Essential Groin Exercises for Hockey Players - YouTube**

[**https://www.youtube.com/watch?v=jT6sPfFWocM**](https://www.youtube.com/watch?v=jT6sPfFWocM)

Transcript:

(00:00) in this video we're going over some of the most important a doctor exercise for hockey players a doctor and groin exercises are some of the most essential exercises for hockey players to stay healthy and maintain peak performance all-season hey guys welcome back to women's hockey my name is Kyle and today we're going over some of the most essential groin or adductor exercises for hockey players so this isn't anything exciting it's not a quick free drill it's not a heavy lift but some of

(00:27) these exercises are essential for hockey players to maintain their health and overall performance over the entire season and long-term in their career we find that a lot of players get these groin injuries even small tweaks or poles that can hold them off the ice for weeks or even months so in this video we're gonna go over some of the exercises that we include in our relentless hockey programs and exercises that we feel should be in every hockey players program alright so a lot of hockey players understand the importance

(00:50) of stretching their groin but we're actually gonna break this into two categories so first we're gonna focus on groin or adductor stretches and then second we're going to focus on strengthening exercises and both are equally important and I would actually argue that the strengthening exercises for hockey players is even more important so our first stretch here for the abductors is just a classic frog stretch so we're gonna be down in a split position like this and then we're just gonna be pushing your hips as far

(01:11) back as we can holding for a second and then making it active and driving her hips forward we're gonna perform this for around 10 to 15 seconds and really focusing on driving forward and backwards as much we can to create a little bit more range [Music] this exercise is a half kneeling a dr. rock so we're gonna have one leg straight out and similar to the Frog strats we're gonna be focusing on driving our hips as far back as we can and then as far forward as we can but because we're split we're gonna get a

(01:41) little bit more stretch into those a doctors you're gonna want to perform this between 10 and 15 seconds and really focus on increasing your range every single time when you're driving forward all right so our next groin stretch is actually active on one side and passive on the other so we're gonna use a box we could use a couch or anything that's gonna elevate our foot and then we're just gonna focus on sitting back in this hip and we should feel a stretch all the way through those adductors on the

(02:10) opposite side so while we're active on on one side we're passive on our other and really focusing on trying to create as much range as we can so as we're at the bottom of this movement it's really important to try and get a little bit extra stretch that feels a little bit more uncomfortable than we normally would go and then letting go we're gonna repeat this for around 10 to 15 reps and really focusing on range the entire time all right so our next set of exercises are strength based exercises and this is

(02:38) really important for hockey players and something we put a lot of emphasis on in our programs because a doctor strength is probably the best predictor of groin injuries so if you want to avoid groin injuries you need to make sure that you're maintaining your strength or enhancing your strength in your adductors so our first exercise is the adductor side plank and this is very similar to the classic side plank you've likely seen but instead of being on two legs we're actually gonna be just on one

(02:59) and have it loaded up a lot to our groin so as I get set into my side plank position instead of having both legs down I'm actually gonna be loaded up only on my outside leg and have a lift off so here we're going to be able to hold this exercise for around 20 seconds and if you can't hold it for 20 seconds it means that you need to make a special emphasis on this exercise where next exercises the Copenhagen I so cold so this is an exercise it's very similar to the adductor side plank but this time we're going to load up a

(03:26) little bit more through the groin because we're gonna have our foot elevated so just like setting up for a side plank we want to make sure that we are fully braced from head all the way down the foot but this time I'm gonna have my foot elevated on a box and that's gonna load up my growing a lot more so typically we'll progress this exercise from the adductors side plank and really making sure that we can hold this position for around 20 to 30 seconds a lot of weight shift is great exercise for hockey players to start to

(03:53) load up their groin and actually focus on controlling a new range so here we're gonna have some sort of weight in my case I'm gonna use a plate and I'm just gonna make sure that I'm holding it at a nice position where I can then sink in to a nice low position and then just slide over in the lateral weight shift so here I've placed a lot of emphasis on being able to control a range of my groin and really load up those adductors into a position that it has to be very strong to maintain these positions

(04:18) you're gonna want to perform this anywhere between 812 reps and really focus on maintaining control to the entire movement [Music] those high squad is one of our favorite exercises for hockey players because not only does it increase the strength in the adductors and hamstrings but it also is an exercise that's going to challenge your control and low positions so here we're gonna have some sort of plate and we actually find that the lower we get and press out them easier the exercise gets but in my case I need a sink back

(04:45) down as low as I can and then I'm opening my toe at the end of the range the same thing on the other side and making sure that I'm controlling as much range as I can and not bouncing down or jerking into any sort of positions here you perform this exercise between 8 and 12 reps per side and really focus on your range of control I like this slider just one of our favorite exercises for hockey players to begin to load up the groin very deliberately so in this case we're gonna use a slider you could even

(05:14) use your socks on some sort of hardwood and we're just gonna throw it down underneath our foot and then as I'm lunging sideways or a lateral portion we are then going to have a pull we're bringing a lot of weight and a lot of load specifically on those adductors so this is an exercise that's incredibly challenging for a lot of players that don't have the strength of the requisite strength to be able to control this range you're gonna want to perform this between eight and twelve reps and really

(05:36) focus on control at that bottom range and then loading up deliberately through the adductors on the weight back up [Music] all right so those are some of our favorite adductor exercises for hockey players and I know these exercises aren't very exciting but it's not a quick feat drill it's not lifting something heavy but in my opinion these are the exercises that they're gonna keep high-performance hockey players on the ice and maintaining their performance all-season research is continuously showing that this strength

(06:05) of deficiencies between your adductors and abductors are the number one cause of groin pulls and even a small tweak or pulling your groin can keep you off the ice for weeks or even months so if you're serious about your performance these are the exercises that you need to be including in your workouts if you're interested in this kind of stuff please head over to our YouTube channel and subscribe or check out real honest hockey calm to get your program and get started today

**18. Core Exercises for Hockey Players - YouTube**

**https://www.youtube.com/watch?v=6W5pY44TZuY**

Transcript:

(00:00) in this video we're going over a favorite core exercise for hi we're that Homer at the gym these exercises are essential to building a strong core that translates better performance on campus yes welcome back to learn ice hockey my name's Kyle here we're going over our favorite core exercise of oculars so a strong core is essential for a hockey player because it's really the foundation of all movements on yes whether we're trying to generate power into a shot or kind of hold off physicality with some sort of core

(00:28) strength we're even saying injury free through the entire hockey season strong core is the foundation for all hockey players so in this video we're going over some of our favorite core exercises that hockey players can use another after workout in a workout or even at law because it's important to be building these down there let's dump it [Music] Before we jump in is important for hockey players to realize that Korra's release meant to be able to race you so instead of doing a whole bunch of

(00:56) crunches are set up to record actually gonna use a lot of exercises that create a race trunk position so our first let's actually anti rotation exercise we're gonna be using cables we've seen this one a lot of we've jumped into previous content but we're gonna have a pal on Prince so the power law precedent is a complete stability exercise where I'm pressing straight out and straight back but as I'm fighting out here I'm fighting as much rotation as I can I'm just going back and forth to really

(01:19) perform this exercise anywhere for 12 to 15 reps and really focusing on that brace problem [Music] some variants of the typical Paulo presses a split stance Paulo press and this is a little bit more relative for Hagen fighters we're still in that race trunk position but now we're gonna be in a split stance so we can trying to get a little bit further a little bit back and make sure that we're fighting against any sort of rotation as it's pulling us in what's our objective here again missus dey's brace as possible and

(01:53) really just press out hold it and they come back and again for 12 to 15 points all right so we're devolve planks for hockey players because it's a great auntie extension exercise where we really start to teach that race position but we find that it gets quickly too easy for hockey players so instead of holding something for 2-3 minutes which a lot of hockey players get to we're actually going to use a resistance here to try and create a little bit more of a challenge so in here again we're gonna

(02:19) sell the classic plank when we're gonna add either a cable or a band and they're just finding that plank position and as I'm reaching out I have that squeeze back down so again as I performing my reps I want to make sure that nothing is moving around I have no hips [Music] because it's really something that serves a challenge i an't extension because that's my role how we want to try to rub our ribs we're gonna try to stay relaxed braced and down for the rest of the put so that's I'm starting

(02:50) out here I'm just gonna try and get out as far as I can and save race the whole time so a poor example of this repeatable went up I want to make sure that my ribs are really pulled out that I have secured the entire moment and as I'm reaching out and it gets topper on the bottom I'm still staying braced and then I'm coming back up at all so we can do this for anywhere between 10 to 12 reps and really just focus I'm trying to get a far out as you can was saying it's Maurice as possible alright so the pipe

(03:19) leg walkout is another awesome example of an antisense of exercise so our goal here is really to save raising all those roots down about hips the whole time and similar to that wheel we actually have as an original we have that same kind of forceful open then we have to kind of correct against that so in this case it is starting to push the position or a high plank and then it's going to takes four small steps and try and reach out as far as I can and then back one two three four as I'm reaching up overhead though I have

(03:46) this natural inclination to roll down I want to make sure that I'm staying grace right from the head to toe you want to perform this for around four reps and really see race in the entire run again [Music] when did that bug is one of our favorite exercises actually specifically load the floor and have muscles where it's challenged to do with the bodyweight exercise virtually is a plate here to really load up the core in this version we are going to be flat back we're gonna squeeze our back down in the ground and

(04:17) then we have a plate straight up overhead and we're in this decision so every single rep we want to make sure we're forcing them back down on the ground and not opening up those ribs it's another anti Center to size but we're focusing on not opening up those ribs and really saying embracing the entire core doing a lot of performance between 12 and 15 reps and really focus on driving that back into the ground and st.

(04:37) brace photography alright the Swiss laws an awesome piece of equipment to just add on a layer of stability on a lot of these four exercises so you could just do a plank here and focus on resisting against any sort of challenge but for the most part we actually like to do some sort of a movement here so in our first one we're just gonna have some sort of plank position and then we're gonna make us big circles as possible we go through this exercise around ten circles one way and then ten circles the other way and again anytime we're

(04:59) reaching out further we're trying to create that strong brace position as possible next variation will be the basically the exact same thing but instead of doing the circles we're going to try to write our name we're trying to write an entire alphabet this just creates a little bit more of a stability challenge really focusing on staying crazy alright so those are some of our favorite core exercise for hockey players and as we mentioned at the top core is essential for hockey players because it's really

(05:32) the foundation for everything physical on the ice so these are exercises that you can be doing at home in a workout or after workout we always say that you can never do too much core or grip training and we really mean that so if you're interested in this kind of content or if you're looking for a hockey specific training program head over to relentless hockey comm and get started today [Music]

**19. Hockey Upper Body + Core Workout [Push + Pull] 🏒 - YouTube**

[**https://www.youtube.com/watch?v=Dpk5f8C2GsE**](https://www.youtube.com/watch?v=Dpk5f8C2GsE)

Transcript:

(00:00) hey hockey players coach Connor here from hockey training.com in this video I'm going to run you through a push/pull core workout that's going to hit every muscle group of the upper body to keep you strong on the puck and improve your shot power alright let's get into this thing here how this workout is broken down is into three different triplexes a triplex is where you perform three exercises back to back to back then you're going to rest two to three minutes and then repeat that triflex three to four times before moving on to

(00:33) the next one if that sounded at all confusing don't worry about it I've got all the sets reps and rest periods in the description below so you can check that out but right now we're working on the flat dumbbell bench press the flat dumbbell bench press is a great exercise to increase the working range of motion that the chest goes through in comparison to its barbell counterpart moreover strengthening the chest the anterior deltoids and the triceps which this exercise does is a great for staying strong on the puck and staying

(01:10) strong in front of the net once you've done the chest press you're going to head right over to your barbell bent over row you're going to do this one for eight to ten reps and utilize a pronated grip position or an overhand grip position this exercise is one of the best bang for the buck exercises to train the posterior chain of the body when you have a strong back you have a hard shot and when you have a strong back you are hard to knock over on the ice because your postural strength is on another level drive the elbows straight

(01:48) back with every single rep and try and pinch your shoulder blades at the top of every single rep as well to finish off this first triplex we're going to go with one handed elevated medicine ball push-ups I want you to do 10 to 12 per side and this is a great exercise for your pressing muscles very similar to the flat dumbbell bench press but with this exercise it's excellent for shoulder stability a lot of hockey athletes have run into shoulder injury issues and many times this isn't due to strength but an

(02:25) overall stability of the shoulder girdle you'll see Kevin's hand is shaking just slightly on that medicine ball and that's because it's training the shoulder stabilizers in a very effective way hit 10 to 12 reps of this per side rest and then repeat for three to four rounds moving on to our second triplex we're going to utilize the exact same rep ranges as the first triplex but we're gonna change our order of operations here if you were watching carefully the first triplex had a pressing movement then a pulling

(03:01) movement and then another pressing movement we threw a pulling movement in the middle to give the pressing muscles a bit of a break in between exercises so that we didn't reduce performance on the pressing movements and then they got a little bit of a break to have more output by the end of the triplex we're gonna do that in the exact same way for this second triplex but for your pulling muscles so in this one we're going to start with a pulling exercise take a break with a pressing exercise and then

(03:33) finish with another pulling exercise the first exercise in this triplex is your seated cable row with the seated cable row don't be afraid to reach a little bit forward because I want you to feel a stretch in your lat that huge muscle that's right near your armpit you should feel a good stretch in that at the full length range of motion for every single rep and then drive the elbows straight back pinch the shoulder blades at the back of the movement and that would be a complete and proper rep repeat that six

(04:08) to eight times next we have our anding dumbbell shoulder press this is exactly as it sounds you put a couple of dumbbells in your hand stand up stand strong have a good posture drive the dumbbells straight up and then lower them down with control I like standing versions of overhead presses better than seated versions because it forces you to keep your core stable and strong throughout the movement and not rely on a bench or on the ground to help keep you stable hockey is a total body sport and you're gonna need to be stable no matter what

(04:44) position you're in so anytime you're doing overhead presses I recommend to do the standing version to finish this second triplex off we're gonna wrap it out with 10 to 12 reps per side of the one-arm dumbbell row the one-arm dumbbell row is a great way to train the lats the rotator cuffs and your grip strength which for hockey players means improving your slap shot power moreover since you're only loading one side of the body there's an additional excellent core stability training stimulus with

(05:17) this exercise that goes very under respected and unnoticed by a lot of coaches out there one arm dumbbell rows are great for core stiffness and core stability do this through a full range of motion drive that elbow straight back and really try and pull your shoulder blade towards your spine at the end of the movement alright it's time to finish this workout off with a bang our last triplex includes pushing muscles pulling muscles and core muscles all in one shot you're gonna begin with the dumbbell renegade row with the renegade row

(05:54) you're essentially just going to get in a push-up position but holding dumbbells and then you're gonna roll them up six to eight per side this exercise forces you to have extreme core stability and that's one of the hardest parts about this exercise we've already fatigued the back so we can use the renegade row at the end with a lower weight and still get a great training stimulus but also massively emphasize core stiffness which helps improve every single aspect of hockey performance once you've finished up your dumbbell

(06:32) renegade rows you're gonna move right into alternating stability ball step-offs here you're gonna do eight to ten reps per side and this is another great exercise for core stability you see the inner core muscles are getting hit a lot in this workout but also training the body in a unilateral sense as well meaning we're ensuring that we're training the core but we're also getting structural balance out of the deal because each side is loaded individually as you do your full eight to ten reps per side

(07:04) keep your butt in the air keep nice and level and touch your toes to the ground every single rep alright it's time to finish this workout and this triplex off with a little bit of everything we used in our Poland muscles we're using our pushing muscles and we're using our core muscles also you're getting a little bit of a conditioning effect out of this because if you watch Kevin I want you to move as fast as he is moving in this as well so you're creating a total body conditioning effect and really just

(07:35) tapping off all the resources in these muscles to ensure you send the training stimulus home squat right down below parallel curl on your way up and then press directly overhead without letting the dumbbells get too far in front of you repeat that ten to twelve times and you are done this workout thanks for watching our hockey training video if you liked that video smash that thumbs up button and subscribe to our Channel and for more information on how you can become the best hockey player you can possibly be I want you to click

(08:10) that link in the comments section because I've got more content just like this full hockey training programs and everything that you need to become a faster more conditioned and better overall hockey athlete just waiting for you click on that link in the comment section and let's get at it

**20. Legs + Core Hockey Workout 🏒 - YouTube**

[**https://www.youtube.com/watch?v=d00nxJB7BUY**](https://www.youtube.com/watch?v=d00nxJB7BUY)

Transcript:

(00:00) hey hockey player coach garner here from hockey training.com in this video I'm gonna be running you through a lower body and core hockey workout taken right from our men's league annihilation system for more information on that program click on the link in the comment section but let's just get right into this thing here the first exercise that we're going to do is the broad jump broad jump is a horizontal force production exercise we know from the literature that horizontal force production is great for your

(00:32) explosive speed so we want to be here we're gonna start with our feet in line and then what I'm just gonna throw myself forward we're gonna do this for three reps I'm just gonna do two here to show you how it's done want to land nice and clean just like that it was three reps you can do those boom boom boom back to back or if you're in a limited space area like a lot of you are in the gym you can do what I just did and have them go back and forth that exercise would be five sets of three with 90 seconds rest the next

(01:11) exercise is a front stepping lunge into scissor jump this one is to be performed for four rounds with two to three done per side and 90 seconds rest front stepping lunch into scissor jump it's just exactly as it sounds you want to be here we're gonna lunge and then we're going to explode into a scissor jump to the other side and then I'm back and I'm going to alternate legs lunge explode into a scissor jump to the other side so I'd be doing two to three per side here in real time you want to be explosive

(01:46) because that's what hockey athletes need to be lunge scissor jump back lunge explode scissor jump alright that exercise is gonna be all by itself you're gonna run that for the amount of sets and reps I already said next we're gonna do a super set now superset is a combination of two exercises we're going to combine the barbell hybrid deadlift with the stir the pot exercise barbell hybrid deadlift we're going to do here and I'm going to grab that stability ball for the stir the pot superset means we're going to be doing

(02:20) three rounds of each but I'm going back and forth so I'm gonna do the first exercise rest ten seconds and then do the second exercise rest a full 90 seconds before I repeat it three times over the barbell hybrid deadlift is called a hybrid because most people typically do deadlifts in two ways they pull sumo which would be here or they pull conventional which would be here the hybrid is in between that so hybrid you're hanging out not in sumo not in conventional but in-between why because a lot of times that's

(02:56) actually our athletic stance when you say take a vertical jump stance but you're not gonna go close you're not gonna go wide so learning to drive power from this hybrid position is great for hockey athletes I'm gonna be here I'm gonna get in my hybrid stance good posture pronated grip pronated just means overhand I'm gonna be here make sure I'm nice and centered pronated grip have a good posture I'm gonna come down and as I'm coming down I'm actually pulling my body towards the bar and I'm

(03:29) loading my glutes and posterior chain and I'm gonna come up and extend control it on the way down keep it nice and close to my body down extend nice and controlled down and hip extension all the way back down that's how you perform the hybrid deadlift now stir the pot that's a difficult exercise and it's a lot more difficult than it looks with the stir the pot you're going to be here I'm going to take on a bit of a triangle / diamond shape take a nice long stance and I'm going to be here and

(04:08) just like I'm a witch with a cauldron big stir the pot one two and that would be three I'm going to even it up and go in the other direction now keep stirring this pot tough core exercise you can see I'm shaking here the core stability required for this is very difficult that's how you're going to do the stability ball stir the pot I do that for three rounds three to five reps so the deadlift and four to eight stirs per direction on the stir the pot that's that superset next we're going to move

(04:46) into another superset and I want you to follow me into the other room this superset is going to be too angled barbell exercises some people call it a landmine setup I just call it an angled barbell because that's exactly what it is put a barbell in the corner you're gonna be good to go we're gonna be super setting angled barbell reverse lunge with angled barbell tight rainbow so we stay right here this superset ten seconds rest after the first one and then 90 seconds rest after the first one of it for it sorry after the second one

(05:21) and then you repeat that three times over angled barbell reverse lunge I want you to hold it almost like in a goblet position so you're gonna be here and now I'm gonna reverse lunge switch legs that's how we do our angled reverse lunge and then I'm going to move into the angled tight rainbow so this is a very much core and shoulder exercise here making a rainbow position but a tight rein boats called tight for a reason because you can do a big one where that trains different muscle groups and different levers within the

(06:12) body we're staying nice and tight here superset is gonna be with both of those angled barbells you're gonna do eight to twelve per side have the reverse lunge and you're going to do eight to twelve per side of the tight rainbow as well for three total rounds the next superset is your dumbbell Romanian deadlift with rear foot elevated and also you're going to superset that with the reverse crunch this next exercise is the glute destroyer now hockey athletes they've got large gluts for a reason it's

(06:47) something that you use a lot out in the ice it's something that plays a huge role your glutes do two things hip extension and also leg abduction they play a role in both of those well you need extension to be fast to be explosive but with that abduction that plays a huge role in that lateral skating stride movement so we need both here we're gonna do a dumbbell Romanian deadlift or we're gonna have our rear foot elevated rear foot is up I'm gonna be here dumbbells in front of me coming down nice stretch back up back down full

(07:29) range of motion and back up notice there is a slight bend in my knee here this is allowed this is a Romanian deadlift it is not a stiff legged deadlift those are two different movements back down and back up of course you would repeat this with both legs on either side and you're gonna do that one for six to eight reps per side and then move into a reverse crunch now this is going to beat on the bench or a ground-based exercise and you would do this for 15 to 20 reps reverse crunch you can really have two

(08:04) progressions of this a reverse crunch can stay here and then you contract upwards and you can keep your feet up for 15 to 20 reps and contract your lower abs here or you can bring your legs down bring them up and then contract control up contract two different variations of reverse crunch second one is more difficult you're going to be doing that for 15 to 20 reps and you would repeat that superset for two rounds rest 10 seconds after the Romanian deadlifts 90 seconds after the reverse conscious before moving into

(08:42) your very last exercise and I'm going to move you back into this other gym because the fan in there sounds a whole lot like a Zamboni and hope you guys are already away familiar with that but it's a little bit noisy for a YouTube video and I'm trying to run you guys through a workout for your hockey performance last one here is the single leg hip thrust now it's a ground-based exercise and again glutes and hips we need this for Mohawk turns we need this for our explosive power this is something that

(09:12) really makes a workout more hockey specific as a big difference between training and training for hockey we need to train the movements the movement patterns and the muscles and muscle energy systems that are actually going to get a result out in the ice this last exercise of our workout is going to be by itself we're going to do two rounds 15 to 20 per side with 60 seconds rest single leg hip thrusts we're just going to plant one foot down we're going to plant our arms down on either side so we

(09:41) don't have any stability issues we're gonna have our foot right up in the air and I'm just going to extend my hips so I'm not doing anything with my upper body or even trying to use my leg in any way my mind is with my glutes and my hips extension down extension down full extension and down that's a great strengthening exercise but also a mobility exercise for the hockey athletes out there who have hip mobility issues and I know that that's a lot of you once again that was a workout taken

(10:14) right from our men's league annihilation program if you liked this video make sure you hit the thumbs up button and subscribe to our channel and for more information on how you can get your hands on the men's league annihilation program and even one of these beautiful books click on the link in the comment section below train hard

**21. How To Workout like a College Hockey Player | The Basics - YouTube**

[**https://www.youtube.com/watch?v=8chH7WyBdbI**](https://www.youtube.com/watch?v=8chH7WyBdbI)

Transcript:

(00:00) hey guys welcome to the video today we're gonna be talking about college hockey training gonna go over training splits how i used to train playing college hockey as well as i'm gonna take you through a workout that i used to do in omaha at the division one level two so like i said in this video i'm going to be explaining everything that i know and experience through training in college hockey to kick things off i drew up this pretty bad diagram about training splits so a lot of you guys ask me how many times

(00:33) should i be training a week really it depends and there's not a bad answer for it but this is what i've done right here so playing college hockey i either did a four day split or a three day split the difference between the two a four day split you are lifting monday tuesday thursday and friday three days split you're listing monday wednesday and friday these alternate between the legs upper body legs and upper body the three day full body full body full body so we typically did this three day split when we were

(01:02) skating a lot more so there's less workout volume during the week because you're on the ice like maybe five times a week during this so we would have done this more in september october right before the season starts then when we actually start in the season we go hard look monday and then wednesday was usually a bit lighter because friday and the weekend is when we play so the four day mostly in the summer when we weren't skating a whole lot and then i didn't write it down wednesday we didn't lift but usually wednesday

(01:30) was a conditioning day where we'd go outside we'd run we'd still get better we'd still work out but it's not like you're going in the gym to actually lift weights so that wraps things up for training splits if you got any more questions on this just feel free to dm me on instagram so i'm going to be taking you guys through a workout today as i go through this workout i'll be talking a lot about college hockey training my experiences certain things that you guys always ask me about it the workout we're doing

(01:53) today is a work capacity workout i actually did this when i played college hockey it's pretty tough honestly i remember doing it gets the heart rate up pretty good so yeah you're in for a good one this is good to do kind of getting ready to ramp up for the season making sure your full body's conditioned ready to go [Music] so what i'm doing right now is called rpr it stands for reflexive performance reset and we did this before every single workout most games too the trainer would do it for us a basic explanation of it would

(02:38) be to think of your body as a morph suit and your fascia being the morph suit so everything's kind of connected you pull a morph suit and one area gets super super tight it's going to kind of have an effect on all the other areas so it releases common areas of tightness on your body so that when you work out or go play a game you're not going to have certain areas that are compensating for others all right so before i get started on this workout i wanted to talk to you a little bit about hard workouts and easy workouts like are

(03:10) college hockey workouts very hard are they easy how in shape you have to be how strong do you have to be i would say that there's never a time that i was going into the gym worried about if i was gonna puke or if i wasn't gonna make it through the workout i think the trainers do a pretty good job in knowing how hard to push their guys you know so that they're just getting better but they're not going to the point of pure exhaustion every single day because the skates are tough too there's a lot of things to balance out

(03:36) in terms of how strong most players were and how strong you had to be there's definitely no requirement there was crazy amount of difference between the weakest guy and the strongest guy it varied way more than i thought it would there's guys that i played with that weren't the best in the gym but they're really good on ice and then there's guys that were great at both and great in the gym so i forgot to mention this earlier but for reference my main lifts in when i play college hockey my bench press

(04:03) was anywhere from 225 i could go three reps to six reps back squat was the 275 315 area four sets of five i was always pretty good on chin-ups could do like sets of 15 to 20. so that was my numbers and i'd say i was above average of the team with those so puts into perspective i guess how strong most of the guys are on the team so don't worry about it too much as long as you're working out your training as you're getting older up into the point of going to college once you get there there's no set standard you're gonna be

(04:38) fine so it's time to get started on the first lift of the workout we got a reverse lunge it's going to be three reps aside you're going to rest 20 seconds and then you're going to repeat it right again so very short rest period and it's a total of 10 sets so what i remember was pretty tough [Music] [Applause] [Music] all right that's 10 sets heart rate's up felt good now we're moving on we got the same thing but incline dumbbell bench all right before we get started i'm going to talk

(05:37) to you about what time of the day i trained in college and it changed quite a bit in the summer time we'd have 7 a.m workouts and then the workouts kind of revolved more around your class time so you practice at 12 you'd either work out before 12 or you practiced at 12 and then worked out after 12 just depended on when you had school all right so same thing 10 sets of 3 20 second rest that's it for the incline bench really felt the work capacity being pushed with that one all right so there's one block left and i got a

(06:19) couple more things that i want to mention to you before this video ends so before i get started on this next block i wanted to talk to you guys about in-season training so what i believe to be best is in season your training should reflect the things that you are not getting on the ice so what i mean by that is when you're skating you're practicing every day you're playing games in the weekend on the ice you're not getting a lot of that strength component of the heavier weight so when you take that

(06:43) time to work out during the year you should be focusing on maintaining some of those strength qualities and that explosiveness that you built up all the way through the summer so when i was in college hockey that's pretty much what we did our lists were once maybe twice a week at most monday tuesday if we played on a friday and they were heavy we went in the gym we grabbed some heavy weight we moved it not too much because we're skating so much but just enough where we could maintain that strength throughout the year so

(07:12) that's typically what we did and that's the way i think it should be done too we would do a team workout on wednesday as well even if we played on friday but it would be super light it was like a circuit style with bands and stuff body weight movements it wouldn't involve any heavy weight and it was a good workout too so maybe that's something i'll show you guys yet but for the most part one heavy lift a week maintain that strength throughout the year and you'll be good to go so let's get started on the last set

(07:37) eight reps swiss ball leg curl [Music] [Music] all right guys that's it for the left gonna finish off doing some cardio on the bike and speaking of cardio we actually didn't do a whole lot of cardio um in the gym and stuff with the workouts while i played at omaha cardio that we got was pretty much all from on ice work so like just the high intensity practices we'd beg skate a little bit but not a whole lot and it was mostly just from coming to practice with a fast pace always skating in drills and i think that worked out pretty well

(08:39) so it wasn't your typical you go in the gym you do your workout and then you just get bagged on the bike or like ran for a few miles you know only time we really did cardio was mid-summer we're on the four-day split on that wednesday that's when we'd head out to the track we did some sprinting some maybe longer distance running but for the most part that's how it was and uh you won't see me complaining about that so i'm all done the workout just gonna wrap up things on the bike one thing i wanted to mention too for

(09:07) this video ends is that these workouts that i'm showing you aren't necessarily meant for everybody you got to take in mind that these are workouts that college athletes are doing and they are beneficial for us but stance of a younger athlete and a more untrained athlete some of the exercises that i'm doing you could probably tone it back a bit or there's other things that could probably benefit you more than even doing exactly what this workout just was so depending on where your point training

(09:36) is take that into consideration before just going straight into this workout and doing the whole thing exactly like i did with that being said thanks guys for tuning into this workout checking out this video if you haven't yet please like and subscribe to my channel almost at 10k i really want to get there if you got any questions about this workout about college hockey training just hockey training in general my dms are always open on instagram love to answer your questions connect with you and i'll see you guys in next

(10:01) week's video peace [Music]

**22. TOP 11 Back Exercises For Hockey Players - YouTube**

[**https://www.youtube.com/watch?v=yf6uW1l3rVg**](https://www.youtube.com/watch?v=yf6uW1l3rVg)

Transcript:

(00:00) if there is one body part that is always weak and underdeveloped in hockey players it's the back a few weeks ago i published a video on why hockey players must train their upper back if you haven't seen it yet click the link somewhere up here to get the full scoop that brings us to today's topic which is the top 11 jack back builders for hockey athletes before i reveal which exercises you should perform and in which rep ranges to get the most out of them a short primer on back anatomy we're athletes not bodybuilders so no need to

(00:33) overthink this roughly speaking we can divide back training into three categories one exercises that target the upper traps so beefing up your back off top two exercises that mainly hit the mid upper back meaning back thickness when you stand sideways if your shadow disappears you got a problem and three exercises that primarily stress the lats adding width to your back a wide muscular back coupled with the slim waist gives you that irresistible and powerful movie star look most back movements train more than one muscle

(01:09) group let's take the seated cable row for example depending on your grip the handle you use how high you pull the handle the angle of the pull and so on you can make this exercise a more lat dominant or more mid upper back dominant so there's overlap between the categories it's not like this exercise only works this one muscle just keep that in mind going forward with the intro out of the way let's jump right into our list of the top 11 back exercises we'll kick off with power shrugs you rarely see shrugs in a hockey

(01:41) training program it's not a super important exercise and most athletes are too upper trap dominant anyway so doing lots of shrugs while neglecting other areas can lead to issues such as poor posture or neck pain but from an injury prevention perspective specifically when it comes to concussions you'll want to have some mass in your traps and neck to build bigger upper traps power shrugs are great and for a thicker neck you got to do direct network in order to build that yoke to protect your head during

(02:11) collisions here six to twelve reps works fine strong dudes can drop it down to three to five reps occasionally once you're moving five plates or more even if it's just for low wraps your traps will stand out number 10 i don't know the official name of this i call it the high rope nippero because you're using a rope attachment and rolling to your nipple from a high stack position whatever you want to call it the rhomboids will get lit up here the only issue is that you can't really do these

(02:41) for sets of 12 or less because you'll use so much weight that the weight stack will pull you out of position so this exercise forces you to go lighter by default which isn't a bad thing it just means you gotta bump up the reps 15 on the low end 25 to 35 on the high end for a huge burn next we have the inverted row also known as the fat man pull up great for stressing the muscles around your shoulder blades i prefer the rings here because they allow your shoulders to rotate naturally instead of jamming

(03:13) them into place which is what you get with a straight bar straight arms at the bottom and your thumbs should graze your chest in the contracted position weak guys will start with your body approximately at a 45 degree angle if you have to go even higher than so big as you get stronger you get closer and closer to the floor eventually your body will remain a hair above the floor at the bottom after which point you can raise your feet on a box or add a weight vest to make this movement harder as for the target number of reps we usually do

(03:45) 8 to 12 up to 15. the eighth place goes to landmine rows the handle landmine rows are a classic back movement lean forward and drive your elbows towards your back pockets don't shrug the weight up a mistake a lot of people make use smaller diameter plates to increase range of motion a regular 45 pound plate will restrict your rom too much so stacking a bunch of smaller 25 pound plates will give you better pumps here 8 to 15 reps gets the job done number seven rack pull-ups i never see these done in an office program because people

(04:20) don't know about this exercise which is a shame because it's an effective lat builder focus on getting a nice lat stretch at the bottom then pull up from there if you're doing bodyweight reps i prefer to just bang out as many as possible with good form no keeping and chin clears the bar often that means 15 to 20 reps or even more if you're strong 8 to 12 reps when you're using external loads then we have the face pull with these besides regular reps i like pauses in the contracted position anywhere from one to six

(04:51) seconds works great obviously the length of your paws will determine how many reps you do since the goal here is not to go super heavy but to make the muscles around your shoulder blades burn bad we want a long time under tension regular reps quite a wide range 12 to 25 a three second pause 10 to 15 6 second contraction 8 to 10 reps those are good guidelines to follow coming in at number 5 the smith machine row this piece of equipment gets a ton of flack rightfully so because the smith machine is not optimal for beginners who need to learn

(05:26) how to properly stabilize their body under load so barbell bench presses and squats are much better options but for someone who knows what they're doing the smith machine is actually not a bad choice with a bent over barber roll if you're doing a lot of skating squatting and dead lifting your lower back will be tired and this will limit how much weight you can roll since the bar path is fixed the smith machine requires less stability and less contribution from the spinal erectors to hold you in position

(05:57) so you can use more resistance i get great mid upper back pumps here and i like the fact i can add some damn weight you got a lot of variety with this one six to eight reps on the low end and up to 15 20 on the high end solid axis height the fourth place goes to seated table rows another movement we have all done before i prefer a double handle or v handle because i get a stronger contraction that way i never seem to get that same feel with a wider grip your mileage may vary so you gotta test all those handles out to find the best for

(06:32) you typical bodybuilding rep ranges apply here 8 to 10 12 to 15 all good third spot the chest supported row so underrated yet so effective since your chest is supported by a bench you can't cheat too much that means you gotta focus on controlled movement and really making the right muscles work you can't go wrong with 10 to 20 reps once in a while i go higher 25 even 35 reps something i got from the late bodybuilder john meadows i credit those burn sets on this exercise for my mid back thickness next up a tremendous lat

(07:08) builder the single arm dumbbell roll a ton of people do this wrong they're just heaving the weight up and down their biceps and forearms take over when you should be feeling your lats stretch and contract 6 to 6 to 10 8 to 12 reps most of the time with strong eyes i like to go heavy and for high reps this combo was made popular by pow matt krasalevsky sorry if i butchered that name grab a big weight strap up and let her run a good goal to shoot for is 20 plus reps with the biggest dumbbell at your gym 110 to 130 pounds if you can do that

(07:43) without excessive cheating your back will look thick and wide finally the winner weighted chips i always point to climbers as proof of what pulling your body up over and over can do for your back development these guys have ripped backs despite weighing 135 140 pounds and it's all from climbing and doing weighted chins in the gym this is the only exercise on this list i treat as a true max strength left 1 to 5 reps builds tremendous pulling strength while sets of 6 to 10 fit in as accessory work that's a wrap top 11 back exercises for

(08:21) hockey players add these into your routine and watch your back grow speaking of making sick gains check out this video about the number one deadlift boosting exercise and this video right here where i walk you through a full nhl strength workout so you can train like the pros thank you for watching if you want more great training tips like this then hit that like button subscribe to my channel and i'll see you in the next video

**23. Hockey Shot Power Gym Workout 💥 - YouTube**

[**https://www.youtube.com/watch?v=0de3CmdmCRs**](https://www.youtube.com/watch?v=0de3CmdmCRs)

Transcript:

(00:00) hey hockey player in this video I'm gonna run you through an upper body workout that utilizes the muscle groups and movement systems that are most important for improving your shot power let's get into it alright let's get into it here the first exercises that you're gonna be performing in this workout are a superset between weighted pull-ups and dumbbell pullovers with the way they'd pull up if you have a partner they can very easily put a dumbbell in between your legs just like you see Kevin

(00:29) helping me out here but if you're by yourself I really recommend getting a weight belt that you can attach plates to as it's much much easier when you're training solo big thing important to note here notice how I'm coming all the way down and straightening my arms and then going all the way back up and giving my chin right up over the bar this is how you perform the pull-up in the best possible way because you want a lot of range of motion when it comes to improving your shot power the second exercise in this

(01:02) superset is the dumbbell pullover what I want you to do is actually set yourself up perpendicular with the bench bridge your hips up get your arms straight and locked out and slowly bring the dumbbell back until you feel a good stretch in your lats and in your shoulders this is one of the best exercises to isolate your lats and strengthen them which is very important because the lats are one of the prime drivers and improving your shot power next up we have the barbell Cuban press now the barbell Cuban press is pretty

(01:39) much like an upright row and then an external rotation and then an overhead press all wrapped into one movement because of this is incredibly difficult here I am using only a 45 pound Olympic bar and even that is very heavy for this movement so if you're new to it I definitely recommend grabbing a lighter bar so that you can properly execute this movement and not just throw the bar up and down this will strengthen your rotator cuff which plays a huge role in your wrist shot and snap shot power moving on to the next one we have a try

(02:17) set that is going to attack the core from all angles you need to have a powerful strong and stable core if you're gonna have a great shot because all that rotational power that you see especially in the slap shot is largely being driven exclusively by the core this first exercise big thing you're gonna notice when I'm doing these diagonal medicine balls low to high chops is how I'm being explosive only on the low to high aspect but on the way back down I'm coasted a little bit and that's because we're only training power

(02:52) in one direction with this first exercise going from low to opposite high side as explosive as possible in the next exercise in this tri set we have the high to low chop so notice I'm doing the exact opposite when it comes to this drill I am exploding from my high side to my opposite low side but then coasting on the way back up because we are only training explosive power now from high to low we do this so we can really maximize how much power output we can get in a single try set where as trying to go in both directions all at

(03:31) once would really begin to fatigue you moving on to the very last medicine ball shot movement here we've got our horizontal medicine ball chops now we're just gonna burn out and go high power on both sides to get as much rotational power try stimulus as possible within this full try set once you're done this thing you paid low to high high to low and horizontal to give you the most well-rounded core development for improving your shot power to finish this workout off we're gonna be doing a dumbbell farmers walk very simple here I

(04:07) want you to pick up two heavy dumbbells keep your chest up keep a good posture keep your neck in neutral spine and just walk for 30 straight seconds ideally you'd be in a large area but if you're in a smaller area you can just paste back and forth and do circles the main idea here is to strengthen your grip your grip plays an immeasurable effect in all of your shot power out in the ice doing a heavy dumbbell farmers walk is one of the best ways to have an iron grip pick a heavyweight hold that thing

(04:43) for 30 seconds and let's go the reason why this workout is so effective is because it's training all of the muscle groups and movement systems that are associated with improving your shot power out in the ice you need workouts that are gonna strengthen the lats the shoulders your grip strength all at once but also never forget that we need that low load high velocity rotational core training to send it home this workout I can guarantee will improve your shot power thanks for watching our hockey shot power workout if you liked that

(05:20) video smash the thumbs up button and subscribe to our Channel and if you want to start scoring more goals out in the ice we've got a free goalscoring package ready to rock for you by clicking on the link in the comments section below let's go

**24. TRAIN LIKE AN NHL PLAYER 🏒 (Use This Workout This Season!) - YouTube**

[**https://www.youtube.com/watch?v=cn1b2CAqybo**](https://www.youtube.com/watch?v=cn1b2CAqybo)

Transcript:

(00:00) hey hockey player in this video I'm gonna run you through a workout chicken straight from the brand-new in season domination program let's go all right as we get into this thing here I want you to know that all of the sets reps and rest periods can be found in the description below but the first superset you're gonna perform is a combination between vertical jumps and broad jumps I want you to take quick notice here of how Kevin is extending his hips on every single jump and also using his upper

(00:33) body to maximize the hang time on your way down just cushion that landing and immediately come back up for three reps as explosive as possible once that's done rest 10 seconds and move into three broad jumps for your broad jump you can do all three consecutively in one line but as you see Kevin doing here this is what most hockey athletes do because they don't have a lot of space to work with in the gym you can perform one jump at a time and just turn around on every single rep perform three broad jumps

(01:10) here rest 90 seconds and complete for three total rounds moving on to the second superset of the workout we're gonna be focusing on strength and hypertrophy maintenance throughout the season you're gonna be doing a combination of barbell front squat superset it with wide pronated grip pull-ups with the front squat I want you to notice how Kevin's break in parallel on every single rep this is very important to get the maximal adaptations from the exercise I don't want to be the guy in the gym who does quarter squats

(01:42) maintain your posture throughout this movement it's one of the best exercises in the game for lower body strength and power but also core stability because maintaining that bar position is a lot tougher than it looks if you've never done a front squat before once you've completed five to seven reps there you're gonna rest ten seconds and go right into wide pronated grip pull-ups this is also for five to seven reps and we're staying in this zone because we want to provide the body with enough training stay me

(02:14) but not too much training stimulus so that we maintain our strength and size all season long but we don't overtax our recovery reserves and thus sacrifice our own ice performance the wide pronated grip pull up as I've mentioned in many videos in the past is probably the best bang for the buck exercise in the entire game to improve your shot power let's move right into our third superset of this workout which is a combination of barbell good mornings and chest supported dumbbell row we're going to be

(02:46) doing the same amount of sets reps and rest as we did with the b1 b2 series because we are still focusing on total body strength and hypertrophy maintenance throughout the entire season we need to make sure each muscle group is targeted with at least 75% of our 1 rep max per session each and every single session throughout the entire season on the good morning it's one of the best glute and hamstring exercises out there and it's very important to have strong glutes and hamstrings as a hockey player for injury prevention but

(03:22) also for explosive speed needs as there's a lot of hip extension involved in being an explosive skater once you've finished your 5 to 7 reps on the good morning you're gonna go right into a chest supported dumbbell row chest supported dumbbell rows are one of my favorite back exercises because they take away any form of cheating when you're supported you can't use your lower back to try and lift you up and use momentum like you see some athletes do with a barbell row or try and swing back with a lat pulldown you can't get

(03:56) any of that with a chest supported dumbbell row so you get maximum muscle fiber recruitment in the back which is great for all things hockey performance the fourth superset of this NCS in domination workout is a combination of standing alternating neutral grip dumbbell shoulder press with some one hand on medicine ball offset push-ups this standing shoulder press is one of my favorite variations for hockey athletes to safely hit their shoulders first and foremost when you utilize a neutral grip doing overhead movement it's a lot more joint

(04:30) friendly on your shoulders which is really important for hockey athletes throughout the season to prevent any wear and tear which typically happens in the shoulder region and when we're doing it in an alternating fashion we're also increasing the total time under tension per set and beyond this the fact that you're standing is much more advantageous to an athlete because a seated overhead press would primarily be just for shoulder hypertrophy and strength but if you're forced to stand you're also forced to maintain a lot

(05:03) more core stability and core muscle fiber recruitment than you otherwise would have if you were in a seated position making this variation a lot more functional for hockey performance once you've finished all your reps at five to seven per side for the overhead press you're gonna move on to one hand on medicine ball offset push-ups now this is a great exercise for chest and tricep development but you'll notice Kevin's hand is kind of shaking a little bit there on the medicine ball and that's because there is a major

(05:36) stability requirement placed on the shoulder girdle during this exercise and that stability trains all of those stabilizers that are would otherwise cause you to get injured if they weren't strong enough to match all of the rest of your body and maintain that structural balance you need out in the ice to prevent injury so here we're getting all of the strength work we need at over 75% of our one rep max for muscle fiber recruitment in the chest and triceps but we're doing it in a way that prevents injury throughout the

(06:10) season to finish this workout off we're going to do one exercise all by itself not superset it with anything called the elbow on knee dumbbell external rotation hockey players have a major problem with shoulder flexion they've got that hunched over shoulders which cause a lot of tightness in the chest and the anterior deltoids but when we strengthen the external rotators of the shoulder again we're not just strengthening the shoulder but we're doing one of the best things possible for preventing

(06:41) injury throughout the season not to mention the rotator cuffs play a big role in your shot power out in the ice we're gonna perform five to seven reps per side in a good controlled fashion with this you want to make sure you alternate on every single side so you do three rounds per arm and not just three rounds total rest 60 seconds in between sets and that will round off this workout the reason why this style of workout will allow you to dominate all season long is found within the subtle nuance behind the workouts design at face value

(07:18) a lot of you guys may look at this and say well that's just a total body hockey workout but one thing I can tell you is that the frequency density intensity an overall training volume that you perform in the offseason is completely different than the demands and goals of what you should be focusing on in the end season when you look at the overall design of this program the a series between the vertical jumps and the broad jumps is focusing on power development which helps keep you explosive all season long

(07:51) whereas the B series the C series and the D series all focus on strength and hypertrophy to ensure that you don't get weaker as the season goes on your shot power stays where it should be and that you're always strong on the puck and last but not least those elbow on the dumbbell external rotations are put in place to round off the workout and give you an injury prevention benefit as well when you look at the entire program as it is I also want you to note how it's only three sets of every single exercise

(08:25) and/or superset we're not performing four five six or seven rounds of anything because we want to perform the minimum effective volume to ensure that you maintain your explosiveness speed strength and hypertrophy all season long while not tapping into your recovery reserves which would result in a decrease in on-ice performance which is the last thing that we want this is how you should be training during the season for your strength training which should be performed a minimum of once per week thanks for watching our hockey training

(09:01) video if you liked that video smash the thumbs up button and also subscribe to our hockey training channel and if you want to have the best season of your life this year click on the link in the comments section below because the brand new in season domination program is now live and it's going to keep you explosive all season long

**25. Wisconsin Hockey || Ep 3 || The Weight Room - YouTube**

[**https://www.youtube.com/watch?v=V4eViSR4yxA**](https://www.youtube.com/watch?v=V4eViSR4yxA)

Transcript:

(00:01) besides was a big reason I came here he's obviously had Pro jobs that he's turned down and come back here so I think he's a big reason why a lot of people come here just to better themselves off the ice having the mentality that every day you can get better [Music] no one is going to deny how important offseason training is for any school but it's not always about how much weight is on the bar or getting down to a certain time for Wisconsin strength coach Jim Schneider it's about making sure the

(00:40) work is right for each individual player ain't growing up working out with a hockey team or the football team it was a lot more just getting bigger and stronger just being the kid wanted to be the meathead what's nice is really good at toning it down and breaking it down he's uh he's pretty nuts he's but in a good way of course he knows what he's talking about and he wants the best for you know each and every one of us so he puts in a lot of work for us and we try and do the same hockey players don't

(01:04) have to do the biggest don't have to be the strongest you have to use your muscles in the way that you can use them different players use them a different way so we do different lifts it depend on what kind of play our depend on what upcoming games we have depending on what's going on in the in the year what time of the year it is definitely have seen a payoff I feel like helps out there a lot especially even with speed and stuff like that so feel a little faster a little stronger and definitely translates now current Badgers aren't

(01:27) the only ones making the most of their time in the weight room this summer a number of former Badgers returned to Madison to work with Jim Schneider to get set for NHL camps which opened this week he's constantly innovating and recalibrating his programs to stay ahead of the game and I think that's a huge reason why we all come back and we all love the material and the workouts that Jim gives us and he is very much second to none when it when it comes to training and working out every summer he's got some new stuff we were

(02:00) constantly evolving and making sure that you know our bodies feel great and we're staying healthy you're an outsider looking in you might be questioning or looking at like why are they doing this how could that be helping but he's got a reason for you know everything he's doing whether it's the breathing stuff the different movements just the regular lifts it's it's all for a reason it's a huge resource I mean you got to use and we got to ask some questions I mean he's constantly researching new

(02:29) things and new methods and different ways to get better so I think that you know when you have somebody like that around I feel like you got to take advantage of it he can individualize things very very well you know he can look at a guy watch them play watch their strengths and figure out little things he can get better at so not every one's workout is the same you know him knowing how to do that with each individual guy is pretty special the sense of pride coming from Wisconsin and especially working with Jim Snyder and

(02:55) he's the guys give me confidence and he's well making you feel good so that's only confidence and a feather in your cap going into season a I'm always going into camp feeling good very confident I think a lot of that to Jim's credit he gets us ready and just feeling good throughout the season not wearing down and feeling strong throughout the year [Music] you [Music]

**26. Hockey Speed Workout For Speed Like McDavid 🏒 - YouTube**

[**https://www.youtube.com/watch?v=jlkOaeGDVQA**](https://www.youtube.com/watch?v=jlkOaeGDVQA)

Transcript:

(00:00) - Hey hockey player. In this video, I'm gonna show you how to become an all-round faster skater, just like Connor McDavid. That guy has explosive speed, acceleration, and top speed out on the ice. These are all separate and trainable qualities. Let me show ya how we're gonna do it. The first exercise you're gonna be performing in this hockey speed workout is the box jump.

(00:22) The box jump is a vertical power production exercise. Because it's vertical power based, we know from sports science literature that that is gonna help you with your explosive speed and your acceleration, so you're gonna have that first step quickness you need to have to get past your opponent, but your acceleration from first gear to fifth gear is going to be improved as well.

(00:44) Don't forget to use your upper body, pump your arms up, and only do one rep per set, because we want maximal power and maximal height each and every single time you jump. Next up, is the triple broad jump. With the triple broad jump, I want you to jump as far as you can back to back to back, and produce as much force as you possibly can into these jumps, because this is all about horizontal power production.

(01:13) Where the box jump focused on vertical power production and therefore acceleration and explosive speed, the broad jump focuses on your horizontal power production, which we know from sports science emphasizes your top speed out on the ice, and your deceleration as well. Your top speed's gonna determine how fast you can go when you're in gear number five, and deceleration improves your stop-start speed, and therefore, your agility.

(01:41) This is a very well-rounded exercise, and I want you to cover as much ground as you possibly can, each and every single jump. The third exercise in this hockey speed workout is the mountain climber sprint. I absolutely love the mountain climber sprint for hockey speed training, because it allows you to train power production in both legs equally.

(02:03) The problem with some sprint training is you really develop a dominant leg that you always wanna take off with, and we don't want this happening out on the ice. So with the mountain climber sprint, we switch which leg we take off with, after our three split stance switches each and every single set, so that you never develop a dominant leg, and you're explosive no matter where you are on the ice.

(02:26) To finish up this workout, we're gonna do three exercises back to back in a triplex. The first exercise in this triplex is the alternating split squat jump. With this exercise, I want you to jump straight up as high as possible, and switch your stance each and every single time you land. We're gonna do this to develop more vertical power production, but do it in a way that is single leg based, just like the mountain climber sprint.

(02:54) After your jumps, you're gonna drop right down into a 60-second plank. There's far too many coaches out there right now that are totally underestimating the importance of core strength, and core stability when it comes to expressing your full speed out on the ice. You need to have a core that can absorb the forces of your lower body, or else you will never reach your full hockey speed potential.

(03:18) Hold this thing strong for 60 seconds, keep your back nice and flat, and just grind it out. The third exercise in this tri-set and the last exercise of this whole hockey speed workout is the ankle pogo hop. With this exercise, you wanna keep your legs relatively straight, keep a good posture, and do your best to bring your toes up each and every single time you get in the air.

(03:42) You notice Kevin keeps his toes curled up every single time he goes up and down, up and down? We're doing this because this exercise is excellent for reducing what's known as ground contact time. This is the time it takes for your foot to leave the ground each and every single stride you take while sprinting.

(04:02) If we can reduce your ground contact time, than we can increase your sprint time. If we can increase your sprint time, then we can increase your speed out on the ice. The real magic behind why this hockey speed workout is so effective is due to the exercise selection and angles of force production. Because some exercises in this workout contain vertical power production, we're gonna be improving your explosive speed and your acceleration.

(04:30) Yet, other exercises are utilizing horizontal power production, which improved your top speed and your deceleration. Speed kills, and this workout improves your speed from all angles as well as your agility from all angles as well. Beyond this, you'll notice the rest periods gradually get longer as the workout goes on.

(04:53) This is the biggest difference between speed and conditioning. Too many hockey players are messing this up right now. They think that ya have to be out of breath the whole time, in order to properly train speed. No, speed is how fast you can move. Conditioning is how long you can move. Conditioning workouts, you are purposely putting in shorter rest periods because you need to be performing your exercises in a pre-fatigued state so that you're training conditioning.

(05:23) Speed, on the other hand, is all about maximum velocity. You need to be maximally recovered in order to emit maximum velocity each and every single exercise that you do, so that you can train the body that it needs to move faster and not just move longer. With this workout, we're checking every single box that it takes in order to make you a faster hockey player.

(05:47) Thanks for watching our hockey speed workout. If you liked that video, smash the thumbs up button and subscribe to our channel. And if you're ready to become an all-round faster skater, click on the link in the comments section below to download your free Explosive Hockey Speed Package.

**27. STAY STRONG ON THE PUCK 🏒💪 (upper body hockey workout) - YouTube**

[**https://www.youtube.com/watch?v=fzkc9iUKFl4**](https://www.youtube.com/watch?v=fzkc9iUKFl4)

Transcript:

(00:00) hey hockey player and welcome to the upper body workout that's going to make you strong on the puck in this workout we're going to be working on the entire upper body and it's going to be broken up into three different segments we're going to do a tri set and then we're going to do another tri tri-set and then we're going to finish off with a finisher that i have in store for you up first we're going to be doing a combination of yoga push-ups ytws and x-ups do the exercises all back-to-back

(00:28) with no rest in between and then we're gonna rest 90 seconds in between rounds get ready first up is the yoga push-up in five four three two one let's go ten reps of the yoga push-up keep it going see always getting a good stretch in the back you want to get that every single time in the hamstrings but also in the shoulders get that shoulder extension come all the way down for the push-up once you've completed all 10 reps here we're then going to be moving on to the ytw's on to the y you see kevin's thumbs

(01:08) pointing up that's key focus that's what i want you doing always think open can make a y motion bring your shoulder blades together with every single rep we're going to be doing 10 reps per letter once you've done all 10 reps on the y move immediately to the t and just like you would expect you're going to be making a t with your body but don't forget those thumbs up every time i want you to think open can because if you had an open can it would spill if your hand was like this or like this

(01:41) think you've got fluid in a can the whole way so that you're pointing your thumbs to the ceiling moving on to the w where you're going to make a w symbol with your body every single time contract your upper back bring those shoulder blades together this is an excellent excellent exercise to work the upper back next up is the x ups we're going to do 10 per side here make your body an x on the ground and then bring your opposite arm to opposite leg up 10 times per side hockey is very dependent on cross-directional power

(02:19) pathways it's very important that in order to optimize things such as our shot power that we work cross-directionally because when you bio-mechanically assess the shot it is a cross-directional movement pattern all 10 are done rest 90 seconds five seconds left get ready three

(04:02) two one we're back at it yoga push-ups try and make this one smooth motion don't make it the downward dog and then the push-up and then some movement in between try and make this look fluid you're an athlete here i want you to move like an athlete ten full reps of the yoga push-up getting full extension of the legs full extension of the shoulder and all the way to the ground for every push-up going right into the ytw's remember you guys no rest in between exercises we want a lot of strength out of this workout

(04:37) because this is all about stopping power and staying strong on the puck but we also want to get a little bit of a conditioning effect out of this we are doing a tri set here we want to have a little bit of labored breathing we want to keep moving making sure with every single ytw that our mind never leaves our upper back you're not just moving you're contracting your upper back with every movement that mind muscle connection needs to be strong if you want to get every last ounce of progress out of your body weight only training always

(05:10) focus on the muscle that's working and i promise you you'll isolate it so much better moving right into the x ups another one that's important to focus on the x ups and a lot of core movements you can kind of just momentum your way through it sometimes but that's not the goal of the movement the goal of the movement isn't just to go from a to b the goal of the movement is to get the most out of a to b focus on your core cross directionally move 10 per side but don't forget to breathe always breathing throughout this entire

(05:45) thing and that is an awesome job you've done 10 per side 90 seconds rest starts now get ready you've got eight seven

(07:15) six five four three two one last round here let's go finish this first super set sorry this first tri set off strong ten reps all back to back to back quality over quantity make sure every movement you're doing is a quality movement again we're not just going from a to b we're getting the most out of a to b always have your mind focused on technique getting right into the ytws let's go mind always in the upper back don't just rest don't just throw your arms up make sure your upper back's contracting

(07:53) at the top of the movement but even at the bottom of the movement even when your your hand has touched the ground you're still thinking about your back it's got an isometric contraction it's got non-stop tension muscle tension time under tension keep breathing but keep going let's go banging out the t's now getting them done almost at the w's now at the w's let's go let's go keep up with kevin here keep up with kevin's pace keep up with kevin's movement quality as well keep everything on point this is

(08:28) what it takes to be an awesome awesome hockey player once you've got all 10 reps done flip over let's do the x ups let's go get these done 10 per side this is the last round of x ups you're gonna do so make it the best one i always say make the last round look like the first round you should look as fresh the movement should be as clean everything should be on point even when you're getting tired that's more important that you keep it quality all right keep breathing and let's go get that 10

(09:01) per side in and then you've got your 90 seconds rest before we move on to the next tri set awesome awesome job 90 seconds rest starts now all right get that last sip of water in

(10:31) you've got 10 seconds left i want to let you know we're going to be doing pike push-ups reverse snow angels and renegade row 10 reps of all of them three two one pike push-ups let's go turn your body into a shoulder press machine that's exactly what we're doing here we're working the triceps we're working the shoulders very important for fighting others off the puck and staying strong in front of the net you need these muscles to be strong you need these muscles to be enduranced right when you've done those final 10

(11:03) reps move on to the reverse snow angel our friend the upper back is activated again but now we're going to be running it through a rotational movement pattern thumbs up in the front thumbs down in the back you see kevin's rotational pattern there that's what you want to have for every single rep thumbs up in the front thumbs down in the back you see how his chest is up his whole back is contracted through the whole movement okay make your muscles work find that hurt box once you've done all 10 reps here you're

(11:38) going to move into what's known as the renegade row renegade row very advanced very difficult exercise get in push-up position and do as minimal rocking as you can your job is to try and make it look like i could put a coffee on your back and it wouldn't spill whereas someone who doing a renegade row incorrectly would be doing a lot of rocking with every single row movement but this is what's known as an anti-rotation core movement you can think about it like a moving plank if you will what you're going to do is try and stay

(12:15) totally stable and just bring your arms up 10 per side all right nice work 90 seconds rest starts now all right get yourself ready you've got

(13:43) 10 seconds get your final deep breaths in take that final sip of water if you need it five four three two one let's go pike push-ups ten reps here ten reps try and get that full range of motion your head should never touch the ground but it should be incredibly close like one centimeter you want to get as much range of motion as you can out of this movement 10 reps all back to back i know you can do it awesome job let's go reverse snow angels stay contracted you see kevin's entire body is tight here his legs aren't relaxed his lower back

(14:23) mid back upper back isn't relaxed his arms are doing the right rotational movements heads off the ground there's all total contraction here and that's what i want you to think in your mind time under tension for the entire posterior side of your body or the entire back side of your body do 10 reps all like that get as much as you can out of this movement and once you've got that right into renegade row let's go let's go 10 per side contract and stabilize your core that's what this is all about

(14:57) it's anti-rotation when i say anti-rotation while you're doing this movement what does anti-rotation mean to you out in the ice it means no one can push you you're anti-rotatable if i pushed your shoulder or if i body checked you or if i tried to knock you off the puck i tried to be stronger than you during a face-off no you're the anti-rotation stability block no one is going to be able to move you because you did the right training to not be moved rest starts now get yourself ready last round of this

(16:53) one five four three two one let's go pike push-ups again make this look like your first round quality quality quality we're not holding our breath we're not trying to go too fast we're keeping our breath movement rhythmic we're keeping all of our movement rhythmic right into the reverse snow angels working the entire back side of the body you can see the entire back side of his body is contracted right now what's the back side of your body responsible for your posture what's going to help keep you strong on

(17:29) the puck your posture when you have that strong back side of your body maintaining your posture it means you can't be knocked off of your posture when you can't be knocked off then you are going to be the one who is stronger on the puck every single time you need a strong back if you want to be an excellent strong hockey player moving into the renegade row final round of this one you are not doing any more renegade rows after this so do as much as you can here all right if you're in the pain zone right now

(18:02) it can only last so long that's something i always say in my head it can only last so long it can only last so long because it's gonna be a mere matter of seconds until you're done and yet it's these seconds that matter the most let's go 10 per side keep it quality keep breathing all right awesome job 90 seconds and then we're moving into your finisher let's go ten seconds get ready for the finisher

(19:47) what we're gonna do here is ten per side of push-up bird dogs three two one let's go push up with bird dog now if you notice through your tri sets you are doing pressing back core you do that for the first tri set and the second tri set press back core now we're moving into the bird dog it is pressed back and core all in one this is why it's our finisher let's go get full extension of your arm and your leg don't ever let either of them just hang full extension up full extension you should be reaching for the ceiling

(20:25) with these push up all the way down get 10 per side moving keeping your breath your core your back and your pressing muscles are all working at the same time this is the finisher for a reason you got to give it you're done after this all right nice nice awesome job you absolutely killed this workout that's going to keep you strong on the puck

**28. RECOVER FASTER BETWEEN SHIFTS 🏒 - YouTube**

[**https://www.youtube.com/watch?v=\_ftLScGoVOI**](https://www.youtube.com/watch?v=_ftLScGoVOI)

Transcript:

(00:00) hey hockey player in this video i'm going to be running you through an aerobic capacity workout now with this training session we are going to be targeting what's known as the aerobic energy system meaning we're not training your anaerobic energy system the big difference between these two is when it comes to your anaerobic training you want to go all out to failure feel the burn like crazy that means the quality of the workout was high however with an aerobic session which is what we're doing today

(00:32) the objective here is to actually train at about a 50 to 60 percent intensity so if you had an intensity level one being sitting on the couch and 10 being all out madness you want to hang out in between a five and a six you should have a sweat going but you should never achieve true and complete failure that's not the objective of this workout the reason why is because the training stimulus matters aerobic training when trained at the correct intensities that i'm discussing right now improves your vascular networks improves

(01:09) oxygen supply and delivery to working muscles and actually also improves the volume of blood that your heart is able to pump out per beat so that more oxygen can get to working muscles and more fatigue byproducts can be recycled out of your working muscles long story short this helps you catch your breath way faster in between shifts but only if you do it right okay how this workout is gonna work is you're gonna be doing exercises for time so i just want you to stay in a flow state of 50 to 60 percent intensity

(01:46) and you're going to do each exercise for 60 seconds four in a row followed by a 60 second rest you're gonna do that four different times so four exercises and then 60 seconds of rest equals five minutes of work and since you're doing that four times you've got 20 total minutes on the clock so this thing is just going to count down you're basically going to be going non-stop staying in that flow state until you achieve those rest periods when the clock hits zero you're done the workout let me do or let me show you some

(02:23) exercise demonstrations with kevin here now your first four exercises are gonna be jumping jacks just your regular jumping jacks make sure you get a nice full range of motion second exercise you're going to be dropping down into the crab walk crab walk keeping your butt off the floor keeping your core nice and contracted and it doesn't matter how many ways or sorry how many steps you go backwards how many steps you go forward just stay in the room that you're in and keep moving after that you're going to go into

(02:56) lateral shuffles so here just non-stop movement make sure you don't cross over your feet these are shuffles not crossovers once we finish 60 seconds there you're gonna move into butt kicks keep your hands just stable in front of you and kick your butt on every single rep once you've done all four of those we're going to do 60 seconds of rest and i'll show you the demos for your next circuit alright you better get yourself ready okay we're gonna start with 60 seconds of non-stop jumping jacks get ready in three

(03:30) two one let's go all right non-stop jumping jacks here really try and keep a nice even keeled pace where you're working but you're not totally exhausting yourself remember aerobic work is different than anaerobic and the correct training stimulus gets us that correct adaptation that we want so that we can become the best hockey players we can possibly be 30 seconds is down i want to remind you through this whole session control your breathing okay you are in control of your breathing as much as you are in control

(04:12) of your pace i don't want you to be way exhausted because that's when we get into the world of anaerobic training rather than aerobic training ten more seconds here really reach with your arms and legs almost like you're trying to get a mobility benefit out of this as well two one crab walks right away no rest in between you're going right into crab walks i like what's known as chasing blood around the body in that we are doing total body movement standing but then total body movements on the ground when you chase blood

(04:48) around the body you actually force the heart to work a little bit harder because now it's sending a lot of blood to the triceps and shoulders where that wasn't being hit at all during the jumping jacks forcing the heart to work a little bit more creates more cardiac conditioning and that is really going to help you out in the ice so keep that pace going make sure you don't go too fast because crab walks can actually be quite difficult uh back in the day we used to play crab walk soccer as kids in gym class and you couldn't go

(05:21) too hard for too long because it is pretty exhausting and you really feel it everywhere in your body in four seconds we're gonna jump up to lateral shuffles and let's go we're up we're doing our lateral shuffles here keep that nice consistent pace going always controlling the breathing here 60 seconds of every single movement the big difference between anaerobic and aerobic training is aerobic creates energy in your body with the presence of oxygen whereas anaerobic creates energy in the body in the absence of oxygen that's why you

(06:00) could hold your breath and sprint and still get to your destination but then you create an oxygen debt and you kind of got to catch up by the time you get there whereas aerobic training trains your ability to keep moving no matter what and not lose your breath anaerobic and aerobic conditioning are both important to be a completely conditioned athlete out in the ice ten seconds and then you're going to move into your butt kicks now for the buck kicks we're just going to stay in one place i know you've probably done them

(06:30) before where you've been moving all right into the butt kicks now stay in one place just stay there keep that pace going catch that breath stay in control of your intensity i know as an athlete you're an athlete you wouldn't be here if you weren't a killer athlete and if you've got a mindset like mine sometimes you just want to go all out but there's a difference between training hard and training smart lots of times we want to go hard than what's actually intelligent to do in this type of training model

(07:03) you need to remember to train smart and stay in that intensity zone which is the whole purpose that we're here for to strengthen and condition the aerobic system of the body in 15 seconds you're gonna get a 60 second rest period six five four three two one all right for the next round you're going to be doing standing oblique crunches for 60 seconds elbow to knee alternate then into your modified skater lunges don't go all the way down make sure your toe touches the ground with each rep down into the mountain climbers for 60

(07:59) seconds do your best to get your knee on the outside of your elbow for every single rep then you're going to be moving up into the high knee march in one place opposite arm opposite leg moving with every single rep you got 15 more seconds of rest so take some deep breaths grab a drink if you need to we are going to be going into the oblique crunches in five four three two one let's go get right into it this oblique crunch yes we're training the aerobic system yes this is a conditioning workout i still want you though to have a mind

(08:40) muscle connection with your obliques your obliques are lifting your leg up and your obliques are also bringing your upper body down it creates a whole different level of muscle activation when you have that mind muscle connection as opposed to just kind of bounce with it our bouncing work that's for the marching that's for the skipping we're not going to be doing that with the oblique crunch because we want to train our core at the same time the obliques they're cross-directional in the body so they're

(09:10) very great for improving shot power out in the ice and since we're conditioning the obliques here it's a great way to make sure that you're going to have as hard of a shot in the third period as you did in the first period five seconds then you're going to be going into the skater lunges begin let's go into the modified skater lunge keeping that mind muscle connection with the body with the lower body here now a note on pacing you don't need to keep pace with kevin remember this is to be done at 50 to 60

(09:50) percent of your self-perceived intensity if it's slower than kevin at the same pace as kevin or even higher than kevin that's all a-okay just make sure you're being honest with yourself we want to train smart here so that subjective rating of 50 to 60 percent is absolutely key to getting the most out of this workout and targeting the vascular networks at heart the way in which we want to target them here you've got 10 seconds before we drop down into the mountain climber 4 3 2 1 right away into the mountain climber

(10:31) let's go mountain climber knee touching or not touching just on the outside of the elbow on every single rep i love the mountain climber because we're isometrically training the upper body while we're dynamically training the lower body yet getting that knee beside the elbow on every single rep that really helps open up the hips and groin and in hockey opening up the hips is key to improve your stride frequency whereas training the groin through deep ranges of motion is key to preventing injury there's a lot of bang for the

(11:07) buck happening here with the mountain climber but due to the dynamic nature of the movement it can be difficult to control your breath so make sure you've got that breath control okay you're still pacing and you're never holding your breath even though it's kind of a thumping movement six five four three two one and you're up for the high knee march high knee march breathing don't forget to breathe this is where you can really catch your breath after those mountain climbers we're chasing blood around the body

(11:41) we're training to be the best hockey player we can be do opposite arm opposite leg pumping just like you see kevin doing here you want to correct yourself if you're ever doing it on the same side this is something that you don't do during skating so you don't want to do it in training okay practice doesn't make perfect only perfect practice makes perfect technique is absolutely key to making sure you're training hard and training smart at the exact same time okay 15 seconds to go and then you got your

(12:17) rest period eight seven six five four three two one all right rest sixty seconds you're doing an awesome awesome job so far take your deep breaths get a drink of water if you need to really try and refocus yourself because i've got four more exercises waiting for you you're going to be starting with the standing alternate toe touch where you're just going to be balancing and touching your opposite toe with your upper body then you're going to move into plank ski hops where you're going to be getting

(13:00) your knees on the outside of your elbows on every single rep then you're going to jump up into lateral high knee skips moving laterally with those skips perfect and then rotational jacks where you're gonna open up the lower body touch the opposite toe that's exactly how we're gonna be doing it you got nine seconds get yourself ready take your final deep breaths here three two one let's go standing alternate toe touches now this is a difficult difficult exercise i'm sure you're noticing right

(13:38) now especially when it's placed in the middle of a workout but i absolutely love it because we're training the aerobic energy system at the same time that we're training coordination balance and ankle stability not many things scream elite skating more than coordination balance and ankle stability i mean that's edge work edge work edge work so when you're training this in a fatigue state you're essentially training the body how to have great edge work even when you're exhausted that's a real key component to doing

(14:12) real sport specific training is not just training to fatigue but doing technical movements in fatigue so that you can still do technical movements when you're fatigued in a real in-game setting five four three two one plank ski hops let's go down on the ground pace yourself with these okay you've been warned this one can absolutely exhaust you if you try and set the pace too high don't forget this one's really good at disrupting your breathing as well just like the mountain climber was so control that breath

(14:51) pace yourself and then you're gonna do it absolutely perfect all right you're doing an awesome job so far your main point of concern here is to pick a pace that you know you can keep don't try and go hard in the beginning and then taper off slow by the end that's not the point here you want to pick a pace you know you can keep and then be in a flow state every movement should look fluid it should look like water you're just flowing with every single movement seven seconds before you're going to go

(15:25) up into lateral high knee skips in three two one lateral high knee skips let's go catch your breath set your pace accordingly get that knee up on every single rep we don't want the low knee here we still want to get a nice and high your job's to pick a pace that you can remain technical with that's real key and that's a great cue to always remember when you're doing aerobic work pick a pace you can remain technical with because we do not want to allow our exercise technique to drop off under

(16:07) any circumstances here 20 seconds deep full lung breathing right give your muscles the oxygen that they need 10 seconds then you're going to move into rotational jacks another coordination based movement here upper body and lower body doing different things let's go rotational jacks boom in and out rotate in and out rotate perfect upper body are doing different things we're getting a lot of same benefits here that we're getting out of that alternate toe touch we're asking our body to do difficult motor tasks in a state of

(16:52) fatigue you're at about the halfway point here of the last exercise of this circuit you've got one more to go after this 25 seconds until your rest period keep your pace up make sure your arms are staying high make sure your out portion of the rotational jack is nice and wide you're not sacrificing any range of motion here or technical execution at all six five four three two one and you're resting relax shake it out deep breath fill your lungs fill your belly with the breath do anything and everything you can to

(17:42) get that heart rate back down consciously calm down all right your last series of movements is going to be seal jacks in one place inchworms squatting to pivot and then the arms overhead high knee march perfect 15 seconds 10 seconds last series of movements you guys three two one let's go oh right to seal jacks let's go let's go let's go seal jack's exactly the same as jumping jack but we just have our arms going out sideways this time instead of upward a little bit more

(18:46) upper back activation happening with this movement 35 seconds to go it's your last round here you're getting all these exercises done and then you are done for the day we only got four and a half minutes left on the clock you're gonna make it all right let's get this done 20 seconds breathing breathing controlling you are in control of your breath you are in control of your heart rate you are in control of your pace okay keep that in mind five four three two one in one place inchworms let's go chasing

(19:32) that blood around the body making the heart work the inch worm's difficult this exercise really trains your triceps and shoulders but trains your core a lot as well that walking out and then all the way back up the amount of spine stabilization required during this movement is very high and that's the core's primary function anatomically to stabilize the spine and the pelvis so anytime we can challenge that a lot we know we are getting what's known as core stability core stability really helps you stay

(20:08) strong on the puck if you ever run into someone on the ice and then you're the one who kind of bounces off that person has core stability and it keeps them strong on the puck 10 seconds to go come on do this right and you're gonna be the one people are bouncing off of let's go three two one squat to pivot squatting down pivot only one side perfect your planted foot your toe should remain forward and your pivoting foot the goal is to have it at 90 degrees so you're going to point that thing all the way to your other foot this is a

(20:48) great exercise because the pivoting foot is internally rotating the hip whereas the planted foot is creating hip external rotation so you're getting internal hip mobility as well as external hip mobility at the exact same time with a dynamic movement pattern so edge work edge work edge work elite skating this is what we're after we're really opening up those hips while conditioning the body at the same time it's rare to find an internal and external hip movement exercise at the same time makes this

(21:25) exercise a beautiful option for this workout get ready arms overhead high knee march let's go you're right into it this is the last movement of the day everybody keep that pace maintain that pace and maintain that breathing keep it up keep it up let's go get that knee up with every single rep control your breath with every single rep stay dynamic and stay athletic your first march should look like your last march you want to maintain that energy and you want to be moving nice and fluid keep that flow nice and good nice and athletic all

(22:14) right 15 more seconds 10 seconds let's go let's go you're almost there 5 four three two one awesome awesome job you did it you're out of here nice work

**29. Singular Focus: Training with the NHL's Elite at Prentiss Hockey Performance - YouTube**

[**https://www.youtube.com/watch?v=grG4iqvQS9s**](https://www.youtube.com/watch?v=grG4iqvQS9s)

Transcript:

(00:04) it's an old gas station maybe a thousand square feet filled with some in turf some mats and a bunch of weeds this is the last place that you would expect it to be where NHL guys are training go one stretch feet two three four five six seven four hey smoke 9 2 more 11 good alright 552 you see this big place in Toronto you know Minnesota there's no doubt in my mind those guys are working hard but I think people don't realize what's going on here 82 games schedule and if they play in the playoffs and go

(00:48) to the Stanley Cup I think it's like a hundred games that they've played these guys are all hurt in some way our job is to get them you know all of the cliche stronger faster all those things but also to get them healthy as soon as May starts I'm in seven days a week May June July in August it's about getting them better every hour in the beginning of the summer zero skating's typically they lack ankle mobility hip mobility all of these things that are affected during skating the priority is to heal them

(01:24) structurally make them balanced get him stronger get them bigger get them healthier then we'll put them through a general preparation phase we're doing a drip test vertical jump test every face to see how their power output is other CNS is which a central nervous system is where you gauge all of these things every phase we're able to build on it 9:47 what am I trying to be 877 every persons on a specific workout you know you see guys doing pull-ups you see them doing squats grunting and screaming

(02:02) their way through exercises but you know surviving at the end of the workout we kind of all feel like we're part of you know a group here like we're very confident in what we do here and I think we're very proud of it Ben has kind of bread that in his gym all right here we go laughs that it's kind of like controlled chaos these are some of the best hockey players the best athletes are known in the world they're putting their livelihood in my hands the pressure affects me nightly when I'm

(02:34) talking to quick before Game six of the Stanley Cup and he wants me to give him something to do to get pumped yeah I mean I'll think is this the right thing or should I give him something else I take it very serious and his pressure for sure boy all right time to go you know Ben be able to give you a good workout on the back of a truck like he knows how to use whatever's around him and he knows how to get results he's very smart very creative as far as coming up with workout good crashes with that back went

(03:16) out a little square square you have spray hips this is actually our last week at phase 3 we just try to build power we're just trying to build some mandarins and our legs and our inner body it's all sled pulling reverse backwards and it's like pretty much trying to drag a sled through mud the third phase at that point of the summer what we do is lower the force and increase the velocity there have already gotten their strength so now what we want to do is lower the bar weight and increase bar speed they'll be able to

(03:59) neurologically be more efficient and showing up for camp at the highest power output available I've been working out here for about five years now this is my second summer here yeah it's my fourth year at body tuning and it's Derek's first year Marty st. Louie was basically referred a big time guy he became famous for the kind of hard he trained in the summer I don't advertise I don't do Instagram or Facebook or anything bad so it just became word-of-mouth you're starting to see more guys come from out of town and

(04:29) you don't spend their summers here just to work out with Ben as professional athletes they love to play hockey they're here to get better for that they're ready to get on the ice and get going you know the transition on the ice when they're working on their grip they're gonna work on being able to handle the stick better shoot the puck harder the Olympic weightlifting is going to help with power core exercises translate to rotational movement the plyometrics that they do is going to help them changing of Direction being

(05:03) more explosive shift to shift being able to recuperate better those type of things all our physical qualities of hockey cool one is continuous okay so one regroup - v1 here we go last year going into camp and skating with my teammates for the first time in a long time one thing everyone was saying and he was wow you just look so much quicker coming out of the corners escaping forward to her for checking you and I felt it a lot of the stuff we do here is explosiveness and power the thing that that gave me the most of is

(05:45) confidence all these little things that led to me having my most successful season last year I have the NHL package I'm watching all the games every night you're nervous that everything's going to go right making the all-star team winning the Stanley Cup winning the Masterton trophy somebody's counted out or they had a bad year or they hurt a comeback when people are doubting and that's even that's the best I'm a small small part of that but to know that you helped out a little bit yeah I take

(06:16) pride in that for sure you

**30. Hockey Training Workout: Off-Ice Quickness Drills - YouTube**

[**https://www.youtube.com/watch?v=kwZa5J9dBWE**](https://www.youtube.com/watch?v=kwZa5J9dBWE)

Transcript:

(00:04) hey it's Zach with two four seven hockey your community four dedicated hockey players and hockey coaches to help you take your game to the next level and today we're going to go through a quickness workout an office quickness workout what we're going to do is really going to show you a few drills that you can do and put together in a routine that's going to help you improve your quickness all right that explosiveness that you need now there's a lot that goes into quickness it's not just

(00:30) quickness drills you have to improve your strength all right you have to improve your speed but this is just one part of it that's going to go through four or five drills they're going to really help you recruit that that quickness give you that coordination that you need just to become a faster more explosive hockey player all right the first drill that we're going to do is all I have here is just a line on the ground all right I don't have any fancy equipment you don't need any fancy equipment I just have a line you can use

(00:57) a crack you know if there's a crack in the cement or in your garage you don't need anything fancy all I did do here is I just have a pavement line you can use hockey tape and this is just a great drill and some great drills that you can do just very simply very easily it's about 10 minute workout so to start off I'm going to have my feet together on the line knees are going to be bent and all I'm going to do is bring my lead legs out and then back in so I'm bringing my feet out and back in just

(01:23) outside shoulder width apart all right I'm going to stay on my toes I'm not going to straighten my legs I'm going to keep my knees bent alright now I'm just going to go as quick as I can for eight to ten seconds alright so what I'm doing there is I'm just going as quick as I can for eight to ten seconds when you're doing quickness drills you don't want to go to the point where you're feeling fatigued and tired all right so if you're going ten seconds 12 seconds 15 seconds and you're starting

(01:54) to get tired you feel yourself start to slow down you want to stop the drill typically we want to go around 10 seconds now what the reason for that is because if you start to go over that you start to get tired you're actually your body is slowing down your muscles are slowing down and we're trying to recruit explosive muscles so then after you finish a drill you want to rest for about 20 seconds before go on to the next one to give yourself just a full time to recover so for this next drill what you're going to do is

(02:21) you're actually just going to stand behind the line and you're going to have one foot behind the line one foot over the line and all you're going to do is you're just going to rotate position so you're going to bring your back foot front forward your front foot backwards I'm just going to bring it forwards and backwards your knees are going to stay bent we're not standing straight up when we're doing this we're always in that good hockey position meaning your knees are staying bent so backwards okay so

(02:50) you're going to go ten seconds just as quick as you can go alright so you're going to do that for ten seconds then you're going to rest 20 seconds then you're going to go to the next drill the next drill is going to be an extension with a double tap in the middle at the line so you're going to do is you're going to stand about two to three feet from your line or crack and all you're going to do is you're going to take a small jump double tap on that line and then jump again this way so you're going

(03:28) to go tap tap jump tap tap jump and then you can go even quicker always tapping on that line right there so that's the third drill the fourth thrill that we're going to do we're actually going to have two legs facing the line just forwards backwards forward backwards again you're going for ten seconds then you're going to take a 20 second break you don't want to get to that point we start to feel fatigued you feel yourself slowing down you always want to be very very explosive pushing yourself out of that

(04:07) comfort zone so here I've got both my feet behind the line I was I'm going to do just two legs just go forward and backwards as quick as I can so now one thing that's important you don't want to drag your feet across okay you want to make sure that you're getting over that line you can do that same thing now you're going to do it for ten seconds you're going to rest then you're going to go right leg knee is bent you're going to go over left leg same thing over so those just very simple

(04:58) drills that you're going to be doing facing the line two legs over right leg over left leg over now obviously as I'm demonstrating this I'm getting a little bit tired because I'm going through it quickly I don't wanna have to make you guys sit and wait twenty seconds before every after every drill but as you're doing it you shouldn't get as fatigued because I'm getting it's not a big deal as long as you understand the movements that you're supposed to be making that's

(05:23) fine one thing that's very important when you're doing these drills it's okay to make mistakes you should push yourself to the point where you're not doing it perfectly every single time if you're able to do it perfectly every single time you're not pushing yourself out of that comfort zone so the last one we're going to do here same thing two legs but this time we're going parallel with the line so instead of facing the line we're going parallel again knees are bent and you're just going to be

(05:53) over both feet together and then you can pick it up that way next same thing right leg knees stays bent okay we're not going straight up knees stays bent left leg all right so there it is those are your drills you want to rotate through that entire sequence ten seconds on 20 seconds off maybe go with a partner have them time you this is great to do before practice great to do before a workout because you're really not going to be you know fatiguing yourself too much so it's a really good warmup obviously make sure you warm up some

(06:48) beforehand but you can work on this three four or five times a week if you want more workouts like this and if you want to document that you can print out that we'll go step-by-step through all of these drills so you can actually bring that to the weight room with you you don't need to re-watch this video 100 times go to 247 hockey life.

(07:12) com /wo w-wow and that stands for workout of the week so 247 hockey life.com slash workout of the week wo W and you'll be able to get a document you can print out it'll go through all these drills how long you should be doing them how many times through how many sets how many reps how much rest and that way you can just print that out and bring it to the weight room with you or bring it to practice with I'm Zack hope this helps thanks for watching you