



FORT SASK U15AA RANGERS SUMMER HOCKEY CONDITIONING

Compiled by Neil Beavan U15AA coach

Here is a list of videos that are suggestions you can use to guide your summer training, and arrive at camp in September in great shape. I chose the following workouts because—for the most part—they can be done at home with minimal equipment. I would suggest balancing the various components (strength, agility/stride, tempo run) so that you are working out 3-4 days a week. **Do not overtrain.**

Motivation and fun background, info as well as some advanced ideas for developing your own workouts near the end.

<https://www.youtube.com/watch?v=fegCMH-AWnM>

Warm Up - do before every workout!!

<https://www.youtube.com/watch?v=DfG6FRFlar4>

Dryland Programs

Strength—

i. Basic (this is a short simple routine that covers major muscle groups):

<https://www.youtube.com/watch?v=rAUozCsnrBU>

Examples of some alternate exercises to provide a change of pace

- Bulgarian split squats or Sissy squats
- Planks (hold as long as you can)
- *Chin ups
- *Single leg straight leg deadlift/toe touches or Swiss Ball hamstring curl
- Russian twist or woodchopper

ii. Advanced (upper body) workout:

<https://www.youtube.com/watch?v=fzkc9iUKFl4>

Agility/Speed (rest 1 minute between the number of sets suggested; 2 minutes between exercises)

<https://www.youtube.com/watch?v=1JzFG5BpQ1c>

<https://www.youtube.com/watch?v=j7dHcfbha4Y>

Off-Ice skating/stride

(3 sets of 12-15 reps/side for each exercise, 30 second breaks between sets; 1 minute rest between exercises)—

https://www.youtube.com/watch?v=q4WellHh_3Y





Cardio

The above agility routines have some shorter, more intense, reduced rest (hockey game 'shift-like') cardio elements built in. However, to develop a broader aerobic base, the following is an option to incorporate once a week.

Tempo Run: <https://www.youtube.com/watch?v=yYbbAYDpivE>

Performing 2×5 60yd runs

- 60yd run at 60%
- Rest 45-75s
- 60yd run at 60%
- Rest 45-75s
- 60yd run at 60%
- Rest 45-75s
- 60yd run at 60%
- Rest 45-75s
- 60yd run at 60%

REST 3-5mins between sets. Get to full recovery here.

- 60yd run at 60%
- Rest 45-75s
- 60yd run at 60%
- Rest 45-75s
- 60yd run at 60%
- Rest 45-75s
- 60yd run at 60%
- Rest 45-75s
- 60yd run at 60%

*Over the course of the summer, strive to: i) reduce rest time within each set of 5 (75 to 45 seconds); ii) increase the 60 yard run effort from 60% to 75%.

**This workout can be done with other exercises in addition to running: eg. elliptical, treadmill, stationary bike, swimming, stairs.

If you have any questions, you can contact me through Pam at the Fort Saskatchewan minor hockey office admin@fsmhockey.com

Neil