

# Hockey training program pdf

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Workout and effort on training ice hockey skill development during the off-season. Use The Hockey Conditioning Handbook before, during and after the season. Seated hip thrusts. The amount of training hours per week should be between 2 to 4 hours. During the off-season, the Part III provides sample conditioning programs that help you integrate the principles from Parts I and II into drills, practices and your overall conditioning plan. When playoffs are over, the book would be worn out but not your players. Whether you're looking for resources on off ice hockey training, or on ice hockey training, you're starting off in the right place. Recommended Resources A hockey player needs a base such as performing leg circuits in the early off-season to endure what lies before him or her. Use stick and gloves when instructed. Keep in mind that you are training for hockey and not body building. While these can be broken down further into horizontal or vertical expressions, if hockey players can find a way to include all five of these movement patterns into each workout, their workouts will be better than 90% of other players. Leg curls; seated forward and Lunge Pattern. The endurance level will also increase as anaerobic conditioning increases. Rest 30 seconds after each set. Leg strength. Use stick and gloves when instructed. The Summer TPH Hockey-Athlete Off-Ice Training Program. Rest 30 seconds after each set. Upper Body Push. We've put together a library of hockey workout pdfs, NHL workout programs, off ice training ideas, and so much more. Dead lift - use a trap bar if possible. The program is designed to build strength and endurance in the major muscles of the body. Workout needs to be done outside. Part III provides sample conditioning programs that help you integrate the principles from Parts I and II into drills, practices and your overall conditioning plan. Muscular endurance can be attained by performing circuit and/or interval training. TPH Hockey-Athlete Off-Ice Training Program Week 7 MONDAY TUESDAY THURSDAY FRIDAY SATURDAY Strength Day Endurance Day Power Day Skating Overload Day Speed/Agility Day NOTES NOTES NOTES NOTES NOTES Workout can be done inside or outside. Use The Hockey The Best Exercises for Hockey. Squats: both one-legged and two-legged. The training programs for these components do vary. Upper Body Pull. Week Workout can be done inside or outside.

 Difficulté Très facile

 Durée 835 jour(s)

 Catégories Mobilier, Maison, Sport & Extérieur

 Coût 780 EUR (€)

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Étape 1 -

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