

Brewster Academy Girls' Ice Hockey Criterion Program

Introduction

Warm Up 5-10-min warm up

Bike or run to increase blood flow, so that stretching routine is more effective. Do not ignore this phase, as it is a crucial part of your preparation for a tough workout. Drink plenty of water before, during, and after your workout session.

Flexibility 10-min stretching routine – this is a very important step in your workout routine. It helps tremendously with preventing injuries and muscle soreness.

Hamstrings

Quadriceps

Hip flexor

Groin

Piriformis

Full body-reach stretch

IT band stretches

Chest

Upper back

Mid back

Arms

Neck/shoulders

Core strengthening – These exercises are important for your overall stability and strength. You use your “core” (low back and abdominal area) in every athletic motion. Many athletes have “weak” backs and suffer from low back pain, and therefore their athletics suffer.

Physioball crunches

Physioball press up and hold

Physioball w/ feet on the ball

Planking routine

Bridging

Planking with feet on ball (alternate pike and pushup)

Alternate heel touches

Cable crunches

Incline crunches

Complex Training: This workout can be done 1 time every 2 weeks

Combined strength and plyometric routines (proper form and execution required)
Complex training will increase your power and endurance at the same time. This workout, when done properly, should be very challenging. You must pay attention to the limited rest times in order to make the workout successful.

Squats	3x12	60 sec rest
Vertical jumps	3x10	90 sec rest
Bench press	3x12	60 sec rest
Medicine ball pass	3x10	90 sec rest
Barbell lunge	3x12	60 sec rest
Step-ups	3x10	90 sec rest
Lat pull down	3x12	60 sec rest
Med ball overhead	3x10	90 sec rest
Abdominal crunches	3x20	60 sec rest
Medicine ball sit up	3x10	90 sec rest

Followed by a 2 mile jog

Speed workout should be done after a light workout day. Warm up and stretching are crucial.

Speed #1: 4x400 at full speed timed. 30-second recovery. Goal is to repeat full speed on each repetition

6-minute rest

5x800 at full speed timed. 2-minute recovery. Goal is to repeat full speed on each repetition

Speed #2: 6x100 at full speed time. 30-second recovery. Repeat times

4-minute rest

5x200 at full speed 1 minute recovery. Repeat times

6-minute rest

8 laps at 3/4 speed (1 mile), 6 laps at 3/4 speed, 4 laps at 3/4 speed, 2 laps at 3/4 speed, 1 lap at full speed (1 lap jog between 8,6,4,2, and 1 laps)

Speed #3: Run at a max speed for 5 minutes. Note the distance covered in that time. Rest for 5 minutes, then run that distance 20% slower (6 min), rest for 30 sec rest, then repeat full speed followed by 20% slower.

JUMP TRAINING

*** POGO JUMP**

Pogo jumps are essentially the basic technique of jump training. The idea is to practice proper landing. You will start from a slight knee bend position and jump-up without the use of your toes. (Keep toes curled up in your shoes). Get as much height as possible. When you land, you must avoid landing on your heels and avoid landing on just the toes. Balance the landing across the whole foot. Also when you land, maintain the slight knee bend and stay motionless for a second. The jumping and landing techniques are to be applied to all jumps

4-PUCK DRILL

Standing still, put a puck (or cone) in front, behind, to the left, and to the right of you. What you will do is jump (both feet together) over the obstacle in front of you and return to the middle. Then follow with the other obstacles in a clockwise or counter-clockwise fashion. Attempt to do this as quickly as you can. You may also progress to doing this on one leg.

BOX JUMPS

To perform box jumps, you will need a platform about seat-height of a chair (use a stable platform or have a partner hold the chair for you). From a half-squat position, jump to the top of the platform and land in a half-squat position. Once balance is acquired, drop down to starting position. Upon hitting the ground, quickly explode again to the top of the platform.

KNEE TUCKS

Start from a semi-squat position keeping your hands (palms down) at armpit height. Jump as high as you can while attempting to tuck in your knees right up to your palm. Keep your back as straight as possible while performing this jump.

LATERAL BOUNDS

Jump back and forth with both feet together. Attempt to quickly get as much height and distance during every jump. These jumps are continuous.

LATERAL STAIR BOUNDS

Start facing one way on the 1st step. (After all the reps start again in the opposite direction). Drop from the 1st to the ground onto one foot. (Land on the outside foot). Then from that one leg, explode to reach as many steps as you can. You may land with the opposite foot on this drill.

ONE LEG DIAGONAL HOPS

Again placing obstacles in a straight line, you will jump diagonally over the obstacle using the same leg back and forth.

ONE LEG HOPS

(Forward) Using one leg, jump forward and attempt to get as much height and as much distance as possible. (Use cones or pucks for obstacles to clear). Place obstacles in a straight line

ROCKET JUMPS

In a half-squat starting position, jump as high as you can and reach straight up with your arms. End your jump in a half-squat position

SCISSOR JUMPS

Same starting position as split jumps but while in flight, reverse front and back leg in order to land in your starting lunge position.

SLIP JUMPS

Start from a lunge position. Using your arms, get as much height as possible and land with your feet shoulder width apart.

SQUAT JUMPS

In a half-squat starting position, jump-up (keeping toes curled up) as high as you can. You do not have to end your jump in a half-squat position.

STAIR BOUNDS

Start on top of the 1st step of stairs facing up. From the edge of the stairs, drop to the ground and as soon as you hit the ground, quickly explode and jump as many steps as you can. Land with both feet shoulder width apart.

STAR JUMPS

In a half-squat starting position, jump as high as you can. While in flight, spread arms and legs in a star shape formation. Return limbs quickly in order to end your jump in a half-squat position.

Strength: Warm-up with 1/2 weight and 2x12. Pick 3 exercises per body part, and perform 3 sets per each exercise. Rest time between sets should be no more than 2 minutes. Rest time between exercises should be no more than 3 minutes. Rest time between body parts should be no more than 3 minutes. Pay attention to slow and controlled motions in both positive and negative directions (push phase and return phase).

Make sure that you are breathing and not holding your breath. Make sure that you are drinking a lot of water.

Day1: chest and triceps

Day 2: back and biceps

Day 3: legs and shoulders and forearms

Day 4: day off

Legs:

Sumo squats (with legs wide apart)

1/2 squats

Single leg squats

Step-ups with dumbbells

Lunges

Leg press (also do calf raises in this position)

Leg extension

Leg curls

Shoulders:

Shoulder press

Lateral raise

Forward raise

Bent over raise

Shoulder shrugs

Back:

Lat pulldown

Rowing

Bent over row

Hyperextensions (can also do on physioball)

Cable single swing back

Chest:

Chest press or fly

Incline chest press or fly

Decline chest press or fly

Pushups

Biceps:

Curl bar

Dumbbell curls

Hammer curls

Seated bicep

Triceps:

Cable pushdown

Overhead press (single arm or double)

Kickbacks

Dips

Forearms:

Curl ups

Wrist curls (both directions)