

TEAM PROGRAMMING AND EVENTS

Introduce Specific Fitness Framework the Train to Train Stage. All Fitness programming will have the ADM Developmental age appropriate training standards taken into consideration. This is a great time to educate Bantams on how to engage and load the muscle to be used in game situations and eventually in more advanced training. Understanding the benefits of these movements helps players relate fitness to hockey conditioning. Fitness instruction plays an important role in their development as overall players. The work outs take place in the Rinks Common Area and Studio 1

The following training utilizes many pieces of equipment : Bousu balls Balance boards, Steps Box Jumps, Sliders, Bands, Tubing, Kettle bells, Medicine balls, Bands, Stretch cords, light free weights, Agility Poles, Reaction balls and belts. Real Rider Bikes.

Program #1

Strength Conditioning Circuit

Will educate and train players on fitness fundamentals with a focus on hockey sport specifics and injury prevention

- Resistance Movements
- Plyometric and Intro to Unilateral Training
- Ballistic Movements.
- Elevated and Manual Core Stabilization

Group A Focus Circuit

Small Dynamic Movements
Shoulder Rotation
Stabilization

Group B Focus Circuit

Variable Power Movements
Explosive Movements
Core Stabilization

TEAM PROGRAMMING AND EVENTS continued

Program #2

Speed and Agility

Will educate and train players on fitness fundamentals with a focus on Agility Speed and Coordination. Groups rotate through 4 stations

- Acceleration, Deceleration
- Explosive footwork quick feet
- Opportunity to develop movement skills

Rotating 4 small groups

Balance
Agility
Speed
Coordination
Elevated and Manual Core Stabilization

Program #3

Interval Training Energy System Development

Will educate and train players on fitness fundamentals with a focus on Interval Cardiovascular Training

- Interval Training Group Cycling Series of resistance and intervals combinations Groups rotate both stations
- Cardio Circuit conditioning stations

Group A Interval Cycling

Series Intervals of time and Resistance
Cardiovascular Response
Respiratory Response Vo2 Max
Stamina Stored Energy Endurance
Increasing Anaerobic Thresholds

Group B Interval Circuit

6-8 Stations upper to lower body movements
Neuromuscular activities
Linked strength
Plyometric and Stabilization
Engaging slow and fast twitch muscle fibers