

# HOCKEY STRONG:

You can be the player  
you want to be.

 **HOCKEYSTRONG**  
BY REVOLUTION CONDITIONING

  
**revolution**  
SPORT CONDITIONING

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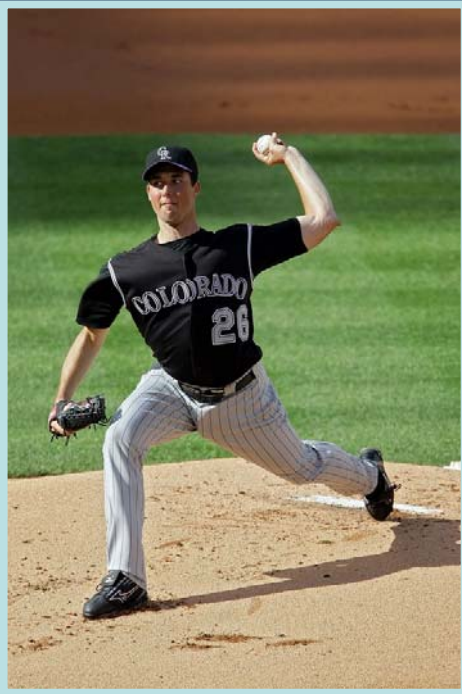
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# Background

- MSc in Kinesiology
- More than a decade of experience.
- Focus on application of the science.
- Still learning.



# Top Achievers



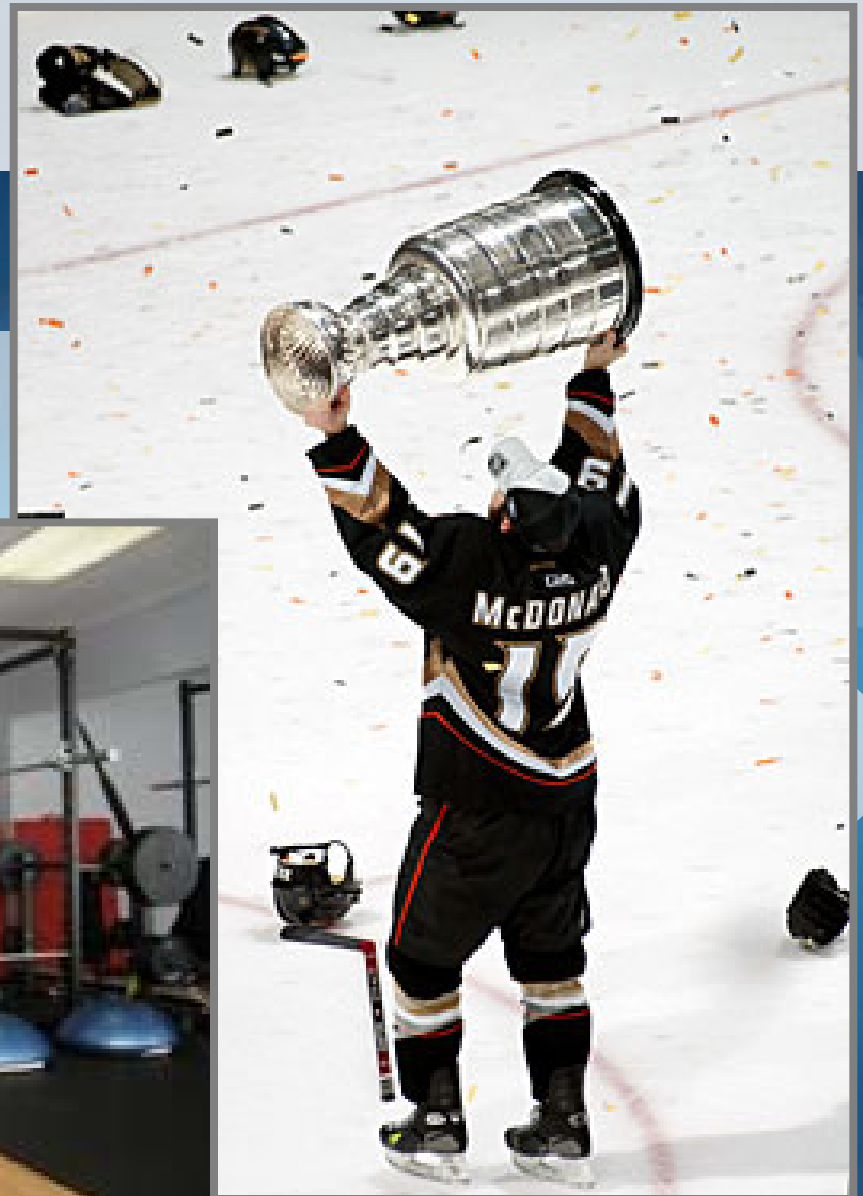
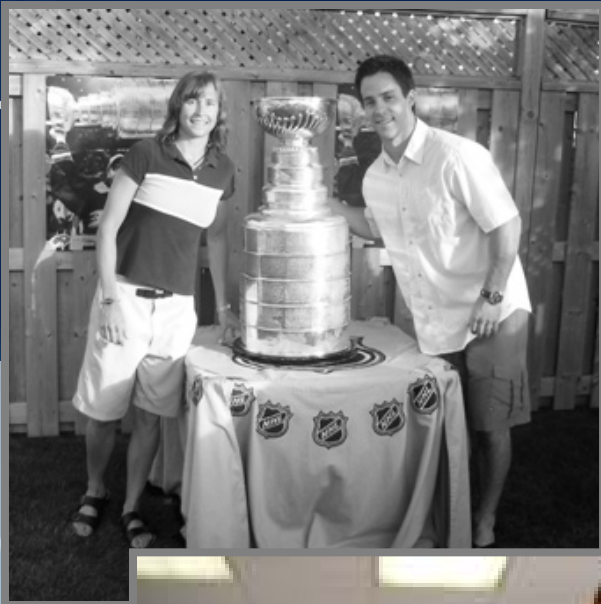
World Series  
Starting Pitcher



Stanley Cup Champion



World Silver  
Medalists



# Components of Hockey Conditioning



Andy McDonald

- Mobility
- Core Control
- Functional Strength
- Power
- Agility & Quickness
- Nutrition & Recovery

# Mobility

TEST: Can you perform a full squat holding a dowel rod straight overhead? If not – you need more mobility.

- Must have full functional range of motion to reduce the risk of injury and improve performance.
- Why does a golfer need a good backswing?



# Stability

TEST: Can you balance for 60 seconds on one foot with both eyes closed. If not you need to work on your balance.

- Must be able to find and maintain point of perfect balance in order to exert maximal force and power.
- Ever try to push a car standing on wet ice?
- Do not focus on static balance – must develop *dynamic stability* for hockey.



Jeff Hackett

# Core Control

TEST: Can you perform a “superman” exercise from a push up or plank position.

- First learn the skill of *engaging* the abdominals – then learn to dynamically *control* the core region.
- Execute these exercises with perfect form. Do not get carried away with circus tricks.



# Functional Strength

- Remember that you are training to be a hockey player, not body builder.
- Hypertrophy is important but keep things within the context of hockey.
  - Minimize isolation exercises or those that require little stabilization i.e. hack squat vs. barbell squat



Do you really want this  
guy on your team?



# Instead of 200 Crunches



Bryan Rodney



# Instead of 330lbs Bench



# Instead of 600lb Leg Press



Instead of sitting down to do your row



# Training Splits

- Does your split look like this?

<b>M</b>	<b>T</b>	<b>W</b>	<b>T</b>	<b>F</b>
Chest	Back	Legs & Shoulders	Abs	Calves & Arms
Bike 40 min		Go Run		Bike

So does his!



# Training Splits

- Frequency
  - During the off-season my athletes strength train 4 times per week.

<b>M</b>	<b>T</b>	<b>W</b>	<b>T</b>	<b>F</b>	<b>S</b>	<b>S</b>
Legs	Push/Pull	Skate	Legs	Push/Pull	ESD @ Track	OFF
ESD	SAQ		ESD	SAQ		
Core	Mobility	Core	Mobility	Core	Mobility	

# Sample Workouts

	Exercise	Sets	Reps	Tempo	Rest			
1	DB Alternate Bench Press on SB	5	12-10- 8-6- 6ea	2010	120s			
2a	Body Row	4	10-12	2021	0			
2b	SB Push Up	4	10-15	2110	60s			
3a	Standing Cable or Bungee Press	4	8	2021	0			
3b	Reverse Grip DB or BB Row	4	8-10ea	2021	60s			

# Very Basic Rep Ranges

Phase	Sets	Reps	Tempo	Rest
Foundation	2-3	10-15	3D:2U	30s
Hypertrophy	3-4	8-12	3D:2U	30-60s
Advancement	3-4	4-8	3D:1U	60-120s
Peak	3-4	4-6	2D:Explode	120-180s

# Power



- Choose a lighter weight and try to accelerate the weight as quickly as possible.
- Learn core power exercises such as cleans and push presses.
- Intensity is the key – not volume. Once you fatigue, you are no longer training power.

# Agility & Quickness

- Re-program your muscles to move quickly and efficiently. Learn technique and pattern first (quick & light), then worry about speed.
- Only *perfect practice* makes perfect.
- If you are training speed and quickness you must take lots of rest so that you can perform the exercises quickly.

# Energy System Development



- Can use agility and quickness drills to train energy systems vs. going for a jog.
- Changes of direction, stops & starts are a key component of hockey fitness.

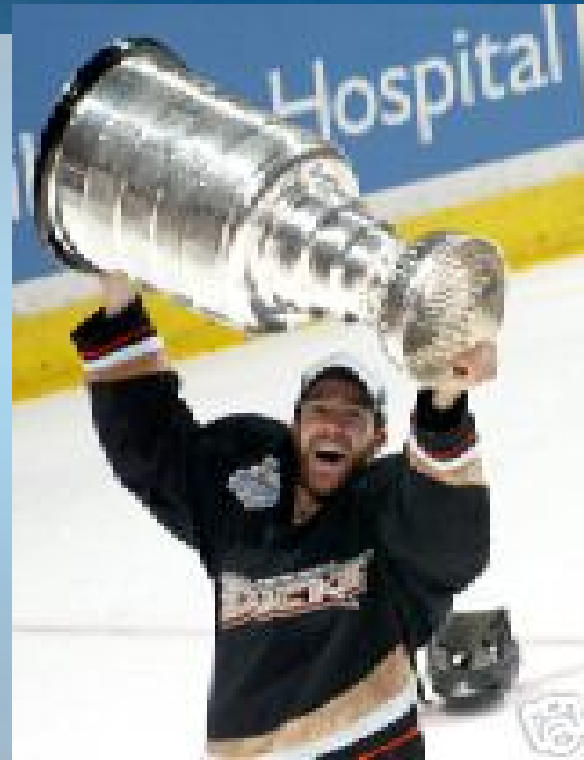
# Top Three Reasons Athletes do not Succeed...

- Not enough talent.
- Not enough discipline and hard work.
- A little of both.



# Key to Maximizing Potential

- Do the right things...the things that will translate onto the ice.
- Work consistently – no short cuts
- Work very, very hard.
- Take care of the “little” things – because most players are already doing the big things.



Are you living up to  
your potential?

Can you answer YES  
to ALL of these  
questions?

# Be Honest...

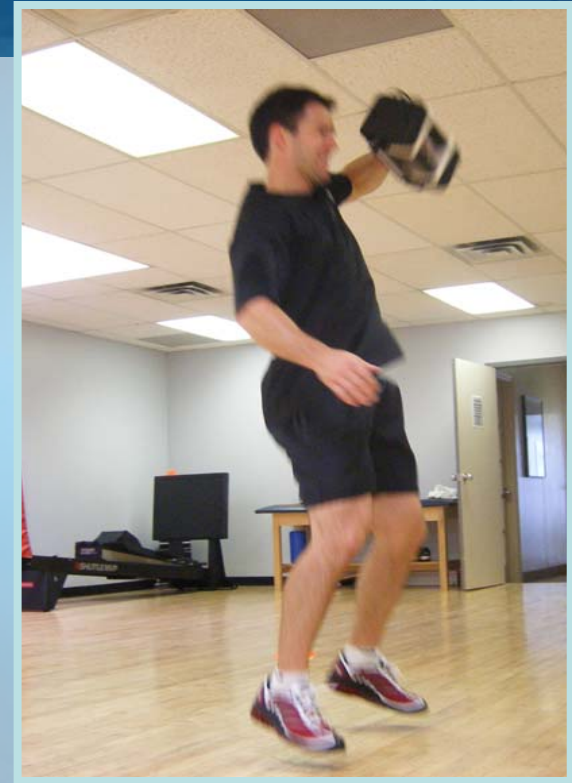
- Does your training:
  - Include single leg exercises?
  - Use mainly free weights and cables?
  - Include ground-based core training?
  - Include stop and start energy system training?
  - Focus on quality when training power?
  - Focus on perfect technique?

# Be Honest...

- Do you train for:
  - Mobility ➔ 3-7 days per week?
  - Stability ➔ 3-7 days per week?
  - Strength ➔ 3-5 days per week?
  - Power ➔ 2-4 days per week?
  - Agility ➔ 2-3 days per week?
  - Stamina ➔ 2-3 days per week?

# Be honest...

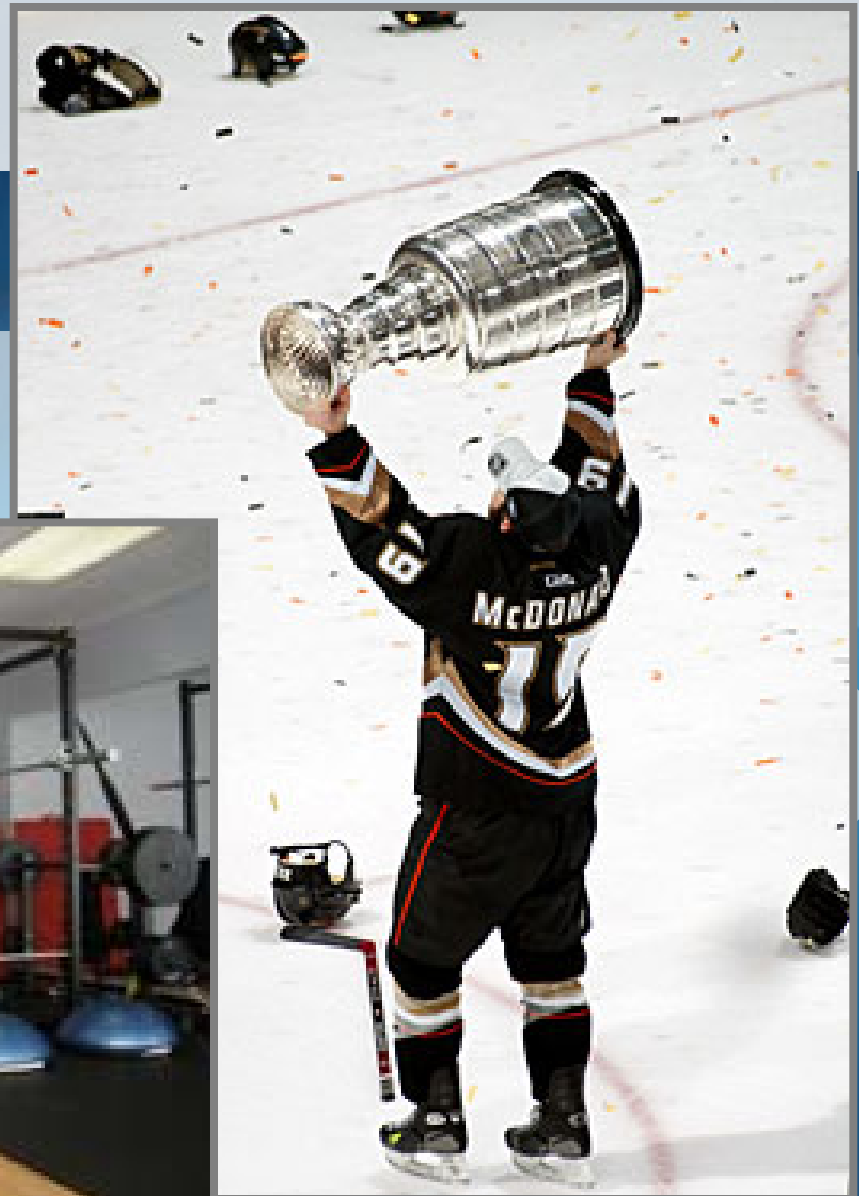
- Do you 'eat clean' 80% of the time?
- Do you get 8-hours of sleep most nights (5 out of 7)?
- Do you work on your skating technique?



Can YOU answer YES to  
90% of these questions?



He can.

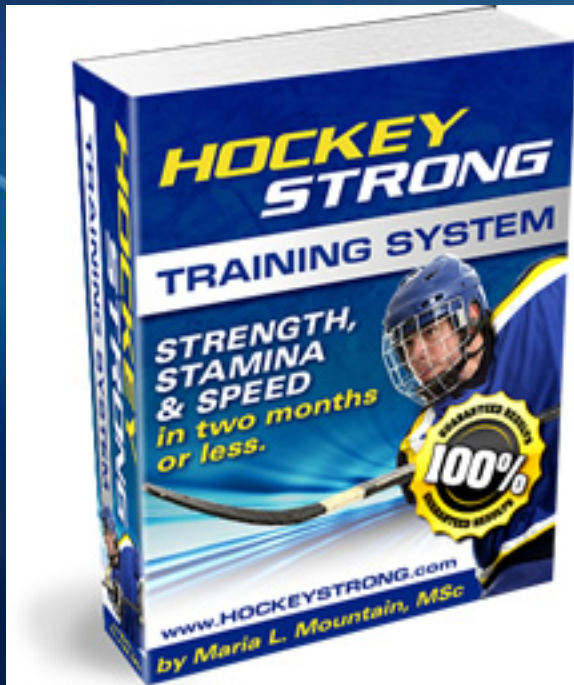


Are you ready to  
live up to your  
potential?

If you have the drive then get started...

Your **ACTIONS** speak louder  
than your words.

If you are serious,  
you may want to  
check out:



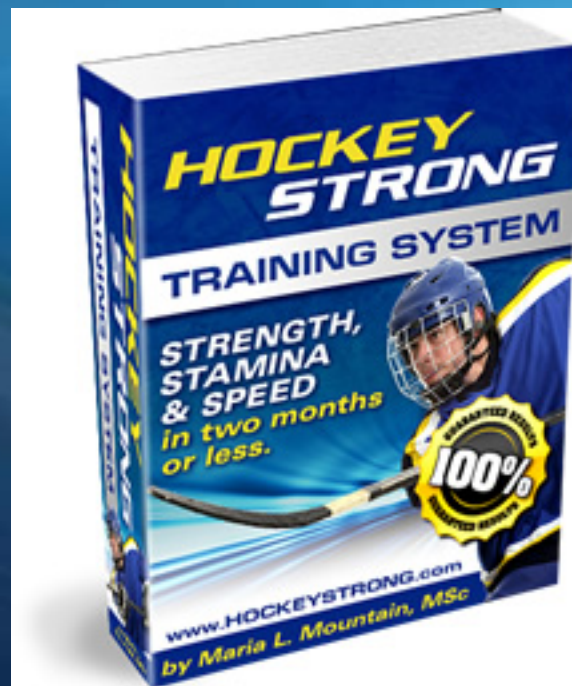
An affordable and effective Off-Season Training Program. Including training for all areas addressed in this presentation.

# hockeySTRONG Program

- 65-day training calendar that you can start tomorrow.
- Specific workouts for each day.
- Photos & descriptions of core, mobility and prehab exercises.
- DVD with live action video demonstrating each strength training exercise so you know exactly what to do.
- Print off your 99-page training manual for easy reference.
- Train using the same principles I use to get the pros in top shape.

Download instantly at:

[www.hockeystrong.com](http://www.hockeystrong.com)



Don't train to *play*...

*Train to COMPETE!*

[www.REVOLUTIONCONDITIONING.com](http://www.REVOLUTIONCONDITIONING.com)

[www.HOCKEYTRAININGPRO.com](http://www.HOCKEYTRAININGPRO.com)

(sign up for FREE hockey training mini-course and  
download this presentation here)