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SAUGEEN MAITLAND MAA  
NUTRITION AND TRAINING PROGRAM:  
PLAYER VERSION

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## IN-SEASON NUTRITION

On a regular basis, females aged 15-17 playing hockey at a high level should be eating an average of:

- 7 servings of veggies and fruit/day
- 6 servings of grain products/day
- 3-4 servings of milk and alternatives/day
- 2 servings of meat and alternatives/day

### **Carbohydrates (CHO):**

Carbs are the primary source of fuel in the body, so it's important to eat a lot of them. By eating a lot of carbs the night before a game and roughly 2-4 hours before a game, you will feel like you have much more energy. On average, you should be eating **5-8g of carbohydrates per kg of body weight**.

#### Examples of carbohydrates to eat (complex carbs):

- Whole grain pasta
- Quinoa
- Sweet potato
- Fresh fruit
- Whole grain bread

#### Examples of carbohydrates not to eat (simple carbs):

- Baked goods
- Juices and pop
- Cookies
- Breakfast cereal
- White bread and pasta

### **Protein:**

It's extremely important to remember to have a protein with your meal before a game. On average, you should be eating **1.2-1.7g of protein per kg of body weight**.

### Examples of protein to eat:

- Greek yogurt
- Chicken
- Tofu
- Lean meat
- Chickpeas
- Lentils

### **Healthy Fats to Consume:**

Fats are not a huge topic of focus because there is often some content of fat in the majority of foods that you eat. You need fats for long lasting energy, so try and focus on healthy fats (unsaturated).

### Examples of unsaturated fats:

- Avocado
- Vegetable oils
- Peanut Butter
- Almonds
- Seeds (pumpkin, sunflower, etc.)
- Nuts (hazelnuts, walnuts, cashews, pecans, pine nuts, etc.)

Sometimes you will be in a situation with unhealthy fats and simple carbs. Remember it is still ok to go for frozen yogurt with your friends. However, keep these treats to 10% or less of the time.

### **Hydration:**

As you know, drinking water is extremely important during practices and games to keep you feeling energized and able to keep playing.

### **Remember:**

- Thirst is an indicator of dehydration; drink even when you're not thirsty.
- High-performance athletes should drink a minimum of 12 cups per day

### **Tips to prevent dehydration in games:**

- Drink 2 cups of water before bed, after first morning void and 2 hours before a practice or game
- 8 to 10 ounces, 10 minutes before a game (try in practice first)
- 6 to 8 ounces at all breaks during practices or games
- 24 ounces (3 cups) after practices and games for every pound lost
- Have sport drinks after a hard game/practice to refuel rather than before a game because of the sugar content

\* Graduated water bottles can help you accurately track water consumption.

### **Sports Drinks**

Carbohydrate drinks, such as Gatorade, provide CHO needed for muscle fueling and electrolytes (salts) to help promote hydration. Quick replenishment of electrolytes results in faster recovery time. This can make the huge difference in performance with game times that are close together, such as in a tournament

### **Natural Sports Drink Recipe**

#### Ingredients

- 1 quart of liquid (options: green tea, herbal teas, coconut water, plain water)
- ⅛– ¼ tsp Himalayan Sea Salt (regular table salt will work, but it doesn't have all the trace minerals)
- ¼ to ½ tsp crushed Calcium magnesium tablets or powder(optional)
- ¼ cup or more of juice (optional. Can use grape, apple, lemon, lime, pineapple, etc.)
- 1-2 TBSP sweetener (optional)- can use honey, stevia, etc. Suggestion: brew stevia leaf into the base liquid for the most natural option.

#### Instructions

1. Brew tea if using or slightly warm base liquid
2. Add sea salt and calcium magnesium (if using)
3. Add juice and mix or shake well
4. Cool and store in fridge until ready to use

## Pre-Game Foods

### Remember:

- Pre-game meal should be eaten 2-4 hours before a game
- The meal should be high in carbohydrates, low in fat, and low to moderate in protein (500-750 calories)
- Meal should not be large (hard to digest)
- The evening before, have a large meal high in carbs
- Choose easily digestible foods close to game time.

Knowing your body and what you respond to best is critical in deciding when to consume your pre-game meal. Ultimately, it's important for an athlete to *feel good* before game time. Sometimes psychological factors of "feeling good" outweigh the physiological benefits.

**FUN FACT:** Psychological research supports that the best pre-game meals aren't always what will give you the best physiological advantage, but instead what makes the athlete *feel* their best. Sidney Crosby, NHL star, eats peanut butter and jelly as his pre game snack. This has minimal physiological advantages, but psychologically it works for him.

### Examples of pre-game meals:

- Pasta with tomato-based sauces (or other low-fat sauce) with chicken and vegetables
- Stir-fried noodles or rice with vegetables and lean meat
- Cereal and milk/yogurt
- Oatmeal made with milk
- Toast/muffins with honey or jam or peanut butter
- Rolls or sandwiches with lean meat, tuna or salmon
- Chicken, quinoa, and steamed vegetables
- Whole wheat pasta/gluten free, meat sauce

### Examples of pre-game snacks:

- Fresh or dried fruit
- Cereal bars
- Greek yogurt, berries, healthy granola
- Toast with peanut butter and banana
- Trail mix
- Cheese strings

Examples of foods to eat in between periods:

- Fresh fruit
- Sport bars, protein bars
- Granola bars
- Sport drinks

**Post-Game foods:**

Eating after a game is important to replenish the body with nutrients.

**Remember:**

- Post-game foods should be consumed within 15 minutes after the game
- Post-game meal should be consumed within 60 minutes after the game
- Combine carbohydrates and protein

Examples of foods to eat within 15 minutes after the game:

- Chocolate milk → **BEST OPTION**
- Protein shake
- Granola bar and 2 fruit
- 500ml sport drink
- Fresh fruit
- Bagel
- Dried fruit, trail mix, and cheese

Examples of meals to eat within 60 minutes after the game:

- Assorted cereals, milk, yogurt, whole wheat bread, rice cakes, and peanut butter
- Various hot entrées → beef/chicken fajitas, chicken kebabs, pulled pork, grilled fish
- Brown rice, roasted sweet potato wedges, quinoa, and/or whole wheat pasta
- Soup, salads, fresh fruit

**Examples Timing and Meals for games:**

**8:30am Game**

<b>Breakfast</b>	6:00am-7:00am	Egg, toast, and Greek yogurt
<b>Game</b>	8:30am	N/A

<b>Post game snack</b>	Within 15 minutes after game ends	Chocolate milk
<b>Post game meal (lunch)</b>	Within 60 minutes after game ends	Chicken Fajitas
<b>Afternoon snack 1</b>	2:30pm	Cheese and an apple
<b>Afternoon snack 2</b>	4:30pm	Granola bar
<b>Dinner</b>	6:30pm	Pasta and meat sauce

#### 10:30am Game

<b>Breakfast</b>	7:00am-8:00am	Oatmeal with milk
<b>Game</b>	10:30am	N/A
<b>Post game snack</b>	Within 15 minutes after game ends	Chocolate milk
<b>Post game meal (lunch)</b>	Within 60 minutes after game ends	Brown rice with chicken or salmon and cooked vegetables
<b>Afternoon snack</b>	3:30pm	Fresh fruit
<b>Dinner</b>	6:30pm	Fish with vegetables
<b>Evening snack</b>	8:30pm	Cheese and crackers

#### 1:00pm Game

<b>Breakfast</b>	8:00am	Cereal with milk and fruit
<b>Pre-match meal</b>	10:00am-11:00am	Sandwich with lean meat or tuna and vegetables
<b>Game</b>	1:00pm	N/A
<b>Post game snack</b>	Within 15 minutes after game ends	Chocolate milk
<b>Post game meal</b>	Within 60 minutes after game ends	Chicken kebobs
<b>Dinner</b>	7:00pm	Stir-fry
<b>Evening snack</b>	9:00pm	Toast with peanut butter

#### Evening Game

<b>Breakfast</b>	9:00am	Hard boiled egg with Greek yogurt and granola
<b>Morning snack</b>	11:00am	Cheese and a banana
<b>Lunch</b>	12:30pm	Soup and salad
<b>Pre match meal</b>	3:00pm	Quinoa mixed with vegetables and chicken



<b>Game</b>	6:00pm	N/A
<b>Post game snack</b>	Within 15 minutes after game ends	Chocolate milk
<b>Post game meal</b>	Within 60 minutes after game ends	Grilled fish, sweet potato, steamed vegetables

In regards to breakfast time, for the 1:00pm and the evening game, the timing is dependent on when you wake up. For example, if you wake up at 10:00am for your 1:00pm game, there is no need to eat a pre-match meal; eating breakfast with a pre-game snack will work well. Similarly, with the evening game if you wake up later than 9:00am that is fine, too. The most important thing to remember is to eat enough throughout the day to maintain energy during the game.

**ALWAYS HAVE A MEAL RICH IN CARBS AND LOW TO MODERATE IN PROTEIN AT LEAST 2-4 HOURS BEFORE GAME TIME!!**

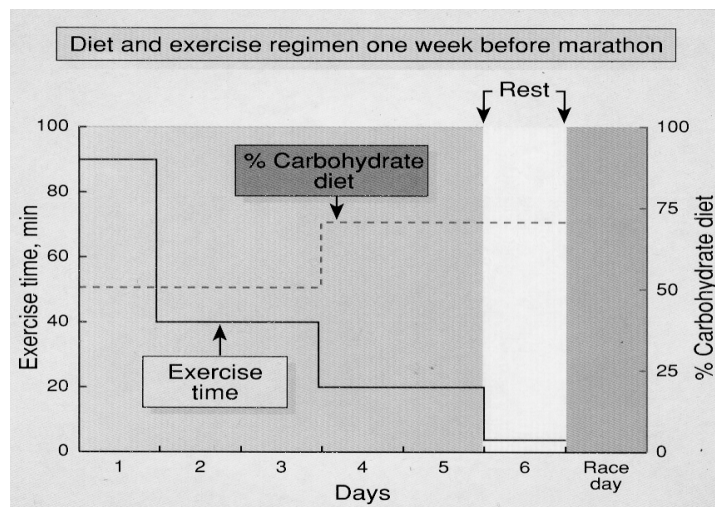
### TOURNAMENT PLAY NUTRITION

#### How to Prepare for a Tournament – Carbohydrate Loading

In professional sports, athletes will “carbohydrate load” approximately one week prior to their event.

Points to Remember:

- Food consumption should consist of 75% carbohydrates.



- Carb-loading increases glycogen (primary fuel for your muscles) stores in your muscles.

- High glycogen stores will decrease fatigue and improve performance.
- Having adequate glycogen stores can make or break a championship game in a tournament.
- That “running out of gas” feeling you experience after playing multiple games is muscle-glycogen depletion.

### **Example Meals for Carbohydrate Loading**

Use these meals as a basic guideline of how one would CHO load for an event. An athlete should typically consume 5-6g of CHO/kg of body weight.

#### Breakfast Options

- 2 eggs and a bagel with orange juice
- Oatmeal, yogurt, and a cup of fruit
- 2 eggs, one cup of potatoes, toast
- 2 eggs, 2 pancakes, and a cup of fruit

#### Lunch Options

- Foot long meat sub with lots of vegetables
- Stir fry with meat and vegetables
- Pizza with meat and vegetables

#### Dinner Options

- Pasta with meat and vegetables
- Steak, extra servings of potatoes and vegetables

**Note:** it is important to consume fruits and vegetables as snacks throughout the day. Also, when carbohydrate loading, athletes typically feel extremely full. A trick to consuming high amounts of CHO without feeling full is to consume less starchy foods. For example, consume one small apple that contains 15g of CHO vs. one small potato, which also contains 15g of CHO. For other examples, refer to the equivalence chart below.

### Foods All Equal to 15g of Carbohydrates

#### Fruits

1 small apple, orange, pear	1 medium banana	1 ¼ cup watermelon
½ cup unsweetened fruit juice	½ cup applesauce	1 ¼ cup strawberries

#### Vegetables

½ cup sweet potatoes	1 small potatoes	2/3 cup edamame
½ corn or peas	1/3 cup hummus	

#### Grains

½ cup cereal	¼ cup granola	1 cup chicken noodle soup
4 pieces of sushi	½ cup pasta	

#### Dairy

1 cup 2% milk	1 cup plain yogurt	
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### What to Eat the Day of the Tournament

Tournament game times can be early in the morning. It is crucial that athletes eat a high CHO breakfast, and allow enough digestion time. Overnight, the body depletes ~50% of its glycogen stores; essentially, the body goes into starvation mode. Glycogen stores must be replaced: consider getting up early, eating breakfast, and returning to sleep.

The majority of your nutritional preparation should be 7 days prior to tournament day. During the tournament, the amount of carbohydrates, proteins, and fats consumed should be similar to pre and post-game recommendations previously outlined, depending on game times.

Watch which types of fast foods you are consuming when out of town. If possible, pack nutritious filled foods you can eat throughout tournament day. If you must buy fast food, here are some healthier options.

- Subway: whole grain bread, grilled chicken, lean roast beef, or turkey, and lots of vegetables. Avoid creamy sauces.
- Tim Horton's: grilled chicken club, no bacon. Chili with a multigrain bun.
- Wendy's: baked potato, chilli with a bun, or grilled chicken sandwich.
- Italian: pasta with meat sauce. Salad on the side. Avoid cream-based sauces.

## OFF-SEASON NUTRITION

### **Importance of carbs and protein in the Off-season**

- As you know macronutrients carbs, proteins and fats are going to provide you with the energy required for hockey. Eating healthily now will improve your game and lifelong health.
- During the summer you can use a healthy nutrition plan to prepare and repair your body and mind for the long hockey season. It is important to realize that since you are not practicing or playing hockey regularly your calorie requirements have also decreased. Some athletes risk weight gain in the off-season.
- Your goal is to eat 5-6 small meals daily which will help you recover from training, keep your energy up throughout the day, and provide you with life-long health benefits. (3<sup>rd</sup> snack optional)
- As a guide, calorie intake can decrease by approximately 200 calories compared to your hockey-season lifestyle. However, healthy eating and activity should keep your attention, not your weight.
- At the beginning of your off-season training dieticians recommend keeping your carb to protein ratio to 2:1. This will help increase your glycogen reserves. Carbs should be from nutritious fruit and vegetables and protein should be lean.
- As workouts intensify, increasing the amount of protein up to 1:1 allow muscle maintenance and strength.
- Continue to avoid high fat, deep fried food and simple carbs.



(Photo from US Lacrosse team)

## The small things that count: micronutrients

Athletes should ensure they meet the food guides requirements for:

1. Calcium
  - Why? Healthy bone, enzyme levels and muscle contractility.
  - 1300 mg/day
  - Good sources: Milk, yogurt cheese, broccoli, spinach and fortified grains
2. Vitamin D
  - Why? Bone health and calcium uptake
  - 600 IU/ day
    - Athletes living in northern latitudes (Canada) and train indoors (hockey) are more likely to have deficiencies
    - \* If you spend time outside in the summer, vitamin D levels will be higher and not as of much concern
  - Sources: fortified milk and the sun
3. Iron
  - Component of red blood cells facilitating oxygen delivery to tissues.
  - 15mg/day for females
  - Iron deficiency is common in female athletes especially.
  - Sources
    - Eggs, leafy greens fortified whole grains and lean meat.

## SAMPLE OFF-SEASON MEAL PLAN

Day 1	2	3	4	5
Whole grain cereal with milk and fruit.	Whole grain bagel with 2tbsp peanut/almond butter.  1 banana  1-2 cups milk	Scrambled eggs fruit and whole grain toast	1 cup oatmeal  -1/2 cup assorted berries  1-2 cups milk	2 egg omelet with spinach  -2 pieces whole grain toast  -1 orange  -1-2 cups milk
Apples slices with 2tbsp natural peanut butter	½ cup Greek yogurt with berries	Ants on a log-celery with peanut butter and raisins	2 pieces laughing cow cheese and crackers	Hummus and raw vegetables
Kale chicken Caesar quinoa salad  *see recipe	Turkey Sandwich with lettuce, tomato and avocado  -1 orange	Black bean salad  *see recipe	-chicken breast  -whole wheat pasta  -salad	PB and J sandwich  -1 banana  -1 yogurt
Energy balls  *recipe	Roasted almonds and apple sauce	1 small banana with 10-15 pumpkin seeds	1 cup baby carrots  1 hard-boiled egg	Fruit smoothie
Whole wheat pasta primavera	Grilled halibut  *recipe	Whole grain pasta with stir-fried spinach, peppers and chicken	Black bean burritos	Lean steak with baked sweet potato and

### Helpful tips for grocery shopping:

- When choosing cereal, granola bars and oatmeal look for sugar content under 10%. The first ingredients should be whole grains, nuts, seeds, or fruit.
- Natural nut butters are a healthier option.
- For snacks pair proteins with carbs. Nuts are a great protein snack option: choose unsalted.
- Look for color and variety in your fruits and vegetables to avoid complacency. The food guide translates to 28 pieces of fruit and 21 cups of vegetables in your shopping cart per person for one week.

Links to recipes:

<http://www.cookinglight.com/quinoa-salad-recipes/kale-caesar-quinoa-salad-roasted-chicken>

<http://www.themagnesiummiracle.com/high-magnesium-food-recipes/pan-seared-alaskan-halibut-recipes-with-lentils-and-kale/>

<http://kneadtocook.com/no-bake-energy-balls/>

<http://www.onceuponachef.com/2010/08/black-bean-salad-with-corn-red-peppers-avocado-lime-cilantro-vinaigrette.html>

## TRAINING PROGRAM: OFF-SEASON TRAINING

### Overview

- Your off-ice training program is very important in preparing you for the next season!
- For off-ice training to be effective at increasing your athletic ability, it has to be hockey specific. The following strength and agility/quickness exercises are designed for hockey players
- This program is meant to last around 4 months/ 16 weeks (May to end of August)
- All the exercises that are given do not require any gym equipment; so it can be done at home. If you do however go to a gym, you can do weight training on top of this

### Outline

- This program is **strength** focused, so you will be doing the "strength workout" **3 times/week**, with **agility/quickness** exercises **1 or 2 times/week**
- Remember to always start and end your workouts with STRETCHING!!! This will prevent injury, release tension and/or muscle soreness, and enhance your mental and physical relaxation
- Start your workout with **dynamic** (moving) stretches and end your workout with **static** (cool down) stretches

### **Strength Workout:**

- There are only 7 exercises that you will be doing in your strength workout

- Every 4 weeks you are going to progress into a harder exercise with more repetitions
- There are 4 stages: **beginner, intermediate, semi-advanced and advanced**
- Each workout should be completed as a circuit. Players should do 1 set of the first exercise and then immediately go to the next exercise. Once you have done 1 set of all 7 exercises, then go back to the first exercise and repeat the sequence
- Take a maximum of 30 sec rest between each exercise and 1 min rest between circuits
- FOCUS on doing every exercise as perfectly as possible. Do not rush!
- Remember to challenge yourself...if it seems too easy for you, do a few extra reps

#### Warm-Up Stretching Routine

- Spend **10-15 min** warming up to get your blood flowing.
- Examples of exercises:
  - ❖ Walking
  - ❖ Easy jogging/running
  - ❖ Bicycling
  - ❖ Jumping rope
  - ❖ Back pedaling
  - ❖ Side shuffling
  - ❖ Carioca
  - ❖ Front-to-back leg swings
  - ❖ Side-to-side leg swings
  - ❖ High knee walk
  - ❖ Quad pull back
  - ❖ Straight Leg Kick
  - ❖ Overhead Lunge
  - ❖ Side lunge with spin
  - ❖ Reverse lunge with twist
  - ❖ Spiderman
  - ❖ Inchworm
  - ❖ Squat to stand

Next come your actual strength exercises...



**Beginner Level Workout – Weeks 1-4:**

Exercise	Sets and reps
1) Glute Bridge: Two Leg Raise & Lower <i>(descriptions on how to do these exercises are to come)</i>	<b>3 X 15 reps</b>
2) Front Plank: Hold	<b>3 X 40 seconds</b>
3) Two-way Reach: Y-T Arm Lift	<b>3 X 15 reps each way (do Y's and T's)</b>
4) Side Plank: Hold with Knees Bent	<b>3 X 10 seconds each side</b>
5) Hand-to-Hand: Touch Across Knees Down	<b>3 X 5 reps each arm</b>
6) Reverse Crunch: Anchored with Knees Bent	<b>3 X 20 reps</b>
7) Step-Up: Basic Step-Up	<b>3 X 15 reps each leg</b>

**Intermediate Level Workout- Weeks 5-8 :**

Exercise	Sets and reps
1) Glute Bridge: Two Leg Raise One Leg Lower	<b>3 X 20 reps (10 on each leg)</b>
2) Front Plank: One Leg Up	<b>3 X 20 seconds each side</b>
3) Two-way Reach: Contralateral Y-T Arm Lift	<b>3 X 20 reps each way</b>
4) Side Plank: Hold with Legs Straight	<b>3 X 20 seconds each side</b>
5) Hand-to-Hand: Touch Across in Plank	<b>3 X 8 reps each arm</b>
6) Reverse Crunch: Anchored with 10 sec lower	<b>3 X 8 reps</b>
7) Step-Up: Step-Up with 45' upper body	<b>3 X 15 reps each leg</b>

**Semi-advanced Level Workout- Weeks 9-12:**

Exercise	Sets and reps
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1) Glute Bridge: Single Leg Raise&Lower	<b>3 X 10 reps</b>
2) Front Plank: Hold with Arm Lift	<b>3 X 15 seconds each side</b>
3) Two-way Reach: Contralateral Y-T Arm Lift with a Transition	<b>3 X 15 reps each way</b>
4) Side Plank: Hold with Leg Lift	<b>3 X 10 seconds each side</b>
5) Hand-to-Hand: Reach Forward in a Plank Position	<b>3 X 5 reps each arm</b>
6) Reverse Crunch: Anchored Crunch with Legs Bent Up & Straight Down	<b>3 X 5 reps</b>
7) Step-Up: Step Up with a Lunge Down	<b>3 X 10 reps each leg</b>

#### **Advanced Level Workout- Weeks 13-16**

<b>Exercise</b>	<b>Sets and reps</b>
1) Glute Bridge: Single Leg Raise&Lower	<b>3 X 20 reps</b>
2) Front Plank: Hold with Arm Lift	<b>3 X 30 seconds each side</b>
3) Two-way Reach: Contralateral Y-T Arm Lift with a Transition	<b>3 X 30 reps each way</b>
4) Side Plank: Hold with Leg Lift	<b>3 X 20 seconds each side</b>
5) Hand-to-Hand: Reach Forward in a Plank Position	<b>3 X 10 reps each arm</b>
6) Reverse Crunch: Anchored Crunch with Legs Bent Up & Straight Down	<b>3 X 10 reps</b>
7) Step-Up: Step Up with a Lunge Down	<b>3 X 20 reps each leg</b>

## IN-SEASON TRAINING

### Strength Workouts

- Athletes should perform two workout sessions a week on the same days as the Sprint Interval Training
- Follow the same protocol as listed above for off-season training
- The week of a tournament follow the “tournament week” workouts and only perform one workout that week.

### Advanced Level Workout-September

Exercise	Sets and reps
1) Glute Bridge: Single Leg Raise&Lower	<b>2 X 15-20 reps</b>
2) Front Plank: Hold with Arm Lift	<b>2 X 30-40 seconds each side</b>
3) Two-way Reach: Contralateral Y-T Arm Lift with a Transition	<b>2 X 20-30 reps each way</b>
4) Side Plank: Hold with Leg Lift	<b>2 X 20 seconds each side</b>
5) Hand-to-Hand: Reach Forward in a Plank Position	<b>2 X 10 reps each arm</b>
6) Reverse Crunch: Anchored Crunch with Legs Bent Up & Straight Down	<b>2 X 10 reps</b>
7) Step-Up: Step Up with a Lunge Down	<b>2 X 20 reps each leg</b>

### Advanced Level Workout- October

Exercise	Sets and reps
1) Glute Bridge: Single Leg Raise&Lower	<b>3 X 20 reps</b>
2) Front Plank: Hold with Arm Lift	<b>3 X 30 seconds each side</b>
3) Two-way Reach: Contralateral Y-T Arm Lift with a Transition	<b>3 X 30 reps each way</b>
4) Side Plank: Hold with Leg Lift	<b>3 X 20 seconds each side</b>

5) Hand-to-Hand: Reach Forward in a Plank Position	<b>3 X 10 reps each arm</b>
6) Reverse Crunch: Anchored Crunch with Legs Bent Up & Straight Down	<b>3 X 10 reps</b>
7) Step-Up: Step Up with a Lunge Down	<b>3 X 20 reps each leg</b>

### **Advanced Level Workout- November**

<b>Exercise</b>	<b>Sets and reps</b>
1) Glute Bridge: Single Leg Raise&Lower	<b>3 X 20-25 reps</b>
2) Front Plank: Hold with Arm Lift	<b>3 X 30-40 seconds each side</b>
3) Two-way Reach: Contralateral Y-T Arm Lift with a Transition	<b>3 X 30-35 reps each way</b>
4) Side Plank: Hold with Leg Lift	<b>3 X 20-30 seconds each side</b>
5) Hand-to-Hand: Reach Forward in a Plank Position	<b>3 X 15 reps each arm</b>
6) Reverse Crunch: Anchored Crunch with Legs Bent Up & Straight Down	<b>3 X 15 reps</b>
7) Step-Up: Step Up with a Lunge Down	<b>3 X 20-25 reps each leg</b>

### **Advanced Level Workout- December**

<b>Exercise</b>	<b>Sets and reps</b>
1) Glute Bridge: Single Leg Raise&Lower	<b>3 X 30 reps</b>
2) Front Plank: Hold with Arm Lift	<b>3 X 40 seconds each side</b>
3) Two-way Reach: Contralateral Y-T Arm Lift with a Transition	<b>3 X 40 reps each way</b>
4) Side Plank: Hold with Leg Lift	<b>3 X 30 seconds each side</b>
5) Hand-to-Hand: Reach Forward in a Plank	<b>3 X 20 reps each arm</b>

Position	
6) Reverse Crunch: Anchored Crunch with Legs Bent Up & Straight Down	<b>3 X 15 reps</b>
7) Step-Up: Step Up with a Lunge Down	<b>3 X 30 reps each leg</b>

### Semi-Advanced Level Workout- February

Exercise	Sets and reps
1) Glute Bridge: Single Leg Raise&Lower	<b>2 X 10 reps</b>
2) Front Plank: Hold with Arm Lift	<b>2 X 15 seconds each side</b>
3) Two-way Reach: Contralateral Y-T Arm Lift with a Transition	<b>2 X 15 reps each way</b>
4) Side Plank: Hold with Leg Lift	<b>2 X 10 seconds each side</b>
5) Hand-to-Hand: Reach Forward in a Plank Position	<b>2 X 5 reps each arm</b>
6) Reverse Crunch: Anchored Crunch with Legs Bent Up & Straight Down	<b>2 X 5 reps</b>
7) Step-Up: Step Up with a Lunge Down	<b>2 X 10 reps each leg</b>

### Semi-Advanced Level Workout- March

Exercise	Sets and reps
1) Glute Bridge: Single Leg Raise&Lower	<b>2 X 10 reps</b>
2) Front Plank: Hold with Arm Lift	<b>2 X 15 seconds each side</b>
3) Two-way Reach: Contralateral Y-T Arm Lift with a Transition	<b>2 X 15 reps each way</b>
4) Side Plank: Hold with Leg Lift	<b>2 X 10 seconds each side</b>
5) Hand-to-Hand: Reach Forward in a Plank Position	<b>2 X 5 reps each arm</b>

6) Reverse Crunch: Anchored Crunch with Legs Bent Up & Straight Down	<b>2 X 5 reps</b>
7) Step-Up: Step Up with a Lunge Down	<b>2 X 10 reps each leg</b>

### **Semi-Advanced Level Workout- April**

<b>Exercise</b>	<b>Sets and reps</b>
1) Glute Bridge: Single Leg Raise&Lower	<b>2 X 10 reps</b>
2) Front Plank: Hold with Arm Lift	<b>2 X 15 seconds each side</b>
3) Two-way Reach: Contralateral Y-T Arm Lift with a Transition	<b>2 X 15 reps each way</b>
4) Side Plank: Hold with Leg Lift	<b>2 X 10 seconds each side</b>
5) Hand-to-Hand: Reach Forward in a Plank Position	<b>2 X 5 reps each arm</b>
6) Reverse Crunch: Anchored Crunch with Legs Bent Up & Straight Down	<b>2 X 5 reps</b>
7) Step-Up: Step Up with a Lunge Down	<b>2 X 10 reps each leg</b>

### **Tournament Weeks**

<b>Exercise</b>	<b>Sets and reps</b>
1) Glute Bridge: Two Leg Raise One Leg Lower	<b>2 X 20 reps (10 on each leg)</b>
2) Front Plank: One Leg Up	<b>2 X 20 seconds each side</b>
3) Two-way Reach: Contralateral Y-T Arm Lift	<b>2 X 20 reps each way</b>
4) Side Plank: Hold with Legs Straight	<b>2 X 20 seconds each side</b>
5) Hand-to-Hand: Touch Across in Plank	<b>2 X 8 reps each arm</b>
6) Reverse Crunch: Anchored with 10 sec lower	<b>2 X 8 reps</b>
7) Step-Up: Step-Up with 45' upper body	<b>2 X 15 reps each leg</b>

## EXERCISE DESCRIPTIONS:

### 1) Glute Bridge-builds single-leg stability

#### **Beginner- Two-Leg Raise & Lower:**

Start lying on your back with knees bent at 90°, heels on the floor hip width apart and arms down by your sides. Push down into the ground with your heels and squeeze your butt to lift your hips up until your stomach lines up flat with the front of your thighs. Lower your butt to lightly touch the floor and push back up without relaxing the glutes or letting the knees move in or out during movement.

#### **Intermediate- Two-Leg Raise with One-Leg Lower:**

Do the same thing as the beginner glute bridge except you straighten one leg at the top of the movement so that the knees remain side by side. Slowly lower back to the ground using the other leg without letting your hips dip to the side. Continue this pattern, lifting with 2 legs, and lowering with 1 leg, switching legs each time.

#### **Semi-Advanced & Advanced- Single-Leg Raise & Lower:**

Push down through the heel of the leg on the ground and squeeze your glute to lift your hips off the ground. You want to lift as high as possible without arching your lower back. Lower under control and then push back up through the heel.

### 2) Front Plank- builds core stability

#### **Beginner- Hold:**

Elbows directly under shoulders, raise your body parallel to the ground and make sure your legs are straight. Hold this position for the specified amount of time

#### **Intermediate- Hold with Leg Lift:**

Do the same thing as above but have one leg raised about 3 inches off the ground by contracting your left glute. Keep the raised leg completely straight throughout the prescribed amount of time.

#### **Semi-Advanced & Advanced – Hold with Arm Lift:**

Do the same thing as the beginner plank but this time take your left hand, place it on your right armpit and hold that position. Make sure you aren't twisting your body to maintain balance, stay leveled.

### 3) Two-Way Reach – builds shoulder stability

#### **Beginner – Y-T Arm Lift:**

Y movement: start lying on your stomach with your arms straight overhead, legs together and thumbs pointed toward the ceiling and bring your arms down so that your body makes a letter “Y.” While keeping the arms perfectly straight, lift both arms off the ground and then back down.

T movement: Do the same thing as the Y movement but this time you’re making a letter “T” with your body.

#### **Intermediate- Contralateral Y-T Arm Lift:**

Start lying on your stomach with one arm in the ‘Y’ position & one arm in the ‘T’ position. Lift both arms off the ground by squeezing your shoulder blades down and together. Perform the required # of reps in this position and then switch the position of the arms and perform the remaining reps on the other side.

#### **Semi-Advanced & Advanced – Contralateral Y-T Arm Lift with a Transition:**

Start by lying on your stomach the same way as above. Keep the arms elevated and switch their positions so that ‘Y’ becomes ‘T’ and ‘T’ becomes ‘Y’. Lower to touch the ground and lift again. Keep alternating sides on each rep.

### 4) Side Plank – builds core stability

#### **Beginner – Hold with Knees Bent:**

Start lying on your side with your elbow directly underneath your shoulder and your forearm flat. Your legs should be bent at 90°. Raise your body up to form a perfectly straight line from shoulder to knee and hold this position.

#### **Intermediate – Hold with Legs Straight:**

Same as above, except you are going to have the heel of your front leg touching the toe of your back foot. Hold this position.

#### **Semi-Advanced & Advanced – Hold with Leg Lift:**



Plank but with one leg lifted off the ground, about 6 inches. Your top leg should be directly above your lower leg and in line with the rest of your body. Keep toes pointing forward at all times. Hold this position.

### 5) Hand-to-Hand Reach – builds shoulder stability

#### **Beginner – Touch Across with Knees Down:**

Start in a kneeling position with your hands on the ground so that your upper body is at a 45° angle. Lift your right hand off the ground and move it to touch your left armpit. Return the hand to the start position and repeat with the left arm. Alternate hands.

#### **Intermediate – Touch Across in a Plank Position:**

Do the same thing as above but while in a plank position.

#### **Semi-Advanced & Advanced – Reach Forward in a Plank Position:**

Get in plank position and lift your right hand off the ground and reach as far forward as possible without altering your body position and place the hand down. Bring that hand back. Now do the same with your left hand. Keep going for the specified # of reps.

### 6) Reverse Crunch – builds core strength

#### **Beginner – Anchored Crunch with your Legs Bent:**

Lay on your back, knees bent, feet together, heels tucked into butt and holding on to a bench/partner/something sturdy. Slowly lower your legs to JUST above the ground while squeezing your abs and bring them back up.

#### **Intermediate – Anchored Crunch with a 10 second Lower:**

Same thing as above except when you come down with your legs, you are going to hold in that position for 10 seconds. Rest for 5 secs in between each rep.

#### **Semi-Advanced & Advanced – Anchored Crunch with Legs Bent Up & Straight Down:**

Now you are going to do this exercise without holding on to something. Make sure that you are contracting your lower abs throughout the lowering and aren't feeling strain in your lower back. Also, keeping your heels close to your butt throughout will prevent you from placing undue stress on your spine.

## 7) Step-Up – builds single-leg strength

### **Beginner- Basic Step-Up**

This is pretty self-explanatory; all you're doing is a step up for the required # of reps. Make sure you're using a bench that is at knee height. Your stepping leg should be completely straight before your back leg comes up to the bench.

### **Intermediate- Basic Step-Up with the Upper Body at a 45° angle**

Do a step up while your trunk is at a 45° angle at all times (stimulating an exaggerated hockey skating position).

### **Semi-Advanced & Advanced – Step Up with a Lunge Down**

Do a basic step up but as you lower down, step far enough back with the 'back' leg to perform a deep lunge while keeping the top foot on the bench. Bend the back knee straight down towards the ground while keeping the knee of the upper leg directly over the ankle. Then push up through the heel of the top leg again to perform another step-up.

**\*DON'T FORGET-** once you're done your workout, cool down with **stretching!** \* Do the prescribed stretching indicated in the "Cool Down" section.

### **In-Season Sprint Interval Training:**

These scientific studies using Sprint Interval Training were conducted on high level hockey players and the results showed.

- Decreased levels of fatigue
- Decreased recovery time between shifts
- Improved on ice performance
- Greater power

The following is the in-season Sprint Interval Training (SIT) program for the Midget AA Saugeen Maitland Lightning. When reading this program the first number is the total amount of sprints you will perform. The second number is the total amount of time the athlete should be sprinting. The third number is the amount of rest that should be taken between each sprint. For example "8 x 30sec x 1 min" Would mean 8 total sprints for 30 seconds each followed by a 1 minute break before the next sprint. Athletes should perform these workouts twice a week on Mondays and Wednesdays. Does not have to

be done on Mondays or Wednesdays athletes should leave at least a full day between workouts. If athletes have access to a workout facility this style of training can be done on a stationary bike instead of sprinting. Just keep the intensity at a moderate level and peddle as fast as you can for the prescribed sprint period.

Month	Week #1	Week #2	Week #3	Week #4
September	6-8 x 30sec x 2 min	7-9 x 30sec x 2 min	8-10 x 30 sec x 1.5 min	8-10 x 30 sec x 1min
October	10-12 x 30sec x 1min	10-12 x 30sec x 45sec	12-14 x 30sec x 45sec	5 x 30 sec x 1 min
November	12 x 30sec x 1 min	14 x 30sec x 1 min	16 x 30sec x 1 min	18 x 30sec x 1 min
December	5 x 30sec x 1 min	10 x 30sec x 45sec	12 x 30sec x 45sec	14 x 30sec x 45sec
January	15 x 30sec x 1 min	5 x 30sec x 1 min	8 x 30sec x 1min	8 x 30 sec x 1 min
February	6 x 30sec x 1.5 min	6 x 30sec x 1.5min	6 x 30sec x 1.5 min	6 x 30sec x 1.5 min
March	6 x 30sec x 1.5 min	6 x 30sec x 1.5min	6 x 30sec x 1.5 min	6 x 30sec x 1.5 min
April	8 x 20sec x 1.5 min	8 x 20sec x 1.5min	8 x 20sec x 1.5 min	8 x 20sec x 1.5 min

If the athlete requires a longer break than prescribed to recover the athlete can increase the rest time. The goal is to get rests as close to if not lower than 1min the average length of a hockey shift. Athletes' are encouraged to start off sprinting at about 80% of all out 100% effort. As the program progresses athletes are encouraged to work up to 100% effort.

During the week of a tournament athletes are recommended to perform sprints at roughly 80% of maximum. Athletes should perform 5 x 30sec x 1 min during these weeks. This is to help the body recover in preparation for the tournament.

### QUICKNESS AND AGILITY EXERCISES: (1 OR 2X/WEEK)

In addition to doing your strength training 3x/ week off-season and 2x/week in-season, it is important to incorporate quickness and agility exercises. Do 3-4 of the following exercises **2x/week during the off-season** and only 2 of the following exercises **1x/week during the season**. You can do these on the same days or different day(s) as your strength training, but it is best if you do it on a different day.

- These will help you become a better player; if done properly you'll get quicker feet, acceleration, better hand-eye coordination and quicker reaction times.

#### **Tennis Ball Drops:**

Must perform with a partner. Your partner must have a tennis ball 3-5 metres away from you with the tennis ball extended from their body at shoulder level. She will assume a starting position. When she releases the ball, you must react to grab the ball

before it bounces twice. Perform the following starting positions and take 60 secs rest between drops.

1. Inside knee down (side to partner)
2. Outside knee down (side to partner)
3. Both knees down & facing (facing partner)

Video: <https://www.icehockeysystems.com/off-ice-exercise/1/tennis-ball-drops>

### **Quick Cross Over Sprints:**

All you're doing here is sprinting 8-10 metres, starting off by doing a crossover start. Do 4 sets of 8 repetitions facing both ways.

### **Hill Sprints:**

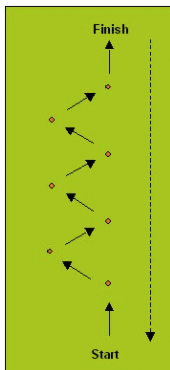
Find a hill that will take 3-8 seconds to run up. Focus on knee and arm drive. Hill sprints mimic the ground contact time of a skating stride and if properly used can be a great tool for acceleration. Take a minimum of 60-90 seconds of rest between sprints to avoid fatigue (quality vs. quantity).

### **Medicine Ball Reaction Drill:**

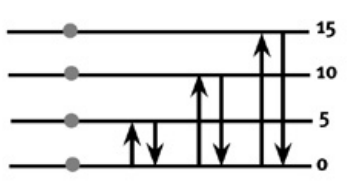
Using a lightweight (two to four pounds), rubber medicine ball, position yourself behind your partner. Toss the ball over your partner's head so that it lands five to fifteen yards in front of your partner. When your partner visually locates the ball, he or she must accelerate towards the ball in attempts to catch it before the second bounce.

**Snake:**

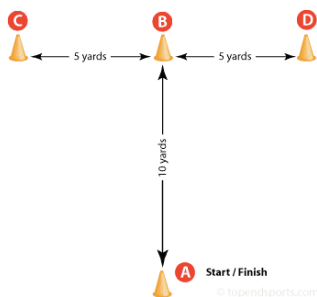
Set two lines of cones in Zig-Zag pattern about 4-5 metres apart. Sprint around the outside of each cone. As you go around, decelerate, drop hips, and reach down to touch top of cone then accelerate to next and repeat. Variations: go from forwards to backwards, carioca, or backpedaling.

**60 Yard Shuttle Run:**

In a continuous sequence, begin at the first cone, sprint to the second and back, sprint to the third and back, and finally sprint to the fourth cone and back. Cones should be set 5 yards apart and in a straight line.

**T-test:**

Sprint forward, lateral shuffle left, (back to center) lateral shuffle right, backpedal to start line.



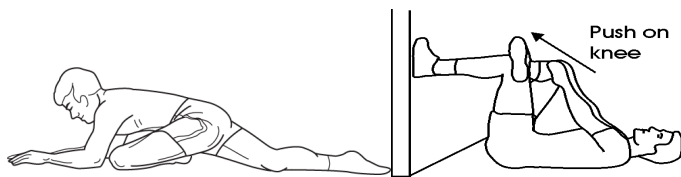
You can find more great quickness drills here:

<https://www.youtube.com/watch?v=kWZa5J9dBWE>

## COOL DOWN STRETCHES

Listed below are stretches to be performed after each workout. If you have any additional stretches you would like to add feel free to add them. When performing these stretches hold the stretch for 10 seconds, take a 5 second break, then stretch a little further and hold for 10 seconds, take another break, then stretch a little further and hold for 20 seconds. The key to stretching is to try to relax the muscle. You should feel some discomfort but you should not be in pain. When stretching try to focus on breathing and relaxing your muscles.

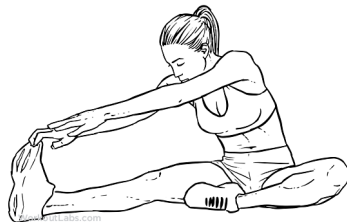
### Piriformis stretch



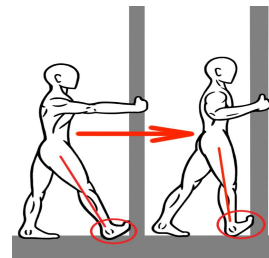
### Quad stretch



### Hamstring stretch



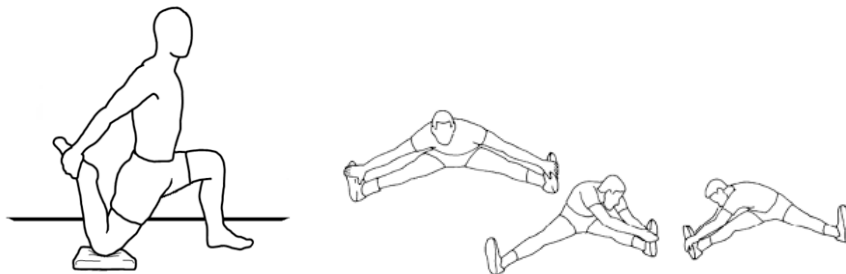
### Ankle stretch



### Hip flexor stretch



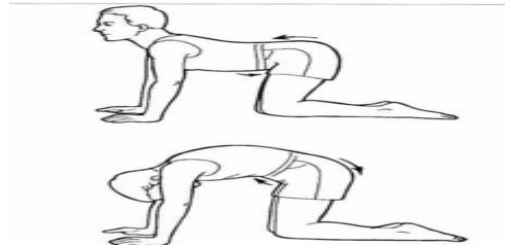
### Groin stretch



**IT-band stretch**



**Low Back stretch**



**Chest/Bicep stretch**



**Lats/Tricep stretch**

