

PlayPro Off Season Training

www.playprohockey.ca - email:coach@playprohockey.ca



Elite Off-Season Hockey

Fitness & Skills program

PeeWee – Bantam – Midget

This programs starts and ends with the importance of form, technique and safe progression in terms of resistance training. Players learn how to properly squat, lift, push and pull using 1-5 pound weights to safely teach technique! We use Sticks and PVC Tubes that are light-weight and safe for teaching form. Only when form is correct do we begin to moderately add resistance to improve strength, power and speed.

Training Plan – Periodization

HYPERTROPHY TRAINING – 4-6 Weeks (May-June)

Getting Bigger – Developing muscle mass in legs, glutes, core, arms and shoulders! This phase increases heart rate and burns fat and also helps the body prepare for the Strength Phase (July)

3 days per week

15 minutes dynamic warm-up

75 minutes training

30 minutes Hockey Skills Training

Workout 1 (Monday) – chest & shoulders + Shot Development

Workout 2 (Wednesday) – legs & core + Passing and puck skills

Workout 3 (Friday) – back and arms + Skating stride & foot speed

STRENGTH TRAINING – 4-6 Weeks (July-Early August)

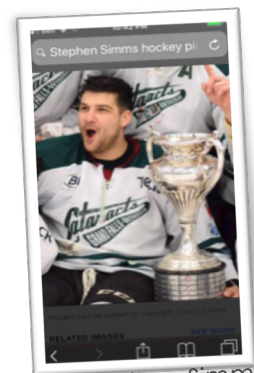
Getting Stronger – This phase is about progression and building on lifting techniques learned to transition to power and explosive strength with 3-5 reps at maximal effort! Much like an explosive start in hockey only requires 3-5 strides of maximum force vs backward skating for example.

POWER & SPEED – 2-6 Weeks – (August –September)

Getting Faster – Peaking for tryouts – This phase is about both on ice and off ice speed, acceleration and developing explosive skills with a puck and sharpening all skills prior to season



PlayPro Alumni Jordan Kennedy started training at age 12 and played at the Jr. A, QMJHL, Canada East and Now a Herder Champion and PlayPro Coach!



PlayPro Alumni Stephen Simms
Herder Champion NCAA
Division 1 Scholarship,
Saskatchewan Junior A
Team Canada West
St. FX Hockey Team



PlayPro Alumni Brandon Hynes
AAA Midget, Maj. Jr , QMJHL,
AHL, ECHL and Now PlayPro
Mentor and Coach.

YOUTH GLADIATOR PROGRAM

TIMBIT - ATOM – NOVICE

This program is about introducing an **active lifestyle** that promotes the foundation of **strength** required to perform **power skating** and aggressive hockey skills. Our goal is to **develop coordination**, improve overall leg strength and skating stance which aids in developing all **on ice and off ice skills!** We teach the importance of safely introducing kids to resistance training using body weight exercises, medicine balls, dumbbells, kettle bells, battle ropes and other fun implements! Ranging from 1-5 pounds.

Athletes push, pull, lift and squat on a daily basis, we just make it fun, hockey specific and motivational, which results in improved skill and endurance!

Workout 1 (Tuesday) – Full body circuit training session + skills session on skating & shooting

Workout 2 (Thursday) – Hockey Specific Fitness Session + skills session puck skills and passing

2 HOUR WORKOUTS INCLUDE

30 MINUTES Dynamic Warm up and Technique demonstrations

60 Minutes – Circuit Style full body workouts with challenges, cardio and flexibility.

30 Minutes – Skills Training – Power Skater, Shooting, Puck Skills, Passing & Battles

Pricing Options

Elite Off Season Program – 3 days per week (Peewee – Midget

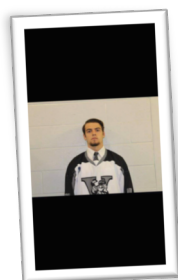
\$60/week (10-16 weeks) OR \$70/week (1-9 weeks)

Youth Gladiator Program - 2 days per week – Timbit – Atom

\$40/wk (10 – 16 weeks) OR \$45/weeks (1-9 weeks)

PlayPro Coaches

Ryan Roche



Jordan King



Ben Fitzgerald



Craig Peddle



Brandon Hynes

