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Ice hockey offseason training plan

Hockey players are considered to be some of the toughest athletes in the world. While tenacity is essential, hockey is a game that requires well-conditioned athletes and strong skill sets. A mix of speed, power, and agility helps players perform at their best. To be the best, off-hockey training has become mandatory. Teeth are optional. RELATED to: [Top 3 Hockey Training Mistakes](#) Hockey players are considered to be some of the toughest athletes in the world. While tenacity is essential, hockey is a game that requires well-conditioned athletes and strong skill sets. A mix of speed, power, and agility helps players perform at their best. To be the best, off-hockey training has become mandatory. Teeth are optional. RELATED: [Top 3 Hockey Training Mistakes](#) To reach your potential on ice, you need to practice hard and smart train. Strength and conditioning should focus on athletic development and injury prevention. The objectives of this article are to address the key power and condition requirements of hockey training, and to highlight the most widespread injuries associated with sport. Here are some key points to consider when training as a hockey player: it would be football, basketball and other team sports, hockey is a game of speed and power. The best players are often the most explosive. Keep this in mind when considering whether to slowly lift with maximum weight or back off the weight and move explosively. Although a solid aerobic base is important for athletes, hockey is an anaerobic sport. The game consists of very intense, short exchanges that can last only 30-45 seconds. Outside the speed of working ice should mimic the duration of shifts on ice. Top speed is important, but acceleration and deceleration are more important for most sports. Hockey is no exception. Developing a quick first step, eccentric power for deceleration, and changing steering mechanics should be the top priorities in the training program. Hockey is unique because it is played on ice. The mechanics of skating are much different from the mechanics of sprinting. While this requires special attention, most of your plan should be similar to what is needed for any sport that requires speed, power and agility. Hockey is a physical game that puts a lot of wear on the body. Include flexibility and mobility training throughout the season. RELATED: [To avoid Hockey Conditioning that slows you down](#) An effective power and conditioning program is also an injury reduction program. Athletes need a plan that will not only get them strong, but that reduces the likelihood of joint injuries associated with hockey. Excessive injuries are possible at all ages, and traumatic injuries occur more frequently as body checking is introduced. Here is a list of the most common injuries associated with hockey: Concussions. Any player whose head comes into hard contact with ice or plates should be removed immediately and monitored for warning signs. Confusion Confusion dizziness are all symptoms of concussion. Shoulder injuries. Shoulder dislocations and collarbone fractures are common as a result of plate checks, running in another player or falling on ice. Bursitis. Repeated stress from falls or body controls can lead to bursitis (inflammation of the bursa). This condition is often found in elbows and hips. Knee injuries. The medial collateral ligament is most sensitive to a sprain due to skating and contact mechanics on the outside of the knee. Back injuries. The flexed posture of the skating puts the players at risk for injuries. Back pain and/or pulled muscles are common. Stretching hip flexors and a strong core can help prevent these lesions. Injuries to the wrist. Last but not least, the wrist is likely to injure when hitting boards or falling on ice. Proper technical coaching is key to avoiding this injury. Bracing yourself against boards using forearms rather than hands can help prevent wrist injuries. RELATED: [The 5 best basic exercises for hockey players](#) What should my strength and conditioning plan consist of? A strong body in the underside, hips and base are extremely important for hockey players. Training can include pliometrics, Olympic lifts and heavy compound exercises to build explosive athletes that can accelerate and change direction quickly. While traditional Deadlifts and Squats can be excellent for building power, consider adding one-sided exercises, such as The Back-Foot-Elevated Split-Squats. In terms of sport-specificity, hockey players push off one leg when skating. Training each individual foot can provide a serious boost to athletic performance. Upper strength training of the body is also important. Focus on compound exercises, such as Chin-Ups, Bench Press and aerial press variations. Plyometrics upper body can also be implemented for explosive power. Sprint should be incorporated to mimic the energy demand of the sport and improve the conditioning. A well-planned routine will help you stay safe and perform at a high level. High quality work in the gym will lead to better results on ice. Example of good power training week and conditioning programs vary the volume of training, intensity, frequency and exercise of selection throughout the year. This helps prevent injury while at the same time improving performance in the weight room and on the ice. During the season, we need to keep the volume of training low to avoid accident and fatigue. During the off-season, we can increase the intensity and to build stronger athletes. The next routine is an off-season program to improve strength and strength. Please note that there is no secret recipe. If you don't see results or progress with a specific exercise, make changes as needed. Each workout should start with the following: Foam Running Light Stretching Mobility Working A Dynamic Warm-up (e.g. Jumping Jacks, Bodyweight Squats, Bear Crawls) Day 1 Snatch – 3x3 Barbell Deadlift – 4x5 Weighted Chin-Ups - - Bulgarian Split-Squat - 4x4 on Reverse dinrow foot with weighted West - 4x5 Farmer's Walk - 3x50 foot TRX Ab Rollout - 3x12 Day 2 Bench Press - 3x5 (includes 2-3 heating sets for a total of 5-6 sets) Standing Overhead Press - 3x5 TRX Push-Up- 3x12 Band Pull-Aparts - 3x20 Medicine Ball Slams - 3x12 Plank Reach - 3 x12 on Arm Day 3 Hang Clean - 3x5 Barbell Lunge - 3x5 on foot Dumbbell Row - 4x8 on the single-Leg Glute Bridge arm - 4x8 per foot, holding each position for 5 seconds Side Plank - 3x60 seconds Day 4 Tilt Dumbbell Press - 3x5 Weightea tightea of 3x5 Dips - 3x8 Medicine Ball Side Throw - 3x8 on the Side of Wall Slides - 3x15 Photo Credit: Getty Images Totaly /Thinkstock A professional hockey game. Maddie Meyer/Getty Images complete training programs for individual sports are timed. That is, they are divided into several phases in the year with each phase focusing on a certain fitness development. Periodized programs provide a progressive build-up on peak fitness and performance. Most professional sports players use weights in their training, and each phase of this workout has different goals. Each successive phase is based on the previous phase. To reach the peak of fitness and performance, follow this ice hockey weight training program, which also explains the need for cardio workouts. Aerobic fitness means that you can skate, ski, run or run for a long time at a moderate pace without getting too tired. Anaerobic fitness means that you can go more at high intensities before the legs and slow your body down. Both are important in hockey, especially if they are likely to play the whole game. When you optimize all the fitness elements - skating strength, power, and power - you will reach the peak of fitness. An important note: Hockey requires good aerobic fitness and endurance for sustained effort. Although training on ice skates is essential, many players also benefit from off ice rink training on treadmills, indoor parts, bike machines and other cardio equipment. The program presented here focuses mostly on weight hockey training and strength development part of the program. You will need to do cardio workouts to develop aerobic fitness early in your pre-season. Then, closer to the start of the season, build anaerobic fitness to do sprints, transfer races, and intervals to fully prepare for the start of the season. A year-long ice hockey weight training program could be similar to the one shown below: Players are preparing for the season and start building strength after the off-season. The focus is on building aerobic fitness, basic functional strength and muscle building, which is called hypertrophy. Players work until the beginning of the season, and pre-season are imminent. The focus is on building anaerobic fitness and maximum strength and strength. The competition is ongoing and players are expected to be fully functional for the competition. Maintaining speed, aerobic and anaerobic fitness, with an emphasis on power and power. The season is over; finished; to relax, but to remain active. The focus is on rest and recovery with easy activity maintenance - try cross-training and light gymnastics work. Taking a break for several weeks from intense fitness and strength training is helpful. As the pre-season approaches, more regular workouts can resume with a focus on building aerobic fitness again for pre-season training. While a generic training program might work for some sports, players could benefit from specialized programs, especially for teams where members have specific roles that require certain physical attributes. For example, in football, a quarterback, and a quarterback will probably have a different schedule in the gym. One program should emphasize speed and agility, and other bulk, strength, and strength. In hockey, defenders and forwards require similar training, and that includes stay-at-home and offensive defense players. On the other hand, goalkeepers may need additional skills in reflexes and flexibility. A fitness point that does not distinguish hockey players from other team sports is the requirement for one-legged strength and balance. Naturally, players can target this in a weight training program. Consider the program presented here as an all-around plan, best suited for beginners or casual players without a history of weight training for hockey. The best programs are always specific to a person's current fitness level, team role, access to resources and, of course, the essential philosophy of team coaches. Players will find the most successful when following this program in collaboration with a coach or coach. If you are new to weight training, brush on principles and practices with beginner resources. Always warm and cool before and after a training session. Medical clearance for exercise is also a good idea at the beginning of the season. How a player approaches this phase will depend on whether the player is new to weight training or comes off a strength-building season. The formation of a power foundation means the use of a program that works all major muscle groups of the body. Less experienced weight trainers will have to start with lighter weights and fewer sets, and then work up to heavier weights with more sets. Start early in the season to get used to this phase if you haven't used weights before. Repetitive sports activities can strengthen one part of the body at the expense of the other, or they can emphasize one or two major muscle groups with less emphasis on others. Inevitably, weak areas may be susceptible to injury and may perform poorly. This is not to say that your non-dominant arm or hand must be as good as your skill-dominance. However, for example, in hockey, each hand has its own important role in stick control, and this affects your stick handling skills. You need to allocate sufficient training resources so that you achieve functional strength in all areas, including opposing muscles, as well as on the left and parts of all major muscle groups. This includes back, buttocks, legs, arms, shoulders, chest, and abdominal. At the beginning of the pre-season, the foundation program comprises a mixture of resistance, resistance and hypertrophy goals, which means that the weights are not too heavy, and the sets and repetitions are in the range of 2 to 4 sets of 12 to 15 repetitions. At this stage, you build strength, muscle size, and endurance. Duration: 4 to 6 weeksDays per week: 2 to 3, with at least one day of rest between sessions and one week easier in week 4 to promote recovery and progression. Repeats: 12 to 15Sets: 2 to 4Rest between sets: 30 to 60 seconds Phase 1 Exercises test note points and error, find a weight that represents a tax lift for the last few reps of each set. If you are not sure, start with a slight and increase it as you get stronger during the training period, so the perceived effort remains similar. Don't pick up too hard at this stage. The last few reps in a set should be taxing without extreme effort to reach failure, especially for the arm and shoulder exercises. You want your arm and shoulder ready for work and strengthened, but not overcharged. Under in front of squats or dumbbell or sleigh hack squats where the rotation required to position a barbell on the shoulders for tradiional squat back stresses the shoulder joint to the point of discomfort. Protection of the shoulder joint is important at this stage and at subsequent ones. Circuit training, off-skating cardio, and another aerobic exercise should be added to this program if possible. Stop immediately if you notice acute pain during or after a weight exercise, and seek medical advice and training if it persists. At this stage, you will build strength and muscle. Fast and agile players should be careful not to bulk up too much. You have a good foundation from the beginning of pre-season workouts and now the focus is on lifting heavier weights in order to train the nervous system in combination with muscle fibers to move higher loads. Hypertrophy, which is building muscle size, does not necessarily imply strength. However, in the foundation phase and in this phase, hypertrophy will serve you well for the development of force. Power will be the foundation for the next phase of the weight hockey training program, which will focus on power development. Power is the ability to move the heaviest tasks in no time. Power is essentially a product of power and speed and is an important component of a successful hockey skill set. Period of the year: Mid-seasonDuration: 4 to 6 weeksDays per week: 2 to 3, with at least one day between sessionsReps: 3 to 6. Players relying mainly on speed and and need ing least in bulk should do the lowest number of reps. Sets: 3 to 5Rest between sets: 3 to 4 minutes Phase 2 Exercises Points to Note Adjust weight, so the last few repetitions are tax, but do not lead to complete failure. Fewer reps means you will be lifting at this stage. Rest enough between sets. You need the recovered muscles, so you can complete a heavy lifting session. If you are unable to recover from a single day of rest between them, reschedule this program for two sessions each week, not three. Strength training can be physically and mentally demanding. You will be sore in the muscle after these sessions. Muscle pain or delayed onset muscle pain (DOMS) is normal; joint pain is not. Be sure to monitor arm and shoulder reactions at this stage. Back when you feel any joint pain or discomfort. In this phase, you build on the power developed in phase 2 with training that will increase your ability to move a load at high speed. Power is the combination of power and speed. Power formation requires lifting lighter weights than you did in the resistance phase, but with explosive intent. You need to rest properly between rehearsals and sets so that every move is made as quickly as possible. The number of sets may be less than phase 1. There's no point in training like that when you're tired. Period of the year: late pre-season and in-seasonDuration: 4 weeks in progressDays per week: 2 to 3Reps: 8 to 10Sets: 2 to 3Rest between rehearsals: 10 to 15 secondsRest between sets: at least 1 minute or until recovery Phase 3 Barbell exercises or dumbbell hangs cleanAlternate, one leg sitting calf lifts Cable push-pullOne cable arm lifts, each armAlternate, one foot medicine push pressMedicine standing twisting with partner (6x15 rehearsals fast , recover between sets) (or alone) Note Points In power formation, it is important that you are relatively recovered for each iteration and set, so that you can maximize the speed of movement. The weights should not be too heavy and the rest periods should be sufficient. At the same time, you need to push or pull loads heavy enough to develop strength against reasonable resistance. Lift harder than phase 1, but easier than phase 2.Cu twisting the medicine ball, make a complete set to maximum, then the rest enough before the next. Alternative phase 2 (power) and phase 3 (power) for a total of two sessions each week. Every five weeks, skip weight training to help recovery. Note points Try to allow at least two days between any power session and a game. Try not to do strength training on the same day you work on the rink or at least separate workouts in the morning and afternoon. Rest completely from the training force one week out of five. Easy work at the gym is fine. Use your judgment. Do not sacrifice ice rink training skills for weight work if you have limited time available. Now it's time to get You need this time for emotional and physical renewal. For a few weeks, forget hockey and do other things. Staying fit and active with cross-training or other activities is still a good idea. Give yourself plenty of time to do it all over next year. An. An.

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