

Hockey - Strength & Power

This program is designed to be done at home or in a park. It is designed to develop both speed and agility using a mixture of body weights and agility exercises. The development of speed and agility in pre season will assist in agility and speed on pitch and injury prevention.

WARM UP & MOBILISATIONS:

- 3 rounds of: 10 star jumps, 5 body weight squats, 5 walkouts (from standing place hands on floor and walk them out till in a starting press up position, 5 knee press ups & 5 hip openers (in press up position, step left foot forwards to the side of left hand and push hip forwards and same on the right)
- 10 twists (touch left shin with both hands, then twist and reach as high as you can to the top left)
- 10 leg swings (forwards/back & left/right)

MAIN SESSION:

Aim to do 3 rounds: 1 minute, 45s & 30s on each exercise

1 - SQUAT JUMPS



- Start with feet hip width apart toes pointing out slightly
- Imagine your sitting down into a chair and lead with your bum and you lower down to the floor
- Aim for at least thighs 90 degrees to the floor
- Jump as high as you can
- Squat as soon as you can and repeat

2 - PRESS UP & TWISTS



- On knees or feet start in a press up position
- Lower down to floor keeping your back straight & push back up
- Twist and point one hand up in the air
- Repeat on both sides



3 - REVERSE WOODCHOPS



- Using a weight or medicine ball start with the weight on one side by your knees
- Using your core and arm muscles to rotate, move the weight across your body to the opposite side above your head (like a golf swing)

4 - MOUNTAIN CLIMBERS



- In a press up position, bring your left knee as close to left elbow as possible
- Then repeat with the right knee to right elbow
- Alternate on both sides quickly

5 - BACK ROW



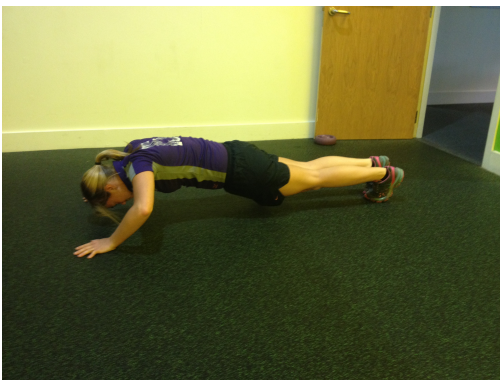
- Using a TRX, table or bike rack in park place your hands shoulder width apart and lean back
- Pull your elbows back and together as you pull your body up
- Further away you place your feet, the harder it will be.

6 - LUNGES



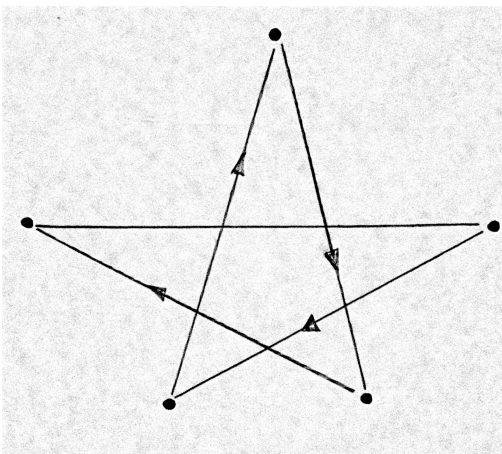
- Start feet hip width apart
- Take a step forwards and aim to lower back knee down to the floor
- Aim to keep up body straight and core tight

7 - PLANK



- Easier option is on knees, harder option on feet
- Hold body weight on forearms and keep tummy tight without sticking bum up in air or allowing it to fall down.

8 - AGILITY STAR DRILL



- Run in the direction of the arrows but remain facing forwards as quickly as you can
- This will involve running backwards, forwards and side stepping

Any questions about to exercises or to book in for a 40% off PT session at E M Active contact Emma on emma@emactive.co.uk or 07769340026