



## SUMMER OFF-ICE STRENGTH & CONDITIONING PROGRAM

WHY IS STRENGTH AND CONDITIONING IMPORTANT?

**HOCKEY SKILL MAY IMPROVE 10-20%**

**WHILE THE PHYSICAL DEVELOPMENT OF THE BODY  
CAN IMPROVE UP TO 200%**

**STRENGTH AND CONDITIONING MAXIMIZES SKILL  
NO SKATING TREADMILLS, NO MAGIC FORMULAS, NO GIMMICKS,  
JUST SMART AND CONSISTENT WORK!**

### **7 Pillars of 21<sup>st</sup> Century Fitness**

- 1. Regeneration/Recovery/Nutrition/Flexibility:** implement strategies that allow optimal recovery from training and sport
- 2. Corrective Exercises/Prehab/Injury Prevention:** a proactive approach to healthy joint and muscle function, decrease the likelihood of injury from sport
- 3. Core Training:** learn how to stabilize and transfer energy throughout your body
- 4. Mobility, Activation and Movement Prep:** learn exercises and skills to maximize your movement efficiency in sport
- 5. Power Development:** learn to improve your rate of force production
- 6. Strength/Resistance Training:** build muscular strength, the fundamental physical quality an athlete must possess to increase athletic performance
- 7. Metabolic Training/Conditioning:** improve your work capacity in your sport through the use of specific conditioning drills

***The Official Strength And Conditioning Program Of The New York Bobcats***  
**USA HOCKEY JUNIOR NATIONALS 2008-09 AND 2009-10**

PROGRAMS BEGIN JUNE 2010

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