



HEALTH
PERFORMANCE
INSTITUTE™

Charger Hockey

DRYLAND DEVELOPMENT GUIDE



Dryland Development Outline

HPI | CHARGERS PARTNERSHIP

Providing high quality sports performance training and injury prevention to the Reaper's athletes.

Routine 1: Body Awareness

This routine is designed to focus on body awareness. The purpose of this routine is to create a foundation for the athlete's long-term strength and conditioning development.

Routine 2 & 3: Strength

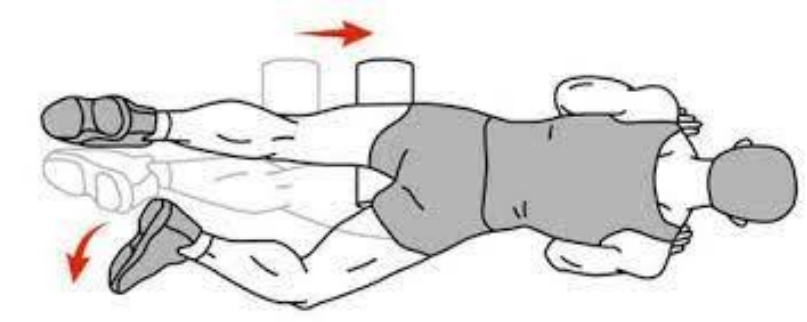
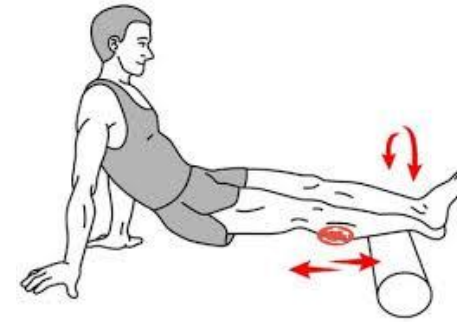
These routines are designed to improve the athlete's core strength and muscular strength through traditional strength training techniques.

01 The Warm-up Protocol

Step 1: Foam Roll

Roll Calves, Hamstrings, Glutes, Quadriceps and Hip Flexors.

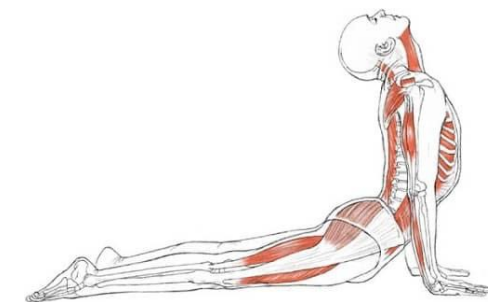
Note: Target the most tender spot of each muscle group and hold for 15-20 seconds to relax the muscle.



Step 2: Stretch

Stretch Low Back, Hip Flexors

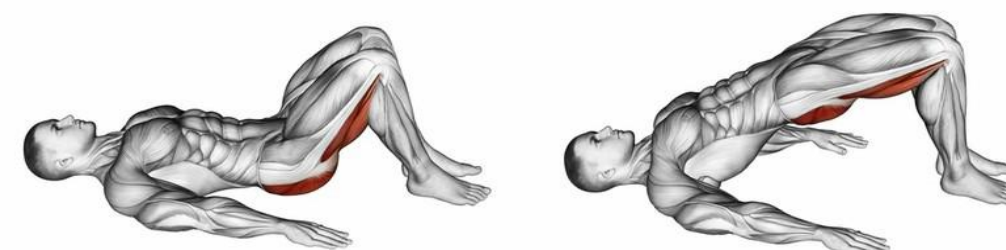
Note: Hold each stretch for 10-20 seconds and repeat 3-5 reps of each.



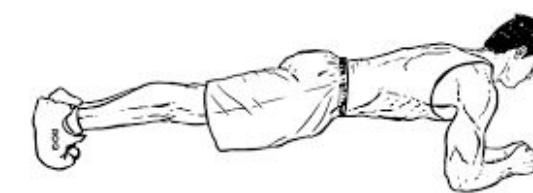
Step 3: Activation

Activate Glutes, Core and Low Back

Note: Activating these muscles prior to your training session will decrease your risk of low back and spinal injuries.



Glute Bridge - 15 reps



WorkoutLabs.com

Low Plank - 60 sec. hold

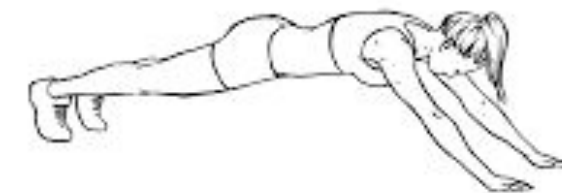
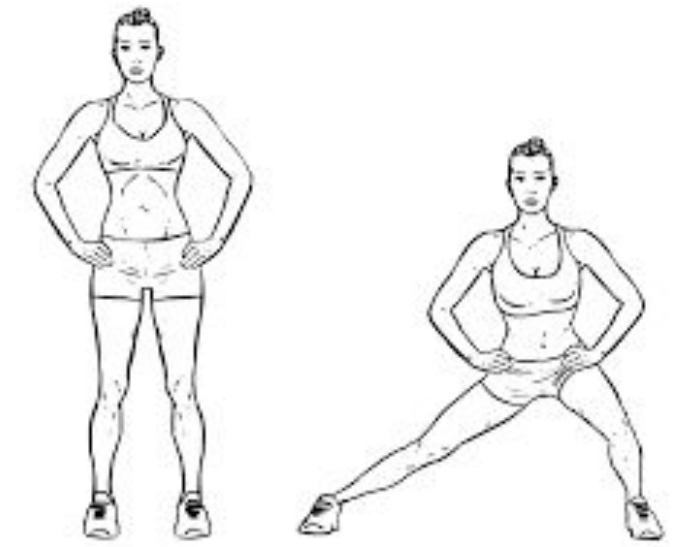
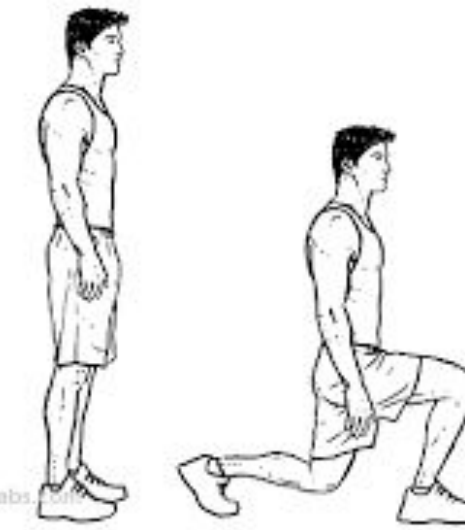


Bird dogs - 5 reps each side

01 The Warm-up Protocol

Dynamic Warm-up (10-yard Segments - 10 minutes)

- ✓ Knees to Chest
- ✓ Walking Lunges
- ✓ Lateral Lunges
- ✓ Inchworms
- ✓ Butt Kicks
- ✓ High Knees



02 The Exercise Prescription

- ✔ **Day 1:** Warm-up Protocol + **Body Awareness Routine**
- ✔ **Day 2:** Warm-up Protocol + **Strength Routine A**
- ✔ **Day 3:** Warm-up Protocol + **Strength Routine B**
- ✔ **Day 4:** Rest and Recover

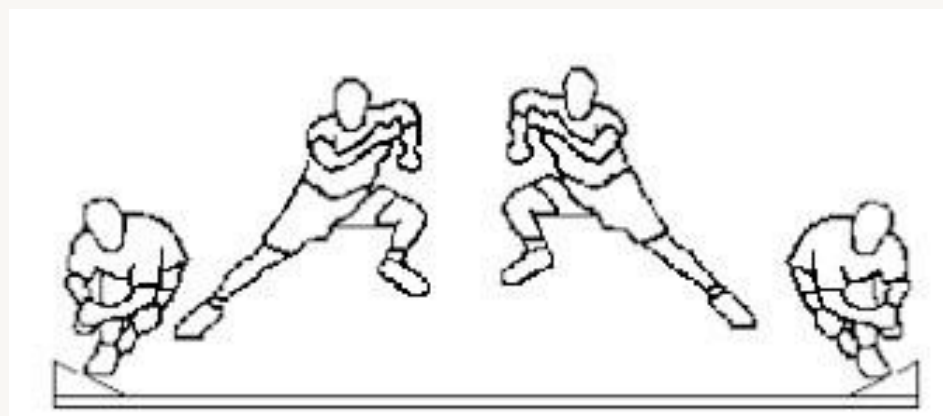
(Repeat this cycle for 4 weeks to build a foundation for your second phase of training)

03 Body Awareness Routine

Set 1 of 3

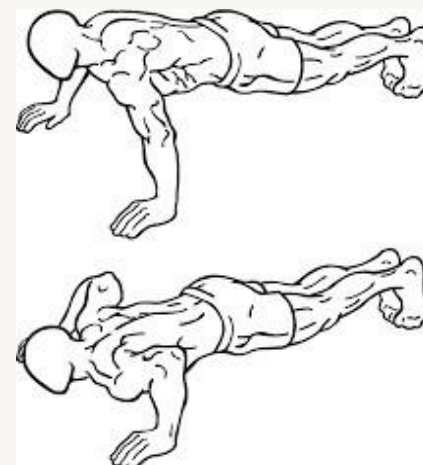
SET 1	LB Plyo	3 sets x 6 reps / leg		
	Skater Jumps			
	UB Plyo	3 sets x 10 reps		
	Push-ups			
	Core	3 sets x 10 yards (down & back)		
	Lateral Plank Walk			

Skater Jumps



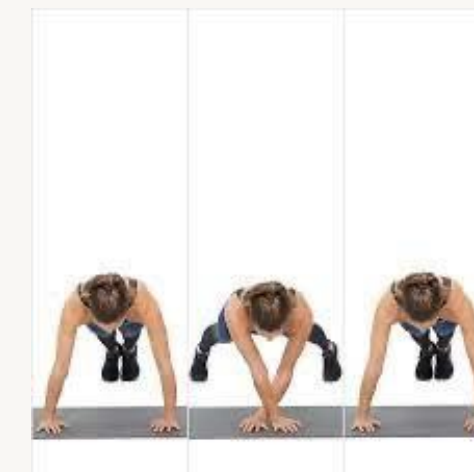
Load one leg in athletic stance, jump laterally landing on opposite leg.

Push-ups



Chest on the ground and hands flat at chest level. Tighten core and explode into push-up position.

Lateral Plank



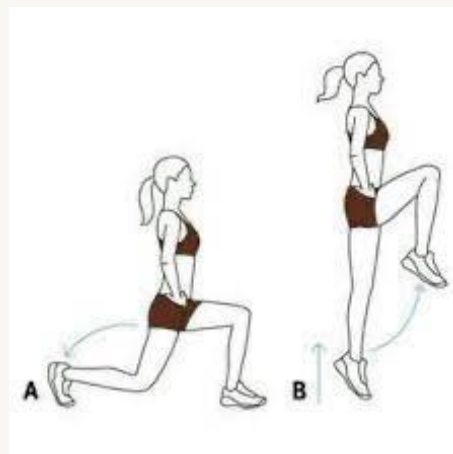
Plank position, tighten core, keep hips level and begin walking sideways for 10 yards down and back.

03 Body Awareness Routine

Set 2 of 3

SET 2	Hip Dominant	4 sets x 10 reps/leg			
	Rev. Lunge w/ Knee Hop				
	Mobility	4 sets of 10 reps			
	Walk-outs				
	Core	4 sets x 30 sec. /side			
	Side Plank				

Rev. lunge w/ Knee Hop



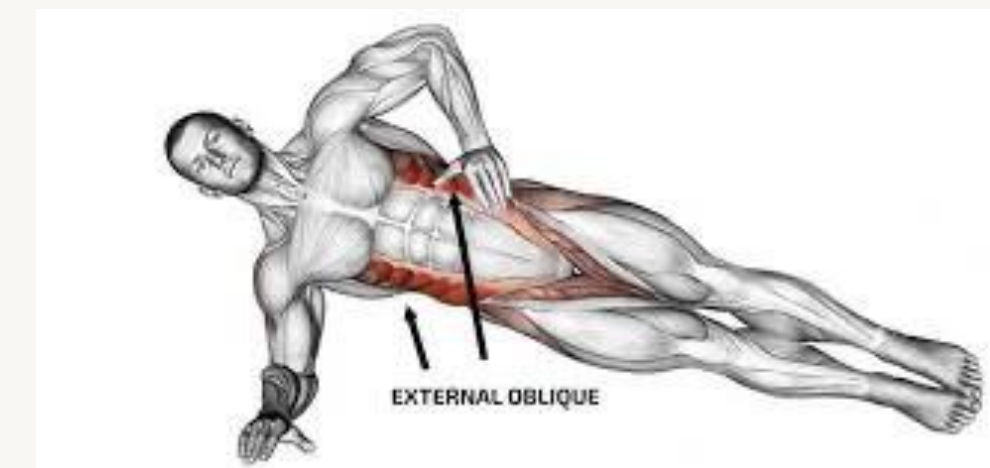
Step back into a reverse lunge keeping the weight in front heel, drive through that heel raising your body to a standing position and hop.

Walk Outs



Hinge forward bringing hands to the ground and slowly walk your body out to plank position. Then walk your body back to a standing position.

Side Plank



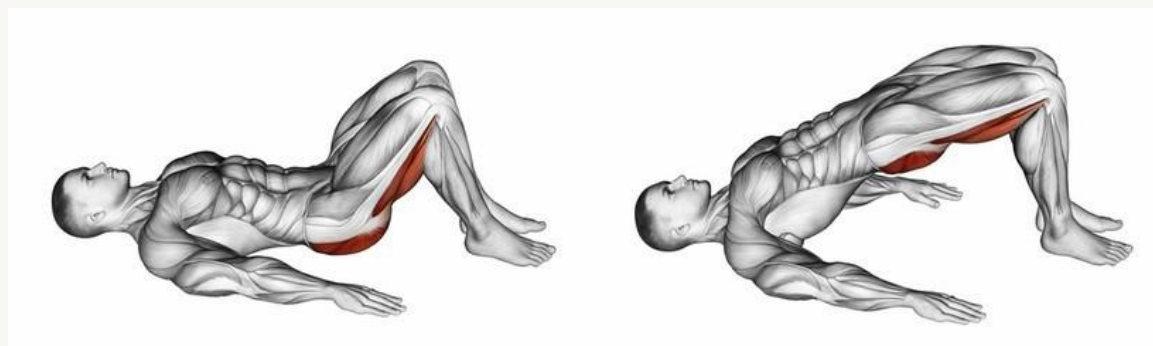
Lay on your side with one elbow on the ground and feet stacked on top of each other. Raise hips off the ground holding that position.

03 Body Awareness Routine

Set 3 of 3

SET 3	Hip Dominant	3 sets x 15		
	Hip Bridge			
	Knee Dominant	3 sets x 60 sec		
	Wall Sit			
	Core/Mobility	3 sets x 20 reps		
	Mountain Climbers			

Hip Bridge



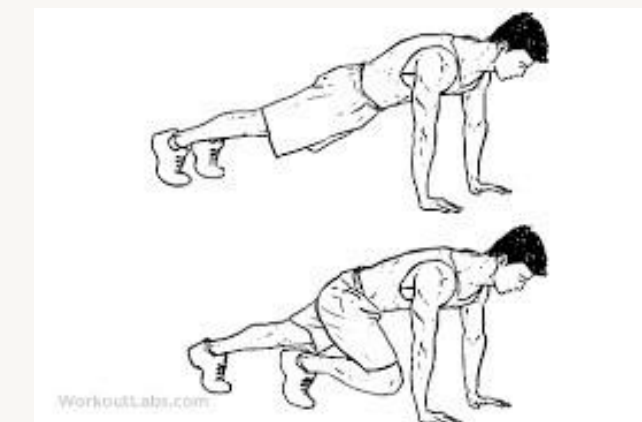
Lay on your back with feet flat on the floor. Push through your heels raising your hips off the ground squeezing your glutes.

Wall Sit



Sit against a wall with knees bent at 90 degrees and hold.

Mountain Climbers



Begin in push up position, rapidly switch your legs driving knees into your chest.

04 Strength Routine A

Set 1 of 3

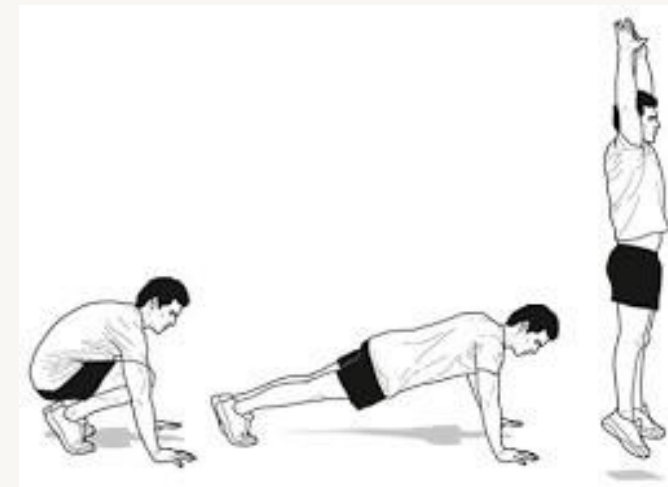
SET 1	LB Plyo	3 sets of 10 reps		
	Squat Jumps			
	UB Plyo	3 sets of 10 reps		
	Burpees			
	Core	3 sets of 12 reps		
	Plank Shoulder Taps			

Squat Jumps



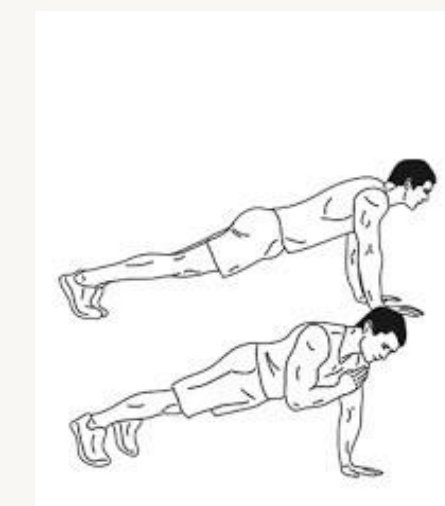
Begin with feet hip width apart, squat down with weight in your heels, explode up and jump.

Burpees



Begin in standing position, squat down bringing hands to floor, pop out plank position then reverse those motions back to a standing position and jump.

Plank Shoulder Taps



Begin in push up position, tighten core, then tap your opposite shoulder with opposite hand without shifting your body and hips.

04 Strength Routine A

Set 2 of 3

SET 2	Knee Dominant	4 sets of 10 reps			
	Goblet Squats				
	Mobility	4 sets of 10 reps			
	Walk-Out Push-up				
	Core	4 sets of 20 reps			
	Plank Alternating Knee to Elbow				

Goblet Squat

Walk Out Push-ups

Plank Knee to Elbow

Hold weight at chest level, squat down with your weight in your heels up and down in a controlled manner.

Hinge forward bringing hands to the ground and slowly walk your body into a plank position. Perform a push-up and then walk back to a standing position.

Begin in plank position, slowly bring one knee to the opposite elbow crunching the obliques in a slow and controlled manner.

04 Strength Routine A

Set 3 of 3

SET 3	Knee Dominant	3 sets 8-10 reps			
	Dumbbell Lunges				
	Pull	3 sets of 8-10 reps			
	Bent-Over Row				
	Core/Mobility	3 sets of 20 reps			
	Russian Twist				

Dumbbell Lunges

Bent-Over Row

Russian Twist

Hold weights at your side, step forward slowing tapping your opposite knee to the ground keeping your weight in the front heel. Then return to a standing position.

Hold the dumbbells in both hands with your palms facing in. Pull the weights towards your belly squeezing your shoulder blades together.

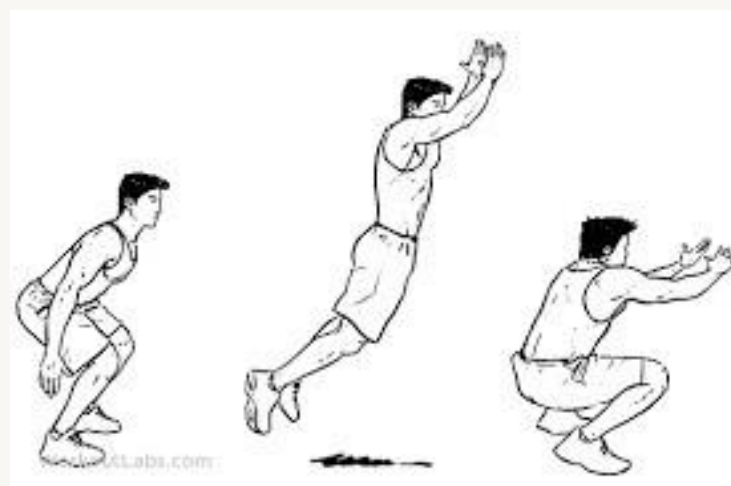
Begin seated on your bottom with your knees bent at 90 degrees and off the ground. Start rotating side to side in a slow and controlled manner.

05 Strength Routine B

Set 1 of 3

SET 1	LB Plyo	3 sets of 10 reps		
	Broad Jumps			
	UB Plyo	3 sets of 10 reps		
	Squat & Press			
	Core	3 sets of 20 yards / side		
	Farmer Carry			

Broad Jumps



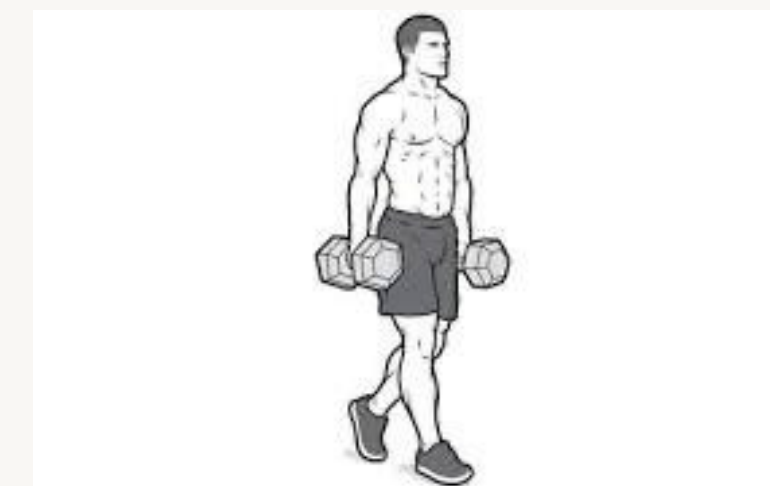
Begin with slight bend in knees, slightly hinged forward, hands at mid chest level. Swing your arms back to load the jump and then explode forward jumping as far as can. Land on your heels and slowly decelerate your body into a squat position.

Squat & Press



Begin with feet shoulder width apart and weights up at the shoulders. Brace your core and squat down with your weight in your heels. Exhale while standing and pressing the weights over your head.

Farmer Carry



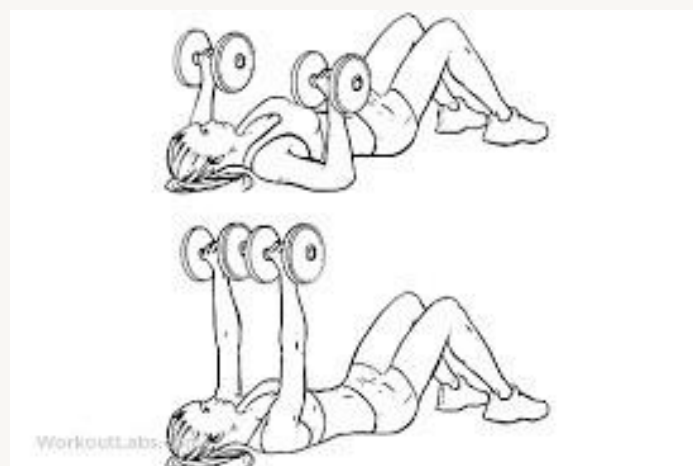
Begin by holding the dumbbells at the side of your body. Brace your core and start walking slowly with the weight slightly extended away from your body.

05 Strength Routine B

Set 2 of 3

SET 2	Push	4 sets of 10 reps			
	Chest Press				
	Mobility	4 sets of 10 reps			
	Scorpion Stretch				
	Core	4 sets of 10 reps / side			
	Side Plank Leg Raise				

Chest Press



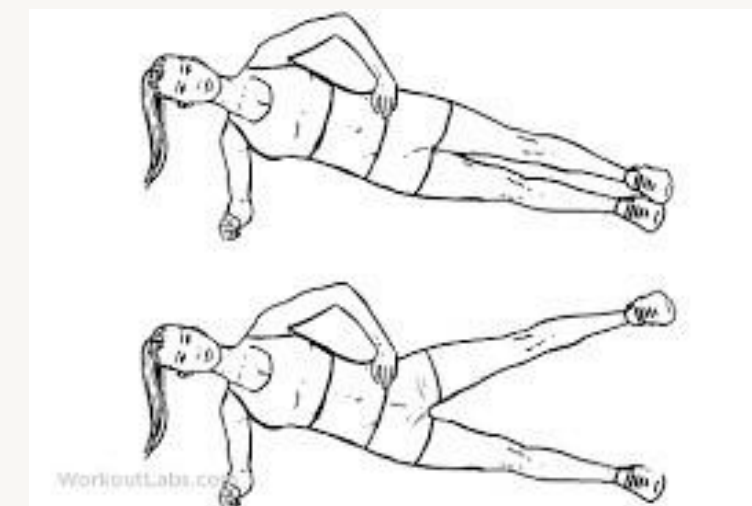
Begin by laying down on the floor with the weights at chest level. Push the weights away from your body in a slow and controlled manner. Slowly lower the weights back to your starting position with elbows bent at 90 degrees.

Scorpion Stretch



Begin by laying on your stomach with arms out to a "T" position. Kick one leg up and over your body bring your foot to the ground. Feel the stretch through the chest, shoulders, torso and hip flexors.

Side Plank Leg Raise



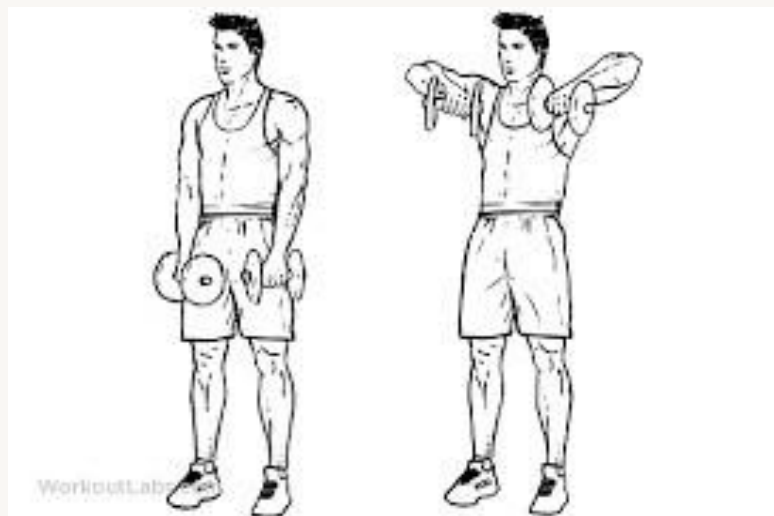
Begin laying on your side with one elbow on the ground and feet stacked on top of each other. Raise one leg off the ground and back down crunching the obliques.

05 Strength Routine B

Set 3 of 3

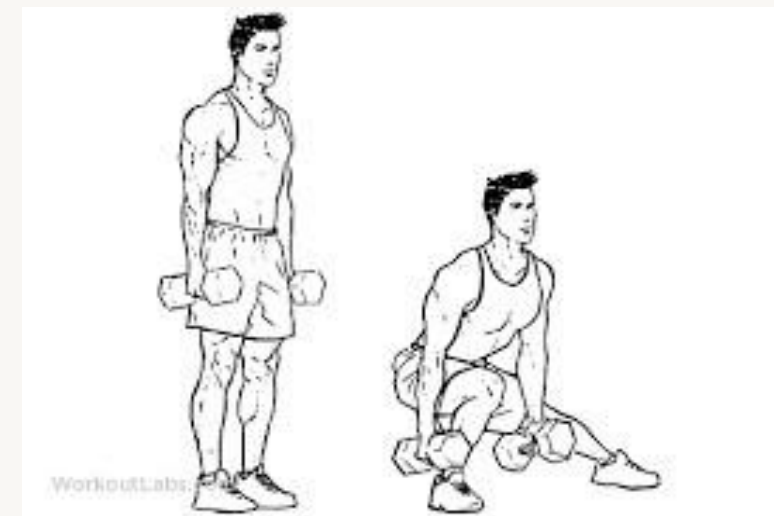
SET 3	Pull	3 sets of 10 reps		
	High Row			
	Hip Dominant	3 sets of 10 reps / side		
	Alternating Lateral Lunge			
	Core/Mobility	3 sets of 10 reps		
	Birddogs			

High Row



Begin in a standing position with arms extended out in front of you. Grab the dumbbells and pull your hand towards your shoulders bending your elbows at 90 degrees.

Lateral Lunge



Begin in a standing position, step out to one side bending your knee and keeping the weight in your heel. Keep your opposite leg straight feeling the stretch through your inner thigh.

Birddogs



Begin with hand under the shoulders, and knees under the hips. Extend your one leg back locking your knee and your opposite arm forward making yourself as long as possible. Brace your core for stability and then switch arm and leg in a controlled manner.



Coach

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