

Conroy Hockey Exercise Program.

The following are recommended exercises for kids aged 6 to 12. At the age of 13 your exercise regime needs to be double of what is listed below at 14 it increases again 50%. And I would suggest that these are minimums. You can do more. So lets get your player started young to see the benefit of exercise. The following exercises are to be in ADDITION to normal activities and sports. Developing routines and habits are fantastic things to do.

The single easiest and least expensive way to get better at hockey is to become stronger and more fit. The following is 15 - 25 minutes of exercises per day to be done BEFORE any Video Games are played. Doing these exercises will simply make you better at EVERYTHING.

There are 7 days in a week. On Monday Wed and Friday do the Day 1 exercises. On Tues, Thursday and Saturday do the Day 2 exercises. On Sundays rest.

See our exercise Video here to see exactly how to do the exercises:

<https://www.conroyhockey.ca/videos/>

Day 1		
Pushups	Do 1 set of EACH of the Pushups listed below. Start with 5 or more and each week add 1 more rep.	A strong upper body is needed to impose your will on other players and to win battles. We do not need to become body builders, but strength and power is NEEDED.
Regular Pushups	Hands under your shoulders, stiff and tight abdomen (like on a board) hands and toes on the ground, PUSH UP then slow slowly then repeat breathing out when you push UP.	Week 1, 6, 11, 16 reps Week 2, 7, 12, 17 reps Week 3, 8, 13, 18 reps Week 4, 9,14,19 reps Week 5, 10, 15, 20 reps
Diamond Pushups	Same push up position as above except now your index fingers and thumbs are touching.	
Wide Pushups	Same push up position but now your hands are wide (outside of your shoulders).	
Fast Pushups	This push up is the same as the Regular however it is from your knees not your toes. Do the Push ups as fast as possible.	
Push up variations	Instead of using a flat hand try to use just your fingertips as this strengthens your hands. Also instead of a flat hand form a fist then do on your knuckles, this makes for strong wrists and forearms and create a longer stroke on your push up. You will feel the benefits of this.	
Sit-ups/ Crunches or Core Exercises.	Start with at least 8 of each of these exercises and add 1 repetition per week.	A strong core is needed for every sport and everything that we do in hockey. Your Core controls your legs and supports your upper body, a strong core is literally at the center of it all and helps with your balance and power.
Leg Raises	Lie flat on the floor or carpet body stretched out. Your legs are stiff and together. Using your tummy muscles raise your straight legs up 15 to 25 cm above the floor, hold them still for 2 seconds then lower them to the floor for 2 seconds. REPEAT	Week 1, 6, 11, 16 reps Week 2, 7, 12, 17 reps Week 3, 8, 13, 18 reps Week 4, 9,14,19 reps Week 5, 10, 15, 20 reps
Upper Body Crunch	Lie flat on the floor or carpet body stretched out. Your legs are stiff and together. Using your tummy muscles raise your upper body straight up to the ceiling with your hands touching your ears up to be ceiling not towards your feet. Try to get your shoulders to leave the ground. Hold this position for 1 second then lower and repeat.	
Superman's	Lie on your tummy arms and legs stretched out stiffly. Now arch your back and lift your legs and arms up to the ceiling. Hold in the up position for 1 second then lower and repeat.	
The Plank	Straight strong body hold like a board on your elbows and toes. Breathe and hold for 20 seconds and more each work out day.	
Between the Legs Crunch	Lie flat on your back, knees bent. Using your tummy muscles now reach both hands between your legs curling your head and shoulders up then slowly lower back down.	
Day 2		
Legs	Start with 10 reps of each and add 2 reps per exercise per week. Each day do 2 sets of each exercise below.	Strong legs are EVERYTHING if you want to skate faster and with power. Big thighs and strong calves and ankles.
Legs together Squat	Stand with your feet together, be well balanced. Lower your body as far down as possible then stand up again. Go as far down and as far up as possible. You can add small 5lb or 10 lb dumbbells if you want.	Week 1, 6, 11, 16 reps Week 2, 7, 12, 17 reps Week 3, 8, 13, 18 reps Week 4, 9,14,19 reps Week 5, 10, 15, 20 reps
Calf Raises	Stand on the stairs, you may need to have runners on to support your feet. Have only the balls of your feet on the stairs, you may need to support yourself for balance. Start by lowering your body so your feet flex and your calves will stretch. Now lift up using your toes as high as possible. Do 2 legs then try to use only 1 leg to lift your body.	
Legs apart Squat	Stand with your feet shoulder width apart, be well balanced. Lower your body as far down as possible then stand up again. You can add small 5lb or 10 lb dumbbells if you want. Go as far down and as far up as possible.	
Frog Jumps	Stand feet shoulder width apart. Lower yourself then explode forward driving your legs and your body out like a Frog. Walk 2 steps back and Repeat.	
Squeezes	Find a tennis ball to squeeze. Keep one near to your couch to squeeze while you watch TV.	Every Hockey Player should have strong hands to shoot stick handle and to be physical.
Hand squeezes	Take the tennis ball in your right hand, holding it in the center. Wrap your fingers around the whole ball and squeeze it 30 times now change hands.	Week 1, 6, 11, 16 reps Week 2, 7, 12, 17 reps Week 3, 8, 13, 18 reps Week 4, 9,14,19 reps Week 5, 10, 15, 20 reps
Thumb squeezes	Move the tennis ball closer to your index finger and thumb and squeeze the ball 30 times using mostly your index finger and thumb.	
Pinkie squeezes	Move the tennis ball closer to your pinkie side of your hand. Squeeze the tennis ball between the pinkie finger side of your hand and your thumb 30 times, switch hands.	