

CAMBRIDGE ROADRUNNERS

GIRLS' HOCKEY ASSOCIATION

Workout A: Speed and Acceleration

Workout “A” will focus on improving player speed and acceleration. Both speed and acceleration are important as they impact a player’s ability to quickly move from a standstill to full speed while creating space between them and their opponent.

Improved speed and acceleration will improve a player’s game in the following areas:

1. **Quick Starts:** Acceleration allows players to initiate rapid movements, especially during face-offs or when chasing after loose pucks. A player who accelerates swiftly gains an advantage over opponents.
2. **Change of Direction:** Hockey involves frequent changes in direction. Acceleration helps players pivot, turn, and switch directions effectively. Whether it’s evading defenders or positioning for a shot, acceleration plays a key role.
3. **Defensive Agility:** Defensemen rely on acceleration to close gaps between themselves and opposing forwards. A quick burst of speed helps them intercept passes, block shots, and maintain defensive positioning.
4. **Offensive Breakaways:** Acceleration is crucial for forwards during breakaway situations. A sudden acceleration can create separation from defenders, leading to scoring opportunities.
5. **Forechecking:** When forechecking, players need to accelerate rapidly to pressure opponents in their defensive zone. Effective forechecking disrupts the opponent’s play and creates turnovers.
6. **Recovery After Stops:** Hockey involves frequent stops and starts. Acceleration allows players to recover quickly after stopping, ensuring they’re ready for the next play.
7. **Transitions:** Smooth transitions between offense and defense require efficient acceleration. Players must quickly shift from attacking to defensive positions and vice versa.
8. **Overall Performance:** A player’s overall performance depends on their ability to accelerate. Coaches emphasize acceleration training to enhance on-ice effectiveness.

Details for each workout are listed below with video demonstrations so you can easily replicate the workout **anywhere**. Players should focus on correct technique without weights. If an extra challenge is needed, you can increase the number of reps, or add weights to some exercises only if the technique is not compromised.

This workout is the best at a location that has an inclined hill of about 40 meters for sprinting, and a series of at least 20 stairs. If you do not have access both a hill and stairs, just find one set of stairs or a hill and use that for the exercises below. Using stairs and hill inclines places an extra emphasis on hockey-specific leg muscles.

CAMBRIDGE ROADRUNNERS

GIRLS' HOCKEY ASSOCIATION

Workout A: Speed and Acceleration

WARM-UP

- Jog for 5-10 mins and complete 5 to 15 minutes of off-ice stickhandling with a ball or puck.

INCLINE HILL SPRINTS

- Mark 20 meters on an incline hill.
- **Do 8 repetitions of 20-meter sprints and start a new rep every 60 seconds.**

RUSSIAN LUNGE JUMPS W/ STAIR SPRINTS

- At the base of the stairs start with 10 Russian lunge jumps. Right after the lunge jumps are completed, explode up the stairs, two at a time. Aim to do a section of at least 20 stairs. You can do more if you want an increased challenge.
- A quick demonstration of Russian Lunge Jumps can be found [here](#).
- **Do 3 repetitions with a 2-minute rest between each rep.**

INCLINE BROAD JUMPS

- For this exercise, you can use the same incline that was used for sprints. Mark off 20 meters and do two-footed broad jumps. Make sure to stick each landing and explode from about 90 degrees with each jump keeping the chest up. Here is a [video example of a broad jump](#).
- **Do 3 sets of 8 repetitions. Rest 60 seconds after each rep.**

INCLINE SPRINTS

- Find a flat surface with a slight incline and sprint the entire 40 meters. Work on keeping your head up and full leg extensions.
- **Do 8 repetitions and start a new repetition every 60 seconds.**

COOL DOWN

- Stretch 5 to 10 minutes at the end of the workout.