

# CAMBRIDGE ROADRUNNERS

## GIRLS' HOCKEY ASSOCIATION

### Workout B: Hockey Specific Leg Strength

Workout “B” will focus on increasing overall leg strength. Leg strength is crucial for hockey players.

Let’s break down why it matters and explore some effective exercises:

1. **Power Output:** Strength forms the foundation of power. Power is essential for a powerful stride. Strengthening your legs allows you to generate force more efficiently, resulting in a faster and more explosive skating stride.
2. **Change of Direction:** Hockey involves rapid changes of direction. Strong legs help you absorb speed and then re-express it in a different direction. This agility is critical for effective on-ice movement.
3. **Stability:** Even elite players benefit from improved strength and stability. Whether it’s activating stability muscles or creating strength through new ranges of movement, strong legs enhance confidence, ability and mechanics on the ice.

Remember, a well-rounded training program that includes both strength and agility work will help you excel on the ice!

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 focuses on leg strength using hockey-specific exercises. A box or some sort of safe elevated platform is used in a couple of the exercises.

# CAMBRIDGE ROADRUNNERS

## GIRLS' HOCKEY ASSOCIATION

### Workout B: Hockey Specific Leg Strength

#### WARM-UP

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

#### SKATE WALKS

- Find a 40-meter flat area with a smooth surface. This exercise imitates the skating stride. Go slow and make sure to get a good stretch and get the leg muscles warmed up. Keep your chest & head up and bend your knees and pretend to skate using full extensions and full recovery. Your head should not bob up and down.
- **Do 4 repetitions of 40 meters. Rest 60 seconds after each rep.**

#### STRIDE LUNGE

- Use [this video](#) as a reference.
- **Using the same 40-meter stretch do 4 repetitions of 40 meters. Rest 60 seconds after each rep.**

#### SKATER HOPS

- This exercise emulates the skating stride by bounding side to side. Watch [this video](#) for a demonstration.
- **Do 4 repetitions of 40 meters. Rest 60 seconds after each rep.**

## FORWARD FALLS

- A demonstration can be viewed in [this video](#).
- **Do 3 sets of 10 repetitions of this exercise. Rest 60 seconds after each rep.**

## SIDE STEP JUMPS

- This exercise uses a box or elevated flat surface. The focus should be on the explosion from the leg. The exercise is demonstrated in [this video](#).
- **3 sets of 8 repetitions. Rest 60 seconds after each rep.**

## SINGLE-LEG BOX SQUAT

- This is a tough exercise but it is a great one for the hockey leg muscles. The demonstration is shown [in this video](#).
- **3 sets of 8 repetitions on each leg. Rest 60 seconds after each rep.** Again, no weights are required but stronger players can consider using weights on this exercise if the form is not compromised.

## COOL DOWN

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