

# CAMBRIDGE ROADRUNNERS

## GIRLS' HOCKEY ASSOCIATION

### Workout D: Leg Strength and Power

Back to the legs once again for workout “D”. You will notice on the schedule that you will have tomorrow off so it is important to go at it hard and make the legs BURN!

Originating from leg strength, power is crucial in hockey and can impact your game in several ways:

1. **Shot Power:** The faster and more explosive you can express your strength on the ice, the better your shot power. Power directly influences how much force you can generate in a shot with minimal wind-up time. A powerful shot can catch goalies off guard and increase your chances of scoring.
2. **Puck Release:** Quick puck release is essential for scoring goals. Power allows you to snap off shots rapidly, surprising opponents and making it harder for them to defend against your shots.
3. **Body Contact:** When making contact with an opponent on the ice, power helps you transfer force effectively. A powerful hit can disrupt opponents’ plays and create turnovers.
4. **Agility and Explosive Speed:** Power contributes to your agility and explosive starting speed. Being able to accelerate rapidly gives you an edge in chasing down loose pucks or escaping defenders.

In summary, power is a game-changer in hockey, affecting a player's shot, ability to handle the puck, their ability to withstand body contact and overall performance on the ice. Regardless of what type of player you are, developing power is essential for success!

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.

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#### WARM-UP

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

#### SPLIT SQUAT JUMPS FOR HEIGHT

- Jump as high as you can. Use [this video](#) as a demonstration.
- **Do 3 sets of 20 seconds on each leg followed by a 60-second rest between sets.**

#### RUSSIAN LUNGES

- This exercise is demonstrated in **Workout A** and is used right before the stair sprint. For reference, a video demonstration of this exercise can be [found here](#).
- **On this day you do 3 sets of 20 seconds followed by a 60-second rest after each rep.**

#### SQUAT JUMPS WITH HOLD

- Here is a great leg burn! View the Squat Jumps with Hold Demonstration [here](#). Start with a wall sit (without the wall) so that the knee bend is at 90 degrees, the chest is up, and hands out in front of the chest. After 10 seconds do three squat jumps then get back into the sitting position.
- **Each set should be 30 - 45 seconds with 2 minutes of rest.**

#### COOL DOWN

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