

Cornerstone Blade Training Protocol

Warm-up Blade Training (5-7 minutes)

Will consist of a fast lap around the rink wide track along with leg and core workout and quick stretches.

- 10 jump squats
- 10 forward lunges with arm twist
- 10 backward lunges
- 10 side lunges
- Quad stretch, calve stretch, knee hugs, toe touches.

Blade Training Protocol for at least 30 minute session

Beginner Blade Training (Sessions 1-2)

Interval training with a slight incline, to make sure first two sessions are focused on form. No longer than 30 second intervals with lots of rest in between sets. Make sure arms are in the fight form and client is finishing out the full stride.

Moderate Blade Training (Sessions 3-6)

Interval training based on a hockey shift of 30-45 seconds depending on the client's level of skill on the Blade. Make sure the client is working hard and keep stressing form and challenge the client to work till exhaustion on the last couple of intervals.

Advanced Blade Training (Sessions 7-8)

Hill training along with interval training. By this time form should be almost complete and the client should feel comfortable in their ability on the Blade. Make sure to really challenge the athlete to compete mentally and physically in the session. Also a speed test of 10 at 10 will be performed before and after the programs are completed to document progress.

Dry land For After Blade Training (should last 12 minutes)

Will include plyometrics training done near the Blade right after five minutes of taking off skating equipment.

→ **Plyometrics Training Protocol**

2	3
1	4

Sets will be 20 seconds followed by 10 pushups then rest.
Will begin next set after 1 minute of time has elapsed.

Sets will be quick two footed jumps over the lines.

1st Set → 1-2

2nd Set → 1-3

3rd Set → 1-4

4th Set → 4-3

5th Set → 4-2

6th Set → 4-1

7th Set → 1-2-3-1

8th Set → 1-3-2-1

9th Set → 4-3-2-4

10 Set → 4-2-3-4

11th Set → 1-2-3-4-1

12th Set → 4-3-2-1-4

→ **Cool down will include one jogging lap around the rink wide track.**

→ Another thing to incorporate for young hockey players will include instruction in ball handlings along with passing and proper shooting technique to execute on ice in practice and in games.