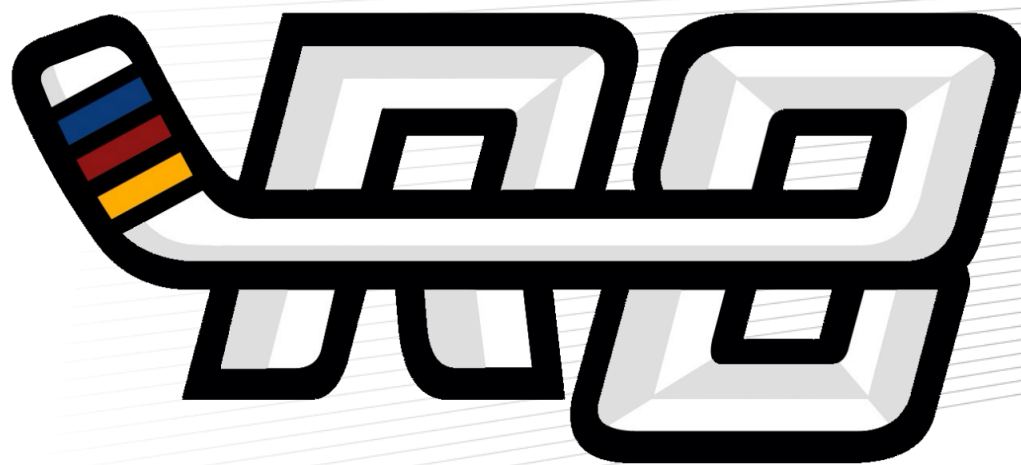




12 WEEK OFFSEASON PROGRAM

R8 HOCKEY

PROGRAM OVERVIEW

The 2025-26 Season Starts Now!

This program is structured in three phases, each one designed to help you grow stronger, faster, and more confident.

Each training day includes a full warm-up and focused drills. These 60-minute sessions are built to give you a competitive edge when you step back on the ice.



WK 1-4 SPEED AND POWER

It's time to push ourselves to another level in the gym. You'll have two Conditioning Days each week, focused on stickhandling, shooting, and cardio. The cardio can be swapped for another sport you are playing

WK 5 ACTIVE RECOVERY

This is a chance to maintain your cardio, get extra reps in with shooting and stickhandling, and focus on mobility. Cardio can be swapped for another sport you enjoy, but make sure you're staying active and dialed in.

WK 6-9 EXPLOSIVENESS

Now it's time to push harder. Weeks 6-9 are all about building the explosiveness and quickness you'll need when you're back on the ice. These are the toughest weeks — and the most important.

WK 10 ACTIVE RECOVERY

This week shifts the focus — less load, more precision. Dial in your shooting and stickhandling, take care of your mobility, and keep your cardio up. If you'd rather stay active by playing another sport, go for it.

WK 11-12 TRAINING CAMP PREP.

This is the final stage — it's all about getting game-ready. We're spending less time in the gym now. The focus shifts to cardio, puck touches, and skill work to sharpen your timing and conditioning before the season starts.

GETTING STARTED

1

WHAT YOU'LL NEED

- Resistance Bands and a Mini Band
- Cones
- Hockey Net, Shooting Pad, Stick, 20 Pucks and a Chair
 - Hockey Gloves are Recommended

2

BEFORE YOU BEGIN

Each phase of the program includes a warmup, the workout for each day and a completion tracker. Be sure to keep track of your progress.

3

EXERCISES AND DRILLS

Many of the exercises in the program may seem familiar, but if you are ever unsure, feel free to click on their names and view a video demonstration.



WK 1-4: SPEED AND POWER

WARMUP	
Gym Warmup	Reps
1/2 Kneeling Hip and Hamstring Stretch	6 each leg
Quadruped Abductor Rockback	5 / side
Side Lying Thoracic Rotation	5 / side
Glute Bridge with 5s Hold	6
Glute Bridge March	10 /side
Prisoner Reverse Lunge to Hip Hinge	5 / side
Cossack Squats	6 / side
World's Greatest	6 / side
Inch Worms	6
Pogo Jumps	3 x 8
Skater Hops	6 / side

Completion Tracker

	Week 1		Week 2		Week 3		Week 4	
Day 1	A	☐	A	☐	A	☐	A	☐
	B	☐	B	☐	B	☐	B	☐
	C	☐	C	☐	C	☐	C	☐
Day 2	Conditioning	☐	Conditioning	☐	Conditioning	☐	Conditioning	☐
	Stickhandling	☐	Stickhandling	☐	Stickhandling	☐	Stickhandling	☐
	Shooting	☐	Shooting	☐	Shooting	☐	Shooting	☐
Day 3	A	☐	A	☐	A	☐	A	☐
	B	☐	B	☐	B	☐	B	☐
	C	☐	C	☐	C	☐	C	☐
Day 4	Conditioning	☐	Conditioning	☐	Conditioning	☐	Conditioning	☐
	Stickhandling	☐	Stickhandling	☐	Stickhandling	☐	Stickhandling	☐
	Shooting	☐	Shooting	☐	Shooting	☐	Shooting	☐
Day 5	A	☐	A	☐	A	☐	A	☐
	B	☐	B	☐	B	☐	B	☐

Notes:

- **Cardio can be moved to different days to accommodate your schedule if you are playing another sport**
- **Pushups can be completed from the knees if needed**
- **Table inverted row can be swapped with chin-ups if able**

WORKOUT				
Day 1: Gym	Sets	Reps	Rest	Superset
Single Leg Squat Box Jump	3	8-12	60 s	A
Banded Single Leg RDL	3	8-12	60-90 s	A
Towel Hamstring Curls	2	10-15	30 s	B
Deadbugs	2	10-15	15-30 s	B
Wall Sit	2	Max time	30 s	C
Side Plank Hip Dips	2	5 / side. Hold Top for 5 sec		C
Day 2: Conditioning	Sets	Reps	Rest	Superset
Cardio Intervals	4	4 mins	3 mins	C
Stickhandling				
Quick Hands in Front	4	30s		ST
Quick Hands Forehand	4	30s		ST
Quick Hands Backhand	4	30s		ST
Shooting				
1/2 Kneeling on Inside Knee		60		SH
1/2 Kneeling on Outside Knee		60		SH
Day 3: Gym	Sets	Reps	Rest	Superset
Push Ups	3	12	60s	A
Table Inverted Row	3	12	60-90 s	A
Single Arm Banded Row	3	8-12	60s	B
Banded Pull Aparts	3	12-15	60-90 s	B
Front Plank Shoulder Taps	2	Max	30 s	C
Sprinter's Sit Ups	2	Max	30 s	C
Day 4: Conditioning	Sets	Reps	Rest	Superset
Cardio Intervals	5	3 mins	3 mins	C
Stickhandling				
Lateral Steps	4	30s		ST
Around the World	4	30s		ST
Shooting				
Pull in and Shoot		60		SH
Push out and Shoot		60		SH
Backhand Shots		60		SH
Day 5: Gym	Sets	Reps	Rest	Superset
Wall Sit	2	Max Time	30 s	A
Banded Squat to Press	3	10-12	60 s	A
Banded Sumo Squat	3	10-12	60-90 s	B
Banded Standing Oblique Twist	3	10-12	60-90 s	B
Banded Russian Twist	3	10-12	60-90 s	B
Bear Crawl	3	10m	60-90 s	B
Banded Reverse Lunge to Single Arm Press	3	10-12	60-90 s	B

*Superset: Complete sets of drills with the same letter [e.g. A, A] as a circuit.



WK 5: ACTIVE RECOVERY

WARMUP	
Conditioning Warmup	Reps
Side Shuffle with Arm Crosses	20 metres
Carioca	20 metres
Leg Swings	20 metres
High Knee March	20 metres
Jogging Butt Kicks	20 metres
Walking Lunges	20 metres
Alternating Side Lunges	6 each leg
World's Greatest	6 / side
Mini Band Series	5/side/exercise

Completion Tracker

Week 5				
Day 1	Conditioning	☐		
	Stickhandling	☐		
	Shooting	☐		
Day 2	Yoga	☐		
	Stickhandling	☐		
Day 3	Conditioning	☐		
	Stickhandling	☐		
	Shooting	☐		
Day 4	Foam Roll	☐		
	Stickhandling	☐		
Day 5	Conditioning	☐		
	Stickhandling	☐		
	Shooting	☐		

Notes:

- Cardio can be moved to different days to accommodate your schedule if you are playing another sport
- Hill Sprints can be replaced with 8x1min running if there is no access to a hill

WORKOUT				
Day 1: Conditioning	Sets	Reps	Rest	Superset
Cardio Intervals	4	3 mins	2 mins	C
Stickhandling				
Vertical Figure 8s	4	30s		ST
Wide Weight Shifts	4	30s		ST
Shooting				
Feet Staggered Inside Leg Back		60		SH
Feet Staggered Outside Leg Back		60		SH
In Tight Forehand and Backhand		60		SH
Day 2: Yoga	Sets	Reps	Rest	Superset
Guided Yoga Session				
Distracted Stickhandling, Random pattern while watching something				
				ST
Day 3: Conditioning	Sets	Reps	Rest	Superset
20m Hill Sprints	8	3	90s	C
Stickhandling				
Horizontal Figure 8s	4	30s		ST
Forehand and Backhand Ls	4	30s		ST
Shooting				
Pull in and Shoot		60		SH
Push out and Shoot		60		SH
Additional reps of any previous shooting drill		60		SH
Day 4: Mobility	Sets	Reps	Rest	Superset
Guided Foam Roller Session				
Distracted Stickhandling, Random pattern while watching something				
				ST
Day 5: Conditioning	Sets	Reps	Rest	Superset
Steady Cardio of Choice	1	30 mins		C
Stickhandling				
Narrow to Wide	4	30s		ST
Pull Between the Legs	4	30s		ST
Shooting				
Backhand Shots		60		SH
Shoot in Stride		60		SH
Saucer Passes into Net or to Partner		60		SH

*Superset: Complete sets of drills with the same letter [e.g. A, A] as a circuit.



WK 6-9: EXPLOSIVENESS

WARMUP			
Gym Warmup	Reps	Field Warmup	Reps
1/2 Kneeling Hip and Hamstring Stretch	6 each leg	Side Shuffle with Arm Crosses	20 metres
Quadruped Abductor Rockback	5 / side	Carioca	20 metres
Side Lying Thoracic Rotation	5 / side	Leg Swings	20 metres
Glute Bridge with 5s Hold	6	High Knee March	20 metres
Glute Bridge March	10 /side	Jogging Butt Kicks	20 metres
Prisoner Reverse Lunge to Hip Hinge	5 / side	Walking Lunges	20 metres
Cossack Squats	6 / side	Alternating Side Lunges	6 each leg
World's Greatest	6 / side	World's Greatest	6 / side
Inch Worms	6	Mini Band Series	5/side/exercise
Pogo Jumps	3 x 8	Running Progressions	100 metres at 50%
Skater Hops	6 / side		100 metres at 75%
			100 metres at 90%

Completion Tracker

	Week 6		Week 7		Week 8		Week 9	
Day 1	A	☐	A	☐	A	☐	A	☐
	B	☐	B	☐	B	☐	B	☐
Day 2	A	☐	A	☐	A	☐	A	☐
	ST	☐	ST	☐	ST	☐	ST	☐
	SH	☐	SH	☐	SH	☐	SH	☐
Day 3	A	☐	A	☐	A	☐	A	☐
	B	☐	B	☐	B	☐	B	☐
	C	☐	C	☐	C	☐	C	☐
Day 4	A	☐	A	☐	A	☐	A	☐
	B	☐	B	☐	B	☐	B	☐
	C	☐	C	☐	C	☐	C	☐
	ST	☐	ST	☐	ST	☐	ST	☐
Day 5	SH	☐	SH	☐	SH	☐	SH	☐
	A	☐	A	☐	A	☐	A	☐
	B	☐	B	☐	B	☐	B	☐

Notes:

- Skater Squats can be completed holding a chair if scaling is needed

WORKOUT				
Day 1: Gym	Sets	Reps	Rest	Superset
Skater Squats	3	8 / side	60-90 s	A
Banded Single Leg RDL	3	8-10	60-90 s	A
Side Bridge w Hip Abduction	2	8-12 each leg	60 s	B
Bicycle Crunch	2	8-12	60 s	B
Side Plank Hip Dips	2	8 each side. Hold for 5 sec		B
Day 2: Field	Sets	Reps	Rest	Superset
Pyramid Sprints	1	1x100	Jog at 50%	A
		1x200	for the	A
		1x300	remainder	A
		1x200	of the track	A
		1x100		A
Stickhandling				
Wide Weight Shifts	4	30s		ST
Narrow to Wide Fakes	4	30s		ST
Crossover with Pause	4	30s		ST
Shooting				
Inside Foot Elevated on Chair (RFESS)		60		SH
Outside Foot Elevated on Chair (RFESS)		60		SH
Day 3: Gym	Sets	Reps	Rest	Superset
Incline Pushups	3	8-10	60-90 s	A
Table Inverted Row	3	8-10	60-90 s	A
Single Arm Banded Row	3	10-12	30 s	B
Banded Pull Aparts	3	12-15	60-90 s	B
Side Plank Hip Dips	6	6 each side		C
Front Plank Shoulder Taps		Max		C
Day 4: Field	Sets	Reps	Rest	Superset
Repeated Crossover to Base	3	3x10s	30s	A
Agility Box Crossover	1	6	30 s	B
Sprint from Stomach	6	10m		C
Stickhandling				
5 Point Toe Drags	4	30s		ST
Backhand Toe Drag	4	30s		ST
Shooting				
In Tight Forehand and Backhand		60		SH
Shoot in Stride		60		SH
Skater Stride Shots		60		SH
Day 5: Gym	Sets	Reps	Rest	Superset
Banded Single Leg RDL	3	6 each leg		A
Banded Reverse Lunge to Single Arm Press	3	6 each leg	60-90 s	A
Banded Sumo Squat	3	10-12	60-90 s	B
Banded Russian Twist	3	10-12	60-90 s	B
Banded Standing Oblique Twist	3	10-12	60-90 s	B
Split Squat Jumps	3	10-12	60-90 s	B
Banded Jump Squats	3	10-12	60-90 s	B

*Superset: Complete sets of drills with the same letter [e.g. A, A] as a circuit.



WK 10: ACTIVE RECOVERY

WARMUP	
Conditioning Warmup	Reps
Side Shuffle with Arm Crosses	20 metres
Carioca	20 metres
Leg Swings	20 metres
High Knee March	20 metres
Jogging Butt Kicks	20 metres
Walking Lunges	20 metres
Alternating Side Lunges	6 each leg
World's Greatest	6 / side
Mini Band Series	5/side/exercise

Completion Tracker

Week 10				
Day 1	Conditioning	☐		
	Stickhandling	☐		
	Shooting	☐		
Day 2	Yoga	☐		
	Stickhandling	☐		
Day 3	Conditioning	☐		
	Stickhandling	☐		
	Shooting	☐		
Day 4	Foam Roll	☐		
	Stickhandling	☐		
Day 5	Conditioning	☐		
	Stickhandling	☐		
	Shooting	☐		

Notes:

- **Cardio can be moved to different days to accommodate your schedule if you are playing another sport**
- **Hill Sprints can be replaced with 8x1min running if there is no access to a hill**

WORKOUT				
Day 1: Conditioning	Sets	Reps	Rest	Superset
Cardio Intervals	4	3 mins	2 mins	A
Stickhandling				
Pull Backs	4	30s		ST
3 Puck Exchange	4	30s		ST
Shooting				
Balancing on Outside Leg		60		SH
Balancing on Inside Leg		60		SH
Additional reps of any previous shooting drill		60		SH
Day 2: Yoga	Sets	Reps	Rest	Superset
Guided Yoga Session				
Distracted Stickhandling, Random pattern while watching something				Y
20m Hill Sprints				
Day 3: Conditioning	Sets	Reps	Rest	Superset
20m Hill Sprints	8	3	90s	A
Stickhandling				
Quick Hands to Instep Kick (Both Feet)	4	30s		ST
Quick Hands to Outstep Kick (Both Feet)	4	30s		ST
Shooting				
Shoot in Stride		60		SH
Backhand Shots		60		SH
Lob/Chip Passes into Net		60		SH
Day 4: Mobility	Sets	Reps	Rest	Superset
Guided Foam Roller Session				
Distracted Stickhandling, Random pattern while watching something				FR
20m Hill Sprints				
Day 5: Conditioning	Sets	Reps	Rest	Superset
Steady Cardio of Choice	1	30 mins		A
Stickhandling				
Standing to Kneeling	4	30s		ST
Around the World Sweeps	4	30s		ST
Shooting				
In Tight Forehand and Backhand		60		SH
Skater Stride Shots		60		SH
Saucer Passes into Net or to Partner		60		SH

*Superset: Complete sets of drills with the same letter [e.g. A, A] as a circuit.



WK 11-12: TRAINING CAMP PREP.

WARMUP

Gym Warmup	Reps
1/2 Kneeling Hip and Hamstring Stretch	6 each leg
Quadruped Abductor Rockback	5 / side
Side Lying Thoracic Rotation	5 / side
Glute Bridge with 5s Hold	6
Glute Bridge March	10 /side
Prisoner Reverse Lunge to Hip Hinge	5 / side
Cossack Squats	6 / side
World's Greatest	6 / side
Inch Worms	6
Pogo Jumps	3 x 8
Skater Hops	6 / side

Completion Tracker

	Week 11		Week 12		
Day 1	A	☐	A	☐	
	B	☐	B	☐	
Day 2	Conditioning	☐	Conditioning	☐	
	Stickhandling	☐	Stickhandling	☐	
	Shooting	☐	Shooting	☐	
Day 3	Conditioning	☐	Conditioning	☐	
	Stickhandling	☐	Stickhandling	☐	
	Shooting	☐	Shooting	☐	
Day 4	A	☐	A	☐	
	B	☐	B	☐	
Day 5	Conditioning	☐	Conditioning	☐	
	Stickhandling	☐	Stickhandling	☐	
	Shooting	☐	Shooting	☐	

Notes:

- **Cardio can be moved to different days to accommodate your schedule if you are playing another sport**
- **Skater squats can be completed holding on to a chair if scaling is needed**
- **Table inverted row can be swapped with chin ups if able**

WORKOUT

Day 1: Gym	Sets	Reps	Rest	Superset
Banded Reverse Lunge to Single Arm Press	3	8-12	60s	A
Banded Standing Oblique Twist	3	8-12	60s	A
Banded Sumo Squat	3	8-12	60s	A
Split Squat Jumps	3	8-12	60s	A
Push Ups	3	8-12	60s	A
Toe Touches	3	8-12	60s	A
Side Plank Hip Dips	6	6 each side. Hold for 6 sec		B
Front Plank Shoulder Taps		Max		B

Day 2: Conditioning	Sets	Reps	Rest	Superset
Lactic Acid Threshold Intervals				
Running or Bike	5	2 mins	-	C
Squat Iso Hold	5	Max Time	2 mins	C

Stickhandling

Narrow to Wide Fakes	4	30s		ST
Crossover No Pause	4	30s		ST

Shooting

Balancing on Outside Leg		60		SH
Balancing on Inside Leg		60		SH
Backhand Shots		60		SH

Day 3: Conditioning	Sets	Reps	Rest	Superset
Cardio Intervals	5	3 mins		C

Stickhandling

Top Hand Only Wide	4	30s		ST
Top Hand Only Narrow	4	30s		ST
Top Hand Only Horizontal Figure 8s	4	30s		ST

Shooting

Shoot in Stride		60		SH
Saucer Passes into Net or to Partner		60		SH

Day 4: Gym	Sets	Reps	Rest	Superset
Skater Squats	2	7-10	60-90s	A
Table Inverted Row	2	7-10	60-90s	A
Banded Single Leg RDL	2	7-10	60-90s	B
Banded Curl and Press	2	7-10	60-90s	B
Reverse Lunge and Step Up	3	6-8		

Day 5: Conditioning	Sets	Reps	Rest	Superset
Steady Cardio of Choice	1	30mins		C

Stickhandling

Skater Jumps	4	30s		ST
Crossover No Pause	4	30s		ST

Shooting

In Tight Forehand and Backhand		60		SH
Skater Stride Shots		60		SH
Additional reps of any previous shooting drill		60		SH

*Superset: Complete sets of drills with the same letter [e.g. A, A] as a circuit.