

# Hockey Agility Speed Drills Hockey Plyometric Workouts Hockey Core Exercises: The Ultimate Guide to Off-Season Training



**Hockey Workout: Complete Off-Season Hockey Workout: Hockey agility & speed drills, hockey plyometric workouts, hockey core exercises, hockey weight training and anaerobic training for hockey players.** by Rob Sochan

★★★★☆ 4.6 out of 5

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Hockey is a fast-paced, demanding sport that requires athletes to be agile, powerful, and explosive. In Free Download to perform at their best, hockey players need to train their bodies to be able to withstand the rigors of the game. This includes developing their agility, speed, power, and endurance.

Agility is the ability to change direction and speed quickly and easily. Speed is the ability to move quickly over short distances. Power is the ability to

generate force quickly and explosively. Endurance is the ability to sustain physical activity over a long period of time.

There are a number of different exercises that hockey players can do to improve their agility, speed, power, and endurance. These exercises can be divided into three main categories: agility drills, plyometric exercises, and core exercises.

## **Agility Drills**

Agility drills are exercises that involve changing direction and speed quickly and easily. These drills can be performed with or without a puck. Some common agility drills include:

- Cone drills
- Ladder drills
- Figure eights
- Zigzag drills
- Shuttle runs

Agility drills can be performed in a variety of different ways. The key is to focus on changing direction and speed quickly and easily. These drills can be done as part of a warm-up, as a stand-alone workout, or as part of a cool-down.

## **Plyometric Exercises**

Plyometric exercises are exercises that involve jumping, hopping, and bounding. These exercises help to develop power and explosiveness.

Some common plyometric exercises include:

- Box jumps
- Depth jumps
- Power skips
- Medicine ball throws
- Sprints

Plyometric exercises can be performed with or without weight. The key is to focus on generating force quickly and explosively. These exercises can be done as part of a warm-up, as a stand-alone workout, or as part of a cool-down.

## **Core Exercises**

Core exercises are exercises that strengthen the muscles of the core. These muscles are responsible for stabilizing the spine and pelvis. Strong core muscles help to improve balance, stability, and power. Some common core exercises include:

- Planks
- Crunches
- Sit-ups
- Bird-dogs
- Leg raises

Core exercises can be performed with or without weight. The key is to focus on engaging the core muscles and stabilizing the spine. These exercises can be done as part of a warm-up, as a stand-alone workout, or as part of a cool-down.

Hockey agility speed drills, hockey plyometric workouts, and hockey core exercises are all essential components of a well-rounded off-season training program. By following the tips in this guide, you can improve your agility, speed, power, and endurance, and get an edge on the competition.



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