

## FUNCTIONAL HOCKEY TRAINING PROGRAMS

Summer training provides a great opportunity to elevate your skills to the next level!

- ✓ Do you want to make better plays?
- ✓ Do you want to skate faster?
- ✓ Do you want to score more goals?
- ✓ Are you committed to working hard?
- ✓ Do you want to go to the next level?

If you answered YES to these questions, then Functional Hockey Training is for you!

Functional hockey training programs are designed to be progressive in nature and continue to challenge the players every session.

The sessions are a fun, positive and challenging experience for players of all ages and abilities.

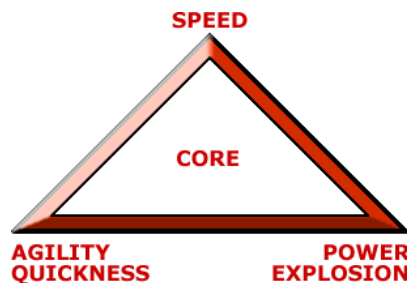
Individual and group training programs are available.

Contact Bruce Turpin for further details and cost.

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# FUNCTIONAL HOCKEY TRAINING PROGRAMS

## Athlete Performance Sport Training Pyramid



### Speed

- Acceleration
- Speed Endurance
- Take Off

### Agility/Quickness

- Short Distance Movement
- Lateral Movement
- Cutting, Sliding, Stopping

### Power/Explosion

- Strength Training
- Plyometric Training
- Ballistic Training

### Core

- Lower Back and Abs
- Balance and Flexibility
- Conditioning and Stamina

While many athletes impress with a few flash moves, the best are those who can do it all! Functional hockey training attacks the sport training pyramid, giving you the ability to elevate your skills to the next level.

*“The legs are the primary source of power for most sport performance.”*

*“Dynamic balance is a key to all athletic endeavors.”*

*“The core is the center of the body where all movement is modulated.”*

**Total athleticism is within your reach – all you need to do is sign up now!!**