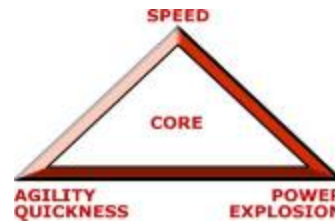


Functional Core Training for Hockey

Core strength is critical because the core is the center of the body where all movement is modulated. Anatomically, the core consists of the muscles of the hips, abdomen, and lower back. One of the reasons why the core is so important is because the structural integrity of the body depends on it.

By nature athletic movement emphasizes the core musculature. In fact most movement will be inefficient without a strong core that is integrated into a movement skill.



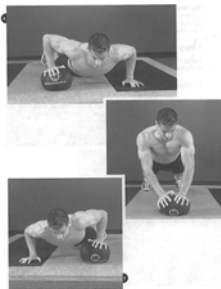
A strong core not only helps connect the upper and lower extremities, but acts to accelerate, decelerate, and dynamically stabilize the body during movement. Without a fully functional core, efficient movement is not possible.

The benefits of core strength and stability are interrelated. That is, without improved stability and balance, power cannot be generated at great rates, and movement efficiency suffers. Thus, strength, stability, and balance must be addressed when creating a core training program.

Sample Core Training Circuit

The following exercises should be performed in a circuit fashion. Do 3 sets of 10-15 repetitions, 2-3 times per week. Remember, progression is key to any good training program, including developing core strength. It is essential to achieve mastery of each step before moving to the next. Many of these exercises can be preformed using any type of sport ball (basketball, soccer ball, swiss ball, etc). As you become stronger and more comfortable with any exercise, begin adding variation and/or resistance (ie. use a weighted medicine ball, perform on an unstable surface, raise one limb, etc.)

Medicine Ball Walk-over



Single Leg Squat Variations



Plank



Double Crunch



Medicine Ball Crunch-Throw



Alternatively, throw ball against wall.