



U20 OFF SEASON PROGRAM 2020

“IS YOUR WILL AS BIG AS YOUR GOAL”

2002 / 2001 / 2000 BORN PLAYERS

PHASE 1 SPRING **APRIL 14TH TO JUNE 26TH** (11 WEEKS)

players wanting to start early can inquire for details

PHASE 2 SUMMER **JUNE 29TH TO AUG 28TH** (9 WEEKS)

(NO TRAINING MAY 18 / JULY 1 / AUGUST 3)

The U20 off season program is for the players who are working towards making the step from JUNIOR hockey to a higher level.

SPRING PHASE OVERVIEW:

MONDAYS – GYM

TUESDAYS – GYM + ICE

WEDNESDAYS – GYM

THURSDAYS – GYM

FRIDAYS - OFF

SUMMER PHASE OVERVIEW:

MONDAYS – GYM + ICE

TUESDAYS – GYM + ICE

WEDNESDAYS – FIELD TRAINING + STRETCH CLASS WITH YOGA INSTRUCTOR

THURSDAYS – GYM + ICE

FRIDAYS – GYM

DRYLAND TRAINING PROGRAM:

Making it to the next level in hockey often comes down to strength, power and mass. Players must use the off-season months to develop these critical aspects to their own development. As the off season progresses into the summer months, athletes then need to develop the speed quickness and explosive power elements to their game. It is very important for all off-season plans to have progression and phases in mind.

Each player will start the off-ice program with a standardized fitness test. Players will be able to determine strengths and weaknesses and use this information in their programming.

Spring Testing APRIL 14TH

Summer Testing JUNE 29TH

In this program players will have workouts structured into phases to peak them for the start of their training camp as we believe not all programs should be the same. Players who have specific needs will have them addressed in their own program overview. Developing the athletic qualities off the ice to then transfer onto the ice is the key with this program.

- **April 14th to May 15th – MASS AND STRENGTH (PART 1)**
- **May 18th to June 26th – MASS AND STRENGTH (PART 2)**
- **June 29th to July 30th – POWER AND SPEED**
- **Aug 4th to Aug 21st – PRE-SEASON AND CAMP PREPARATION**

ON ICE PROGRAM

On ice development will be broken into daily themes, they have been built to create the perfect training platform for players to be at their peak when training camps start.

Phase 1 - SPRING - One ice session weekly, players will focus on two main objectives.

1 – Skating and skill development

2 – Positional specific development

Phase 2 – SUMMER – 3 sessions per week, themes are as follows:

(June 29th to August 14th)

MONDAYS SKILL + SKATING DEVELOPMENT: players will work on the critical fundamentals; we must master the fundamentals through correct repetition to form elite habits.

TUESDAYS SPLIT ICE POSITIONAL DEVELOPMENT: forwards at one end of the rink and D at the other end, separating the group into smaller working groups to allow the players to target the critical aspects of their unique game.

THURSDAYS GAME SITUATIONS + COMPETITION: this is a compete practice that will include several battle and compete drills. We will also use this ice session for high intensity scrimmages.

(August 17th to 28th)

CAMP PREP WEEK 1 - Small area games, high compete and conditioning.

CAMP PREP WK 2 – Full ice scrimmages and conditioning.

The IHD off season program has been home for countless NHL, AHL, WHL and NCAA players for over 14 years. We have the experience and knowledge as to what it takes to prepare players to be at their best when it counts the most. Players can expect to be pushed hard to maximize their growth and development to prepare them for the challenges they will face in the future.

This will be an intense, competitive, and demanding program, but most importantly it will be rewarding!

INVESTMENT:

SPRING PHASE 1 - \$1,299 + TAX / WEEKLY PROGRAM \$139 + TAX

SUMMER PHASE 2 - \$1,999 + TAX / WEEKLY PROGRAM \$299 + TAX

***NOTE ALL FULL REGISTRATIONS GET A FREE WEEK BUILT INTO THE COST SO FAMILIES CAN TAKE A WEEK OFF FOR HOLIDAYS AND NOT FEEL THEY ARE LOSING ON THE COST OF THE CAMP ***

FULL PROGRAM (PHASE 1 + 2 COMBINED) \$2,999 + TAX

PLAYERS TO RECEIVE A CAMP T SHIRT, PLAYER DEVELOPMENT MANUAL + NUTRITION GUIDE

Space is limited!