



U20 OFF SEASON PROGRAM 2020

“IS YOUR WILL AS BIG AS YOUR GOAL”

2002 / 2001 / 2000 BORN PLAYERS

JUNE 29TH TO AUG 28TH (9 WEEKS) NO TRAINING 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.

SUMMER 5 days per week (Monday to Friday)

- 3 on ice sessions weekly
- 4 dryland sessions weekly
- 1 athletic stretching session with yoga instructor

INVESTMENT: \$2999 +GST / WEEKLY PROGRAM DEPENDANT ON AVAILABILITY 383.20 +GST

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.

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.

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.

3 sessions per week, themes are as follows:

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

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.

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.

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!