

Lateral Power and Strength Hockey Workout



Notes / Coaching Points

Lateral strength is a key component for increasing your speed on the ice. This workout consists of exercises specific for lateral power and speed.

Super Set #1

One Legged Leg Press

4 sets of 10 per leg (10 seconds rest)

Description

Body Weight Cross-Over Step Ups

4 sets of 15 per leg (2 minutes rest)

Super Set #2

Bulgarian Split Squats with Dumbbells

3 sets of 10 per leg (10 seconds rest)

Bodyweight Lunges (multi-directional)

3 sets of 5/leg (2 minutes rest)

Full Body Dumbell Side Lateral Throw

3 sets of 8 per side (2 minutes rest)