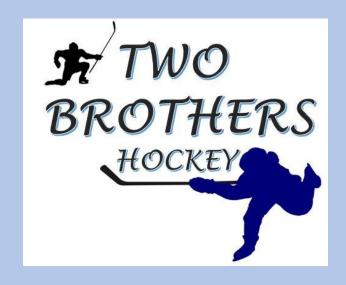
TBH TOTAL

Owning Your Development

TBH TOTAL

- On Ice
- Strength Program
 - Identifying Weaknesses
 - Building a Strength Base
 - "If you want to be fast, train fast"
- Recovery
 - Nutrition and Self Care
- OWNING YOUR DEVELOPMENT



On Ice

- Skating- EFFICENY
 - Edge Work- riding the glide
 - SMOOTH AND IN CONTROL
 - Deceptive Skating- Hiding our Speed
 - Lateral Skating- Using and Creating space
 - Overspeed
- Skills
 - Shooting- off the pass, changing angles, quick releases
 - Position Based
 - Situation Based
 - Making plays off the pass, off your movements and off others
 - Unstructured Small Area Games





Strength Programs

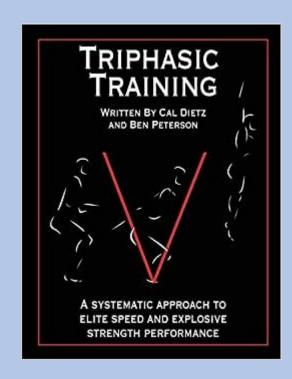
- Identifying Weaknesses
 - Testing and Benchmarking
 - My assessment and your assessment
 - What are your goals- what are you doing to achieve them?
 - There is a difference between showing up and working
- Provide Feedback
 - Essential

Strength Programs

- EFFICIENTCY
- QUALITY over QUANITY
- Stressing our Bodies
- Building a Strength Base
 - WE ALL WANT POWER- how do we get it?
 - F=M x A
 - V= D/T
 - P= F x V
 - Structure
 - Weeks 1-6 High Force (80-95% of 1 RM)- Focus- building muscle, generating force foundation
 - BUILDING OUR FOUNDATION (Phase 1- Eccentric, Phase 2- Isometric Phase- Concentric)
 - Week 7-10- High Force/ High Velocity (55-80% 1 RM)- moving weight fast- muscles fire fast
 - Weeks 10-12- High Velocity (35-50% 1 RM)- Timed training (timed sets) and benchmarking- SPEED

TRIPHASIC TRAINING

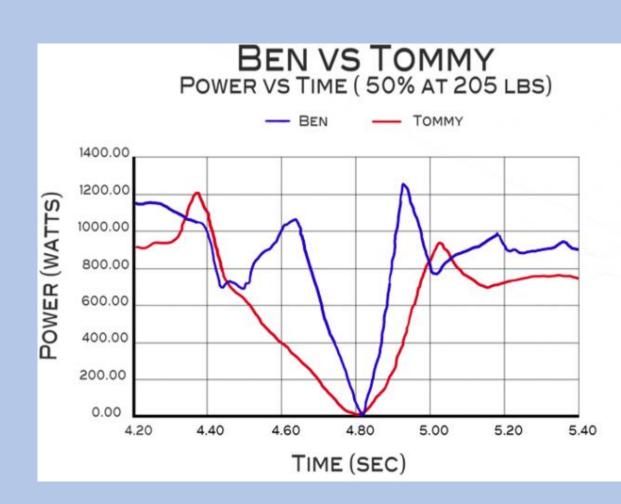
• WATCH!! IMPORTANCE OF TRIPHASIC TRAINING



	F	^J eal	ing	for	Spo	rt -	Trip	hasi	ic Su	prai	naxi	imal	with	ı GP	P Mc	odel				
Phase			G	рр			Suprama	x Strength	Aerobic	Suprama	x Strengt	Aerobic	Triphasio	Strength	Aerobic	Triphasi	ic Power	Aerobic	Triphasi	ic Speed
Weeks	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Quality Addressed	Aerobic	Aerobic	Lactate	Lactate	Alactic	Alactic	Eccentric	Eccentric	Describerd	Isometric	Isometric	Download	Concentric	Concentric	Download	Power	Power	Describered	Peaking	Peaking
Percent Load	Belo	w 50%	50-	75%	Abov	ve 80%	120-	105%	Below 50%	120-	105%	Balau Str	Abov	e 80%	Balow Str.	Below	w 80%	Balou Str.	Belov	v 55%
Durations			over 10	sec. sets	under 1	0 sec. sets	20-30	sec. sets		20-301	iec. sets		under 10	sec. sets		under 10	0 sec. sets		under 10	sec. sets
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Strength Program-Triphasic Training

- Important to have a basic understanding
- Teaching our muscles to fire at a higher rate (power, explosive, fast)
 - Recruiting Motor Units to Fire
- PHASES
 - ECCENTRIC (80-95%) (2 weeks)
 - ISOMETRIC (80-95%) (2 weeks)
 - CONCENTRIC (80-95%) (2 weeks)
 - High Force/High Velocity (55-80%) (2 weeks)
 - High Velocity- Time Trialed (25-50%) (3-4 weeks)
- OFF SEASON TRAINING COMPARED TO IN SEASON TRAINING



Chase Ches	slock			1	8	Maxes:	440	Squat	245	Denci	١.	105	Power	Clean
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WARM-UP TES Band Pull Thru Med Ball Crunc Transverse Lun High Step Up x Inverted Pull Up Day 3 Shuffle-Sprint	ST 3 x 10 [be h x 10 [s loge x 10 5 each 0 x 10 ct	stg] [do ct t [bar] Weel	own k 1		Sets 4	Reactive Rest 1:00	=	RDL with Reach > Rainbows x 10 ea Lateral Lunge x 1 Drop Lunge x 5 e Push Up x 10ct [b Day 4 Curvered Sprints	och [ba 0 ct [w ach [N bar] Reps	ar] /td] [st /IB cou	ag] nt]		4	Week 2 Notes 15 yards
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WARM-UP TES Band Pull Thru Med Ball Crunc Transverse Lun High Step Up x Inverted Pull Up Shuffle-Sprint Shuffle Pro Agility 5 yrd Shuffle Front Squat Drop Squat-Broa	ST 3 x 10 [be h x 10 [s ge x 10 5 each o x 10 ct Reps 1 / 1 3 d 3	stg] [doct ct t [bar] Week	own k 1		Sets 4 4 4 4 4	Week 2 Notes 5.5.10 3.3.3 25 lbs Plate squat wedge	100%	RDL with Reach of Rainbows x 10 earling at 1	Reps 1 1 5 4 4	ar] vtd] [st IB cou	ag] nt]	1	4 4 5 5	Week 2 Notes 15 yards 5.5.5 5 seconds
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WARM-UP TES Band Pull Thru Med Ball Crunc Transverse Lun High Step Up x Inverted Pull Up Day 3 Shuffle-Sprint Shuffle Pro Agility 5 yrd Shuffle Front Squat Drop Squat-Broa DB Drop Squat Jump Acc Squat Jump	ST 3 x 10 [be h x 10 [s ge x 10 5 each o x 10 ct Reps 1 7 1 3 d 3 pp 3	stg] [doct ct t [bar] Week	own k 1		Sets 4 4 4 4 4 4 4 4	Week 2 Notes 5.5.10 3.3.3 25 lbs Plate squat wedge 6 ECC	103	RDL with Reach > Rainbows x 10 ea Lateral Lunge x 1 Drop Lunge x 5 e Push Up x 10ct [b Day 4 Curvered Sprints Curvered Pro Agility Air Bike Sprints Bulgarian Split Squat SL Speed Hurdles Trap Bar Jumps Band Acc. Squat Jumps Bench Press	ach [ba 0 ct [wa ach [Moar] Reps 1 1 1 5 4 4	ar] vtd] [st IB cou	ag] nt]	1	4 4 5 5 5 5	Week 2 Notes 15 yards 5.5.5 5 seconds 5 ECC
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WARM-UP TES Band Pull Thru Med Ball Crunc Transverse Lun High Step Up x Inverted Pull Up Day 3 Shuffle-Sprint Shuffle Pro Agility 5 yrd Shuffle Drop Squat-Broa DB Drop Squat Jump Acc Squat Jump	ST 3 x 10 [be h x 10 [se h x 10 se ge x 10 5 each o x 10 ct Reps 1 1 1 3 4 3 4	stg] [doct ct [bar] Week	own k 1	230	Sets 4 4 4 4 4 4 4 4	Week 2 Notes 5.5.10 3.3.3 25 lbs Plate squat wedge 6 ECC Deep Rest 2:00	103	RDL with Reach > Rainbows x 10 ea Lateral Lunge x 1 Drop Lunge x 5 e Push Up x 10ct [b Day 4 Curvered Sprints Curvered Pro Agility Air Bike Sprints Bulgarian Split Squat SL Speed Hurdles Trap Bar Jumps Band Acc. Squat Jumps Bench Press	ach [ba 0 ct [wa ach [Moar] Reps 1 1 1 5 4 4	weel	ag] nt]	85	4 4 5 5 5 5	Week 2 Notes 15 yards 5.5.5 5 seconds 5 ECC Lateral
WARM-UP TES Band Pull Thru Med Ball Crunc Transverse Lun High Step Up x Inverted Pull Up Shuffle-Sprint Shuffle Pro Agility 5 yrd Shuffle Front Squat Drop Squat-Broa DB Drop Squat-Broa DB Drop Squat Jun Acc Squat Jump	ST 3 x 10 [be h x 10 [se h x 10 se ge x 10 5 each o x 10 ct Reps 1 1 1 3 4 3 4	stg] [doct ct [bar] Week	own k 1	230	Sets 4 4 4 4 4 4 4 4	Week 2 Notes 5.5.10 3.3.3 25 lbs Plate squat wedge 6 ECC Deep Rest 2:00	103	RDL with Reach > Rainbows x 10 ea Lateral Lunge x 1 Drop Lunge x 5 e Push Up x 10ct [b Day 4 Curvered Sprints Curvered Pro Agility Air Bike Sprints Bulgarian Split Squat SL Speed Hurdles Trap Bar Jumps Band Acc. Squat Jumps Bench Press OC Pushups	Reps 1 1 1 5 4 4 4 1 1 1 1 1 1 1 1 1 1 1 1 1	weel	ag] nt]	85	4 4 5 5 5 5 5	Week 2 Notes 15 yards 5.5.5 5 seconds 5 ECC Lateral
WARM-UP TES Band Pull Thru Med Ball Crunc Transverse Lun High Step Up x Inverted Pull Up Shuffle-Sprint Shuffle Pro Agility 5 yrd Shuffle Front Squat Drop Squat-Broa DB Drop Squat Jun Acc Squat Jump 4 DB Incline Press Drop Pushups MB Press Pass	ST 3 x 10 [be h x 10 [se h x 10 se ge x 10 5 each o x 10 ct Reps 1 1 1 3 4 3 4	stg] [doct ct [bar] Week	own k 1	230	Sets 4 4 4 4 4 4 4 4	Week 2 Notes 5.5.10 3.3.3 25 lbs Plate squat wedge 6 ECC Deep Rest 2:00	103	RDL with Reach of Rainbows x 10 earling and a lateral Lunge x 10 earling and a lateral Robert and a lateral	Reps 1 1 1 5 4 4 4 4 4 1 1 1 1 1 1 1 1 1 1 1	weel	ag] nt]	85	4 4 5 5 5 5 5 5 5	Week 2 Notes 15 yards 5.5.5 5 seconds 5 ECC Lateral
WARM-UP TES Band Pull Thru Med Ball Crunc Transverse Lun High Step Up x Inverted Pull Up Day 3 Shuffle-Sprint Shuffle Pro Agility 5 yrd Shuffle Front Squat Drop Squat-Broa DB Drop Squat Jun Acc Squat Jump DB Incline Press Drop Pushups MB Press Pass	ST 3 x 10 [be h x 10 [se h x 10 se ge x 10 5 each o x 10 ct Reps 1 1 1 3 4 3 4	stg] [doct ct [bar] Week	own k 1	230	Sets 4 4 4 4 4 4 4 4	Reactive Rest 1:00 Week 2 Notes 5.5.10 3.3.3 25 lbs Plate squat wedge 6 ECC Deep Rest 2:00	103	RDL with Reach of Rainbows x 10 earling and a lateral Lunge x 10 earling and a lateral Robert and a lateral	Reps 1 1 1 5 4 4 4 4 4 1 1 1 1 1 1 1 1 1 1 1	weel	ag] nt]	85	4 4 5 5 5 5 5 5 5	Week 2 Notes 15 yards 5.5.5 5 seconds 5 ECC Lateral
WARM-UP TES Band Pull Thru Med Ball Crunc Transverse Lun High Step Up x Inverted Pull Up Day 3 Shuffle-Sprint Shuffle Pro Agility 5 yrd Shuffle Front Squat Drop Squat-Broa DB Drop Squat-Broa DB Drop Squat Jump Acc Squat Jump 4 DB Incline Press Drop Pushups MB Press Pass Acc Pullups	ST 3 x 10 [be h x 10 [se h x 10 se ge x 10 5 each o x 10 ct Reps 1 1 1 3 4 3 4	stg] [doct ct [bar] Week	own k 1	230	Sets 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4	Reactive Rest 1:00 Week 2 Notes 5.5.10 3.3.3 25 lbs Plate squat wedge 6 ECC Deep Rest 2:00 6 ECC	103	RDL with Reach > Rainbows x 10 ea Lateral Lunge x 1 Drop Lunge x 5 e Push Up x 10ct [b Day 4 Curvered Sprints Curvered Pro Agility Air Bike Sprints Bulgarian Split Squat SL Speed Hurdles Trap Bar Jumps Band Acc. Squat Jumps Bench Press OC Pushups SA MB Pass Speed Band Bench	Reps 1 1 1 5 4 4 4 4 110 4 110	weel	ag] nt]	85	4 4 5 5 5 5 5 5 5	Week 2 Notes 15 yards 5.5.5 5 seconds 5 ECC Lateral
WARM-UP TES Band Pull Thru Med Ball Crunc Transverse Lun High Step Up x Inverted Pull Up Shuffle-Sprint Shuffle-Sprint Shuffle Pro Agility 5 yrd Shuffle Front Squat Drop Squat-Broa DB Drop Squat Jun Acc Squat Jump DB Incline Press Drop Pushups MB Press Pass Acc Pullups Sled Walks	Reps 1 3 3 4 3 1 1	stg] [doct ct [bar] Week	own k 1	230	Sets 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4	Reactive Rest 1:00 Week 2 Notes 5.5.10 3.3.3 25 lbs Plate squat wedge 6 ECC Deep Rest 2:00	103	RDL with Reach of Rainbows x 10 earling and a lateral Lunge Rainbows x 10 earling and a lateral Lunge Rainbo	Reps 1 1 1 5 4 4 4 4 110 5 5	weel	ag] nt]	85	4 4 5 5 5 5 5 5 5	Week 2 Notes 15 yards 5.5.5 5 seconds 5 ECC Lateral
WARM-UP TES Band Pull Thru Med Ball Crunc Transverse Lun High Step Up x Inverted Pull Up Shuffle-Sprint Shuffle Pro Agility 5 yrd Shuffle 52 Front Squat Drop Squat-Broa DB Drop Squat-Broa DB Drop Squat Jump Acc Squat Jump ACC Squat Jump MB Press Pass Acc Pullups	ST 3 x 10 [be h x 10 [se h x 10 se ge x 10 5 each o x 10 ct Reps 1 1 1 3 4 3 4	stg] [doct ct [bar] Week	own k 1	230	Sets 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4	Reactive Rest 1:00 Week 2 Notes 5.5.10 3.3.3 25 lbs Plate squat wedge 6 ECC Deep Rest 2:00 6 ECC Rest 2:00 15 yards 150% of BW	103	RDL with Reach of Rainbows x 10 ea Lateral Lunge x 1 Drop Lunge x 5 expush Up x 10ct [b Day 4 Curvered Sprints Curvered Pro Agility Air Bike Sprints Bulgarian Split Squat SL Speed Hurdles Trap Bar Jumps Band Acc. Squat Jumps Bench Press OC Pushups SA MB Pass Speed Band Bench DB Lateral Lunge SL Lateral Hurdle	ach [ba 0 ct [wach [Moar]] Reps 1 1 1 15 4 4 4 4 4 110 4 110	weel	ag] nt]	85	4 4 5 5 5 5 5 5 5 5 3	Week 2 Notes 15 yards 5.5.5 5 seconds 5 ECC Lateral Rest 2:00
WARM-UP TES Band Pull Thru Med Ball Crunc Transverse Lun High Step Up x Inverted Pull Up Shuffle-Sprint Shuffle-Sprint Shuffle Pro Agility 5 yrd Shuffle Front Squat Drop Squat-Broa DB Drop Squat Jun Acc Squat Jump DB Incline Press Drop Pushups MB Press Pass Acc Pullups Sled Walks	Reps 1 3 3 4 3 1 1	stg] [doct ct [bar] Week	own k 1	230	Sets 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4	Reactive Rest 1:00 Week 2 Notes 5.5.10 3.3.3 25 lbs Plate squat wedge 6 ECC Deep Rest 2:00 6 ECC	103	RDL with Reach of Rainbows x 10 earling and a lateral Lunge Rainbows x 10 earling and a lateral Lunge Rainbo	Reps 1 1 1 5 4 4 4 4 110 5 5	weel	ag] nt]	85	4 4 5 5 5 5 5 5 5	Week 2 Notes 15 yards 5.5.5 5 seconds 5 ECC Lateral

Two Brother's Hockey

Testing

- Identifying Weaknesses
 - Testing and Benchmarking
 - What are your goals- what are you doing to achieve them?
 - There is a difference between showing up and working
- Provide Feedback
 - Essential
- Injuries/Discomfort
 - Open communication

TESTING

Weight, Pro Agility, Chin Ups, Broad Jump, 30s 5 yrd shuffle, Med Ball Chest Pass, Assault Bike(10s), Vertical Jump

Programming:

-Bench, Squat, Hex

Cayden Casey

J		Weight		Ва	ck Squat	(lbs)	Bei	nch Press	(lbs)	Hex E	Bar Deadlit	t (lbs)	Ch	in Ups (re	ps)	мвт	oss (12 lb	s MB)	Bro	ad Jump (f	ft, in)	5yd	Shuffle (3	30s)	Pro A	gility (time	d in s)	10sec A	ssault Bik (RPMs)	e (AVG)	10sec A	ssault Bik (RPMs)	e (MAX)
s	pring	Summer	Fall	Spring	Summe	Fall	Spring	Summer	Fall	Spring	Summer	Fall	Spring	Summer	Fall	Spring	Summer	Fall	Spring	Summer	Fall	Spring	Summer	Fall	Spring	Summer	Fall	Spring	Summer	Fall	Spring	Summer	Fall
				320	420		180	210		405	495		8 (10lbs)	11(20lbs)		16ft 1in (12lbs)	16ft 4in		8ft 3in	8ft 5in		20	20		4.84	4.72		1268	1371		1301	1401	

	Bac	k Squat (15	sec)	Ben	ch Press (15	sec)	Landmine Press (15 sec)					
Set	Week 1	Week 2	Week 3	Week 1	Week 2	Week 3	Week 1	Week 2	Week 3			
Weight	135	145	145	75	80	80	55	60	65			
	20	19	19	25	22	24	38	38	43			
	20	19	20	23	22	25	38	42	43			
	21	20	21	24	21	24	42	40	43			
	21	20	22	24	21	24	41	41	42			
	21	21	22									

	Hex	Deadlift (10	secs)	Incline E	Bench Press	(10 secs)	Glute Bar Lift (10 secs)					
Set	Week 1	Week2	Week 3	Week 1	Week 2	Week 3	Week 1	Week 2	Week 3			
Weight	205	225		75	80		185	195				
	11	10		15	15		16	22				
	11	12		16	15		16	21				
	11	- 11		16	16		17	21				
	11	11		17	16		20	22				
	11	11										

	DB Sp	lit Squat (1	secs)	Beno	h Press (17	secs)	Hex Deadlift (17 secs)					
Set	Week 1	Week2	Week 3	Week 1	Week 2	Week 3	Week 1	Week 2	Week 3			
Weight	40	45	45	55	65	65	120	135	135			
	24,24	25,24	22,21	28	28	26	19	20	20			
	24,24	24,24	23,22	29	28	26	18	21	20			
	25,24	25,24	23,23	28	30	29	19	22	19			
	24,25	26,25	22,23	2	30	29						
	25,23	24,24	24,23									

Week 3-15 second sets



Applying Stress REQUIRES Active Recovery

- Pre-Workout
 - Actively preparing
- In Workout
 - Warmup and Prehab work (active rest)
 - Active rest: Hips, Shoulders, and Ankles, T-Spine, etc.
- Post Workout (active)
 - At Home
 - Band stretching, foam rolling, YOGA, etc.

- At Home
 - Sleep (most important, most effective)
 - 8+ Hours
 - TURN OFF YOUR DEVICES
 - Don't stay up into late hours
 - LACK OF SLEEP EFFECTS YOUR PERFORMANCE

Nutrition

- Treat your body right- your body is a machine, take care of it
- Pre and Post Workout Meals/Snacks
- Healthy Eating Habits- Don't over complicate it
 - Stay away from artificial foods
 - EAT BREAKFAST EVERYDAY *requires waking up for breakfast*
 - Snacks- Trail mix, nuts, granola, yogurt, etc.
 - Natural foods- fruit, veggies, carbohydrates, healthy fats (i.e. avocado)
 - Healthy Protein with every meal (chicken, fish, beef, etc.)
 - WATER, lots of it

Athlete's Portable Pantry

PROTEIN

CARBOHYDRATE

Hard-boiled eggs
Pea or whey protein
Jerky
Greek yogurt

Greek yogurt Protein shake

String cheese Tuna, salmon + chicken

pouches Kodiak Cakes Power cup

Roulak Cake

Whole-grain bread
Pretzels
Fruit
Applesauce packet
Oats
Pitas

Brown rice cup Bagel + honey Rice cake + jam

HYDRATION

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HEALTHY FATS

Nuts and seeds Nut butter pouches Trail mix Edamame Guacamole pack LMNT packets
Drip drop
Sports drink
Bottled water
Chocolate milk
Body Armor

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e-Workout Nutrition

EAT THIS:

gurt + fruit



2 eggs + apple



S

Protein mu cup + fru



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nergy drinks: 120 mg caffeine











Pre-workout nibble: 60-90 minutes before training. Never try out new foods on a game day or he training day!

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OWN YOUR DEVELOPMENT

- Accountability
 - Own Failure, Learn from It
- Goal Setting
 - Realistic, Write it Down, Track it
 - Go See What Your Goals Look Like (Varsity, NAHL, USHL- go watch it)
 - Study It!!
- BE OPEN TO FEEDBACK and COACHING
- SHOWING UP DOESN'T COUNT
 - Q: Who cares if you just show up? A: No one cares; you need to care and provide the maximal effort. If someone cares more than you (i.e. a parent, coach, teammate) you have a problem
- RESULTS MATTER, RESULTS DRIVE SUCCESS
- SUROUND YOURSELF WITH LIKE-MINDED INVIDUALS
- IT IS A PROCESS, SUCCESSFUL PROCESSES TAKE TIME AND CONSISTANCY