

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

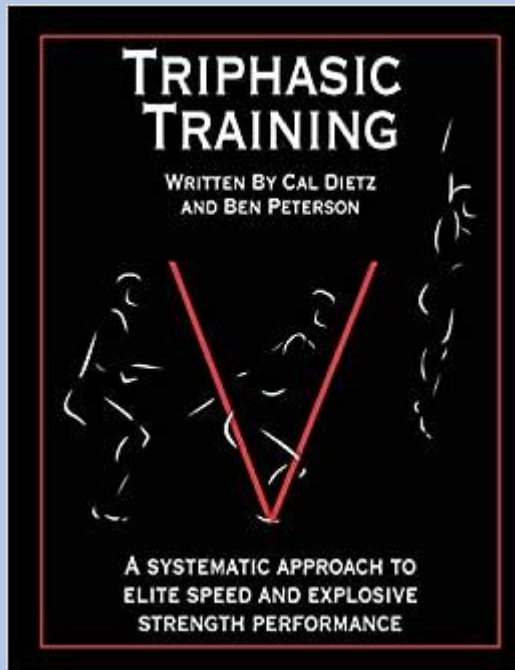
- Identifying Weaknesses
 - Testing and Benchmarking
 - My assessment and your assessment
 - What are your goals- what are you doing to achieve them?
 - There is a difference between showing up and working
- Provide Feedback
 - Essential

Strength Programs

- EFFICIENTCY
- QUALITY over QUANTITY
- Stressing our Bodies
- Building a Strength Base
 - WE ALL WANT POWER- how do we get it?
 - $F=M \times A$
 - $V= D/T$
 - $P= F \times V$
 - 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

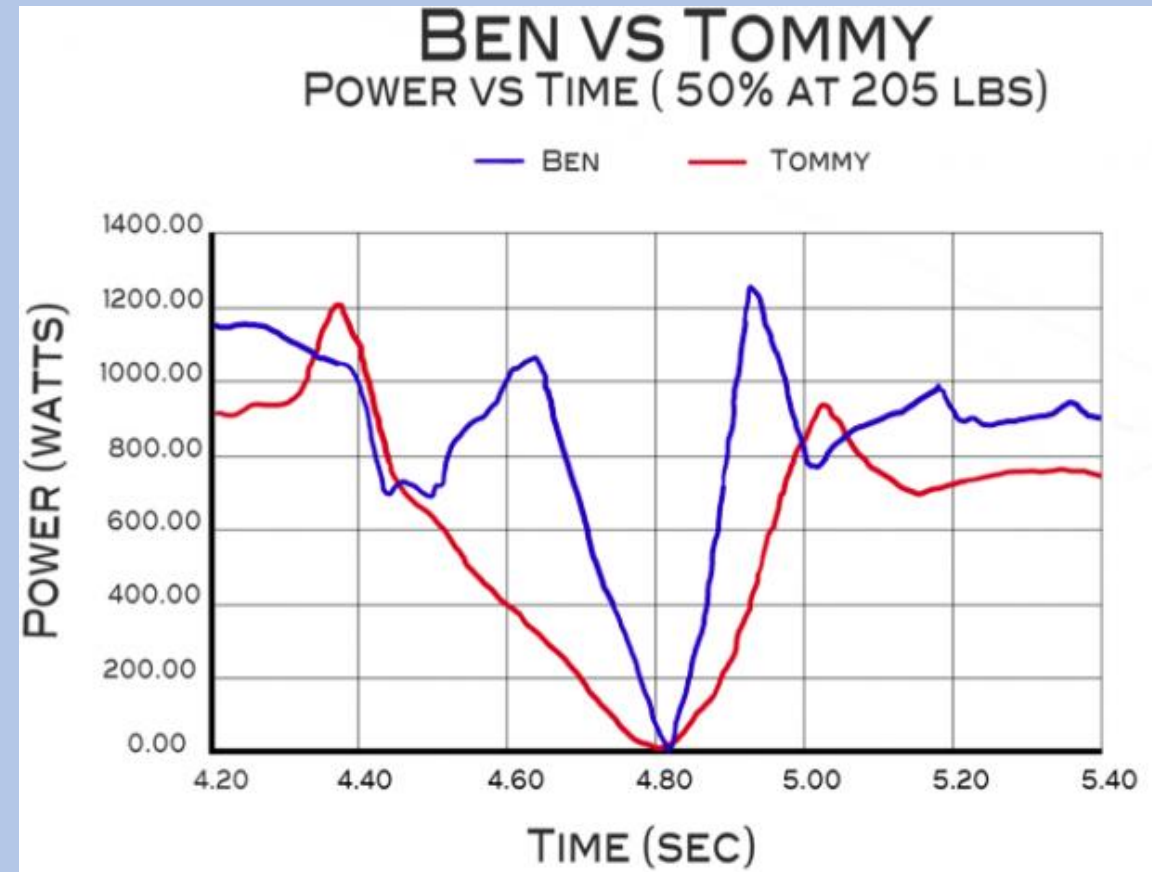
- WATCH!! IMPORTANCE OF TRIPHASIC TRAINING



Peaking for Sport - Triphasic Supramaximal with GPP Model																				
Phase	GPP						Supramax Strength		Aerobic	Supramax Strength		Aerobic	Triphasic Strength		Aerobic	Triphasic Power		Aerobic	Triphasic 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	Concentric	Isometric	Isometric	Concentric	Concentric	Concentric	Concentric	Power	Power	Concentric	Peaking	Peaking
Percent Load	Below 50%		50-75%		Above 80%		120-105%		Below 50%		120-105%		Below 50%		Above 80%		Below 50%		Below 55%	
Durations			over 10 sec. sets		under 10 sec. sets		20-30 sec. sets				20-30 sec. sets				under 10 sec. sets				under 10 sec. sets	
Add Ons																				
Fasted State																				
Open Mouth																				
Fast Twitch RSA Capacity																				
Fast Twitch RSA Hypertrophy																				
Optimization Clusters																				
Stretch Contrast																				
Hyperlinks for Examples	Aerobic		Lactate		Alactic		Supramax-Ecc		ex	Supramax-Iso		Contra.	Concentric		Contra.	Power		Contra.		Speed

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 Cheslock

18

Maxes:

440 Squat

245 Bench

185 Power Clean

Warm-Up Pre-hab	WARM-UP TEST 1
	OVERHEAD SQUAT 1 X10
	3 POSITION LUNGE X3
	ANKLE GRAB TO LATERAL LUNGE X6 EA
	MOUNTAIN CLIMBERS X20S
	Push Up x 10ct [straps]

100%	Day 1	Week 1			Week 2	
		Reps	Load		Sets	Notes
	15 yrd sprints	1			6	(add alts)
	Pro Agility	1			4	5.5.5
	Sled Sprints	1			4	10 yds
81	DB Skater Squat	3	65	-	65	4 5 ECC
	Drop Skater Jumps	2			4	ea
	MB Skater Jumps	3			4	ea-platform
	Acc. Skater Jump	2			4	ea
						Rest 2:00
86	DB Bench	3	70	-	70	4 SA 5 ECC
	SA Landmine Press	t10			4	OC
	SA MB Pass	3			4	Seated
	Rack Band Pushups	t10			4	Pull Down
						Rest 2:00
	Trap Bar Jumps	6			3	Floor
	ACC. Squat Jump	6			3	Reactive
						Rest 1:00

Warm-Up Pre-hab	WARM-UP TEST 3
	Band Pull Thru x 10 [bent knee]
	Med Ball Crunch x 10 [stg] [down]
	Transverse Lunge x 10 ct
	High Step Up x 5 each
	Inverted Pull Up x 10 ct [bar]

100%	Day 3	Week 1			Week 2	
		Reps	Load		Sets	Notes
	Shuffle-Sprint	1			4	5.5.10
	Shuffle Pro Agility	1			4	3.3.3
	5 yrd Shuffle	3			4	25 lbs Plate
352	Front Squat	3	210	-	230	4 squat wedge
	Drop Squat-Broad	3			4	6 ECC
	DB Drop Squat Jump	3			4	
	Acc Squat Jump	4			4	Deep
						Rest 2:00
74	DB Incline Press	3	55	-	60	4 6 ECC
	Drop Pushups					
	MB Press Pass					
	Acc Pullups					Rest 2:00
						15 yards
	Sled Walks	1			4	150% of BW
	Wall Marhces	4			4	
						Rest 1:30

Warm-Up Pre-hab	WARM-UP TEST 2
	Bar Good Morning x 10 [nar]
	Bar Rotations x 10 each [k/s]
	Forward Lunge x 10 ct [wtd]
	Drop Squats x 10 [bar counter]
	Push Up x 10ct [straps]

100%	Day 2	Week 1			Week 2	
		Reps	Load		Sets	Notes
	U-Sprints	1			4	B-F
	U- Sprints	1			4	F-B
	10 yrd Sprints	1			4	Backwards
	Backward Sled Walks	1			4	150% BW
						ea
81	DB RDL	3	70	-	75	4 Staggered
	SL Broad Jump	2			4	ea
	KB Swings Staggered	3			4	ea
	Band Hamstring Curls	6			4	
						Rest 2:00
	Chinups	4			4	
	MB Press Pass	4			4	
110	DB BO Row	4	40	-	45	4
	Acc Lat Raise	t10			4	
						Rest 2:00

Warm-Up Pre-hab	WARMUP4
	RDL with Reach x 10 [bar wide gr]
	Rainbows x 10 each [bar]
	Lateral Lunge x 10 ct [wtd] [stag]
	Drop Lunge x 5 each [MB count]
	Push Up x 10ct [bar]

100%	Day 4	Week 1			Week 2	
		Reps	Load		Sets	Notes
	Curvered Sprints	1			4	15 yards
	Curvered Pro Agility	1			4	5.5.5
	Air Bike Sprints	t5			5	5 seconds
103	Bulgarian Split Squat	3	80	-	85	5 5 ECC
	SL Speed Hurdles	4			5	Lateral
	Trap Bar Jumps	4			5	
	Band Acc. Squat Jumps	4			5	
						Rest 2:00
245	Bench Press	3	185	-	195	5
	OC Pushups	t10			5	
	SA MB Pass	4			5	
	Speed Band Bench	t10			5	
						Rest 2:00
	DB Lateral Lunge	5			3	
	SL Lateral Hurdle	4			3	
	SA Landmine Press	5			3	ea
	Ropes	t10			3	Alternating

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

Weight			Back Squat (lbs)			Bench Press (lbs)			Hex Bar Deadlift (lbs)			Chin Ups (reps)			MB Toss (12 lbs MB)			Broad Jump (ft, in)			5yd Shuffle (30s)			Pro Agility (timed in s)			10sec Assault Bike (AVG) (RPMs)			10sec Assault Bike (MAX) (RPMs)		
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	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	

	Back Squat (15 sec)			Bench 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 Bench Press (10 secs)			Glute Bar Lift (10 secs)		
Set	Week 1	Week 2	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 Split Squat (17 secs)			Bench Press (17 secs)			Hex Deadlift (17 secs)		
Set	Week 1	Week 2	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	Whole-grain bread
Pea or whey protein	Pretzels
Jerky	Fruit
Greek yogurt	Applesauce packet
Protein shake	Oats
String cheese	Pitas
Tuna, salmon + chicken pouches	Brown rice cup
Kodiak Cakes Power cup	Bagel + honey
	Rice cake + jam
@Nutrition_with_Wendi	
HEALTHY FATS	HYDRATION
Nuts and seeds	LMNT packets
Nut butter	Drip drop
pouches	Sports drink
Trail mix	Bottled water
Edamame	Chocolate milk
Guacamole pack	Body Armor
www.nutritionwithwendi.com	

Pre-Workout Nutrition

EAT THIS:

Yogurt + fruit  2 eggs + apple  Protein muffin cup + fruit 

NOT THIS:

Energy drinks: 120 mg caffeine  Pre-workout: 100-300 mg caffeine  Bang: 300 (+) mg caffeine 

Pre-workout nibble: 60-90 minutes before training.

Never try out new foods on a game day or training day!

www.nutritionwithwendi.com

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 INDIVIDUALS
- IT IS A PROCESS, SUCCESSFUL PROCESSES TAKE TIME AND CONSISTANCY