

NSCA TRAINING FOR HOCKEY 2019 – ANTHONY MORANDO CSCS* SCCC*

MULTI- DIRECTIONAL - DECELERATION/ TRANSITION
RPR WAKE UP/ FOAM ROLL LADDERS 1 - 4 PHASE SPECIFIC
PILLAR PREP
Side Plank Hold :20-:30s Scap Tap w/ Pause 8-12 reps Quadrapped Hydrant w/ Pause 8-12 reps
BAND/ HIP ACTIVATION
1L ISO 3x:10s Lateral Walks w/ Pause Cue Steps or Distance w/ Pause
MOVEMENT PREP & INTEGRATION
Hip Matrix Stationary Lateral March Lateral Skip w/ Stop Cross Over Skip w/ Stop Cross Under Skip w/ Stop 1 Push Shuffle w/ Stop 1L Lateral Push Off w/ Stop
MB/PLYO
2L CM Lateral Hurdle Jump w/ Stick / MB Slam 1L Lateral Bound w/ Hoop Stick/ 1/2 Kn. MB Side Toss w/ Catch
Movement Skill - Change of Direction
Hoop Cross-Overs w/ Stop
Resisted Push Offs w/ Stop
Cross Over Lean Fall Sprints w/ 2L Drop Stop

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MULTI-DIRECTIONAL - CONTINUOUS/ REACTION
RPR WAKE UP/ FOAM ROLL LADDERS 1 - 4 PHASE SPECIFIC
PILLAR PREP
Side Plank Windmill 8-12 reps Alt. Scap Tap 8-12 reps Atomic Push Ups 10
BAND/ HIP ACTIVATION
1L 45° Kickbacks 8-12 reps 45° Walks Below Knees Continuous
MOVEMENT PREP & INTEGRATION
Hip Matrix Dynamic w/ Driver Lateral March Continuous Lateral Skip Continuous Cross Over Skip Continuous Cross Under Skip Continuous Low Shuffle Continuous 1L Lateral Push Off Continuous
MB/PLYO
2L CM Continuous Lateral Hurdle Jump/ MB Rot. Slam 1L 45° Bound or Lateral Continuous/ Base Squat + Side Toss
Movement Skill - Reactive Agility
Hoop Cross-Overs Continuous - Use Cue/ Color/ #
Resisted Push Offs Continuous - Use Cue/ Color/ #
Cross Over Lean Fall Sprints - Use Cue/ Color/ #