ELITE DIAMOND HOCKEY
OFF-ICE TRAINING · GARLAND ENTERPRISES

LEVEL 3 · ADVANCED · CHAMPIONS ACADEMY

Ages 16 and up, adults welcome

CHAMPIONS ACADEMY 4-WEEK OFF-ICE PROGRAM

Strength, lateral power, shift-length conditioning and advanced hands for experienced players: AAA16, juniors and adult leagues. Every session has a home track and a gym track.

- 4 weeks, 16 sessions
- 36 exercises with cues and fixes
- Load progression + deload week
- Home and gym track for every session
- Shift-length conditioning
- In-season and off-season schedules

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CHAMPIONS ACADEMY 4-WEEK PROGRAM

WHAT'S INSIDE

Read the Start Here pages, then pick your track (home or gym) and follow one week at a time. Exercises are numbered A1 to A36.

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EXERCISE LIBRARY

LOWER-BODY STRENGTH (A1-A6)

Session A. Home and gym versions are listed on every card.

A1 REAR-FOOT ELEVATED SPLIT SQUAT

WHY Single-leg strength for the stride.

HOW Back foot on a bench, lower until the back knee nearly touches, drive up through the front foot.

COACHING CUE Front shin slightly forward, torso tall.

COMMON MISTAKE Front heel lifting or knee caving.

HOME Bodyweight 3-1-X tempo, or a backpack.

GYM Dumbbells at the sides.

A2 SQUAT

WHY Overall leg strength.

HOW Feet shoulder width, sit between the hips, stand tall.

COACHING CUE Knees track over the toes, chest up.

COMMON MISTAKE Heels lifting or back rounding at the bottom.

HOME Bodyweight with a 3-sec lower and 2-sec pause.

GYM Goblet squat with a dumbbell or kettlebell.

A3 SINGLE-LEG RDL

WHY Hamstrings, glutes and balance in one.

HOW Hinge on one leg, free leg back, flat back, stand up by squeezing the glute.

COACHING CUE Hips square to the floor.

COMMON MISTAKE Opening the hip to reach lower.

HOME Bodyweight or a band under the foot.

GYM Dumbbell in the opposite hand.

A4 LATERAL LUNGE

WHY Groin and hip strength for the side push.

HOW Step wide, sit into one hip, other leg straight, push back.

COACHING CUE Whole foot down, hips back.

COMMON MISTAKE Lunging forward instead of to the side.

HOME Bodyweight, pause at the bottom.

GYM Goblet hold.

A5 HIP THRUST

WHY Glute power for the stride and starts.

HOW Upper back on a bench, drive hips up to a straight line, squeeze 1 second.

COACHING CUE Chin tucked, ribs down.

COMMON MISTAKE Arching the lower back at the top.

HOME Single-leg hip thrust.

GYM Dumbbell or kettlebell on the hips, pad it.

A6 HAMSTRING CURL

WHY Hamstring strength that helps protect against pulls at top speed.

HOW On your back, heels on a towel or sliders, hips up, slide the heels in and out.

COACHING CUE Hips stay up the whole set.

COMMON MISTAKE Hips dropping when the heels slide out.

HOME Towel on a smooth floor.

GYM Partner-assisted Nordic lowers, slow, only as far as you can control.

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WEEK 1 OF 4

WEEK 1: BASE

W1

Moderate loads, own the tempo. Finish each set with about 3 reps left (RIR 3).

A SESSION A: LOWER STRENGTH

EXERCISE	HOME TRACK	GYM TRACK	REST
Warm-up	8 min	8 min	
A1 Rear-foot elevated split squat	3 x 8 each, 3-1-X	3 x 8 each, DBs, RIR 3	90s
A3 Single-leg RDL	3 x 8 each	3 x 8 each, DB, RIR 3	60s
Pair: A4 Lateral lunge + A6 Hamstring curl	2 x 10 each + 2 x 10	2 x 10 each goblet + Nordic 3 x 3	60s
A5 Hip thrust	2 x 10 single-leg	3 x 8, DB, RIR 3	60s
A7 Copenhagen plank	2 x 20s each, short	2 x 20s each	30s
A8 Single-leg calf raise	2 x 10 each	2 x 10 each, DB	30s

B SESSION B: POWER + CONDITIONING

EXERCISE	HOME TRACK	GYM TRACK	REST
Warm-up (with build-up sprints)	8 min	8 min	
A9 Skater bound	3 x 3 each, stick	3 x 3 each, stick	60s
A10 Lateral bound to sprint	3 each	same	60s
A11 Hip power	3 x 5 squat jumps	3 x 10 KB swings	60s
A12 Single-leg lateral hops	2 x 10s each	same	45s
A14 Shift intervals	6 rounds 40 / 2:30	6 rounds 40 / 2:30, bike/rower	in set
Cool-down: easy walk + A33 couch stretch	5 min	5 min	

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