

OFF-SEASON TRAINING SERIES

YOUR SUMMER IS WHERE SPEED IS BUILT.

The Off-Season Training Roadmap for Elite Hockey Players

PHASE 1

Recovery & Rebuild

PHASE 2

Strength & Power

PHASE 3

Speed Transfer

The Game Is Faster Than Ever.

The gap between good and elite is built or lost every summer.

Players who train smart show up faster, stronger, and harder to knock off the puck.

16-18

PEAK DEVELOPMENT AGE

The window is NOW

The ones who don't fall behind and the gap compounds every year.

3-5

STRIDES PER PLAY

Acceleration beats top speed

You have a window. Most girls your age won't use it seriously.

12+

WEEKS TO BUILD IT

The summer is exactly enough time

3 Phases. 1 Goal.

Show up to tryouts as a different player.

01

RECOVER & REBUILD

Weeks 1-3

- Let the body heal
- Restore mobility
- Build your base

02

STRENGTH & POWER

Weeks 4-9

- Load the movement
- Build force production
- Unilateral focus

03

SPEED TRANSFER

Weeks 10-12+

- Plyometrics & power
- On-ice application
- Tryout ready

Recover & Rebuild.

You just finished a long season. Your body needs to reset before it can rebuild.

WHAT THIS LOOKS LIKE

Active Recovery

Walk, bike, swim. Low intensity, keep moving

Mobility Work

Hips, ankles, thoracic spine daily. 15 to 20 min

Bodyweight Only

Planks, split squat holds, glute bridges. Build control

Sleep & Nutrition

8 to 10 hrs. Eat real food. This is when you grow.

WHAT TO AVOID

x Jumping straight into heavy lifting. Your tendons are not ready

x Intense on-ice sessions in the first 2 weeks

x Skipping rest because you feel fine. Fatigue is often delayed

x Doing nothing at all. Detraining sets in fast

Control Before Chaos.

You cannot build speed on a broken base. Trying to skate fast without a strong, stable foundation is like trying to skate on ice with no edges. You will slip every time.

POSITION OWNERSHIP

Hold positions under tension. Planks, split squats, glute bridges. Your body learns to stay stable.

MOBILITY FIRST

Hips, ankles, and thoracic spine dictate how deeply and powerfully you can push off. Fix restrictions now.

MOVEMENT QUALITY

You cannot produce power through sloppy movement. Learn to move well before you move fast.

BUILD TO ACCELERATE

Acceleration not top speed wins puck battles. Every foundation drill translates to your first 3 strides.

BUILDING CAPACITY

Progressively increase training volume week by week. More capacity now means more output later in the summer.

RESTORING TISSUE

Tendons and soft tissue need time to adapt. Isometrics and slow eccentrics build resilient structures.

Build Strength & Power.

Now that you can own positions, it's time to load them.

TRAINING FOCUS

Unilateral Lower Body

Split squats, step-ups, single-leg RDLs. Hockey is one leg at a time

Bilateral Lower Body

Squats, deadlifts, glute bridges and glute raises. Hinge pattern focus

Upper Body Push & Pull

Bench, rows, pull-ups. Build a complete athletic body

Lateral Strength

Resisted band work, lateral bounds. Train the direction you play

KEY PRINCIPLES

3-5x

PER WEEK

Lifting sessions. Quality over quantity

SLOW

ECCENTRIC

3 to 4 sec lowering phase builds more strength

FULL

RANGE

Strength through range transfers to the ice

How Strength Shows Up On Ice.

IN THE GYM	->	ON THE ICE
Split Squat	->	Crossover Push Power
Lateral Band Work	->	Edgework & Cuts
Hip Hinge / RDL	->	Acceleration Posture
Single-Leg Stability	->	Balance Under Pressure
Glute Strength	->	Stride Length & Power
Hip Flexor Strength	->	Stronger Stride Recovery
Core Work	->	More Puck Battle Wins
Hop & Stick Work	->	Better Agility on the Ice

Speed Transfer.

You've built the base. Now we turn it into speed.

WHAT WE INTRODUCE

Plyometrics

Pogo hops, bounds, reactive box jumps, depth jumps, depth to box jumps

Quick Change of Direction

Short ground contacts. Crisp, sharp decelerations and redirections

Sprint Work

Short acceleration bursts. 10 to 20m, max effort, full recovery

On-Ice Speed Drills

Translating gym work to edge control, acceleration, and braking

THE SPEED EQUATION

FOUNDATION

(Stability & Control)

+

STRENGTH

(Force Production)

+

ELASTICITY

(Plyometric Power)

=

SPEED

that shows up on the ice

Speed Isn't Just Going Fast.

Most programs focus on top-end speed. But hockey plays happen in 3 to 5 strides. The biggest gap? Braking ability and redirection speed.

ACCELERATION

3-5

STRIDES

- > First step explosion
- > Hip drive forward
- > Low body position
- > Trained with short sprints

DECELERATION

#1

SKILL GAP

- > Braking before cuts
- > Eccentric leg strength
- > Edge control
- > Most players skip this

REDIRECTION

0.3s

WINDOW

- > Change of direction speed
- > Hip mobility is key
- > Elasticity from plyos
- > Builds separation

What It Should **Actually** Look Like.

WEEK 1

Full Recovery

Mobility, walks, light core. Nothing too crazy.

WEEKS 2-3

Movement Prep

Positional only training. Bodyweight. Own positions.

WEEKS 4-7

Strength Build

3 to 5x per week lifting. Unilateral focus. Tempo work.

WEEKS 8-9

Power Phase

Add load. Introduce basic plyometrics.

WEEKS 10-12

Speed & Power

Explosive work. Sprint mechanics. On-ice sessions begin.

WEEK 12+

Tryout Ready

Sharpen edges. Game speed. Full confidence.

What You Do **Now** Determines Where You Play **Next Year.**

THE OPPORTUNITY

Most players your age will take the summer off or train inconsistently. That's your advantage. 12 weeks of smart work puts you ahead of girls who show up to tryouts having done nothing.

PROGRESS IS NOT LINEAR

You'll feel worse before you feel better. Weeks 2 to 4 will feel slow. That's the foundation setting. Trust the process. The speed shows up in Weeks 10 to 12.

CONSISTENCY BEATS INTENSITY

3 training sessions a week, every week, for 12 weeks beats one brutal month followed by nothing. Show up. Do the work. Be the player who doesn't skip.

Take This Home.

01

Foundation before intensity. Control your positions before you try to go fast

02

Strength is the engine. The summer is when you build it.

03

Deceleration and redirection are where games are won. Train them.

04

Speed is a skill. It's built in phases, not in one brutal week

FOUNDATION & STRENGTH

Position Ownership. Control Before Speed.

Master these holds before adding load or speed.

BW Split Squat Hold

- Back knee hovers 2" off the ground — don't let it rest down
- Drive the front foot through the floor — feel the glute load
- Keep torso tall, brace the core — no forward lean



SL Glute Bridge Hold

- Drive the heel hard into the ground, squeeze glute at the top
- Keep hips level — don't let the non-working hip drop
- Feel the load in the glute, not the lower back



Bear Crawl Hold

- Knees only 1–2" off the floor — flat back, hips level
- Shoulders stacked over wrists, core braced hard
- Breathe without losing position — no sagging hips



Monster Walks

- Band stays taut throughout — no slack steps
- Push against the band with every step outward
- Slight forward lean, knees tracking over toes at all times



Superman Hold

- Lift arms AND legs simultaneously — not one at a time
- Squeeze glutes and upper back hard at the top
- Hold 2–3 sec, lower with control — don't drop



Split Stance Anti-Rotational Press & Hold

- Outside foot forward — resist the cable pulling you sideways
- Lock hips square — any rotation means you lost the position
- Press and hold 3 sec — breathe through the tension



Hamstring Holds

- Dig heel into ground firmly, lift hips off surface
- Keep the back of the knee loaded — hamstring active, not passive
- Hold the contraction — don't let hips drop between reps



PLYOMETRICS & SPEED

Build the Engine. Release the Power.

Quality reps. Short ground contacts. Full recovery between sets.

FWD/BACK Line Hops

- Quick ground contacts — spend as little time on the ground as possible
- Stay light and springy — use your ankles, not your hips
- Keep rhythm consistent: same tempo, both directions



SL FWD/BACK Hops

- Land on a soft single leg — knee bent, hip loaded on contact
- Drive off the ground fast — don't linger on the foot
- Non-working foot stays off the ground the entire set



Drop Split Squats

- Drop into the split — land soft, back knee doesn't smash down
- Absorb through the front leg's glute and quad
- Reset quickly but deliberately — quality reps over speed



Drop SL Squats

- Land on one leg — absorb through the entire lower chain
- Control the knee — don't let it cave inward on landing
- Start slow, nail the landing position before adding height



SL Horizontal POGO Hops

- Stiff ankle — minimal bend, drive off the ball of the foot
- Stay as tall as possible while hopping — no forward collapse
- Fast, fast, fast — short ground contacts are the goal



SL Hop & Stick

- Hop and HOLD — stick the landing for 2 seconds minimum
- Land in an athletic position: knee bent, hip loaded, balanced
- Show full control before going to the next rep



SL SIDE/SIDE Hops

- Lateral movement — stay light, don't overreach side to side
- Land on a stable single leg each time — absorb the contact
- Keep hips level and eyes forward throughout



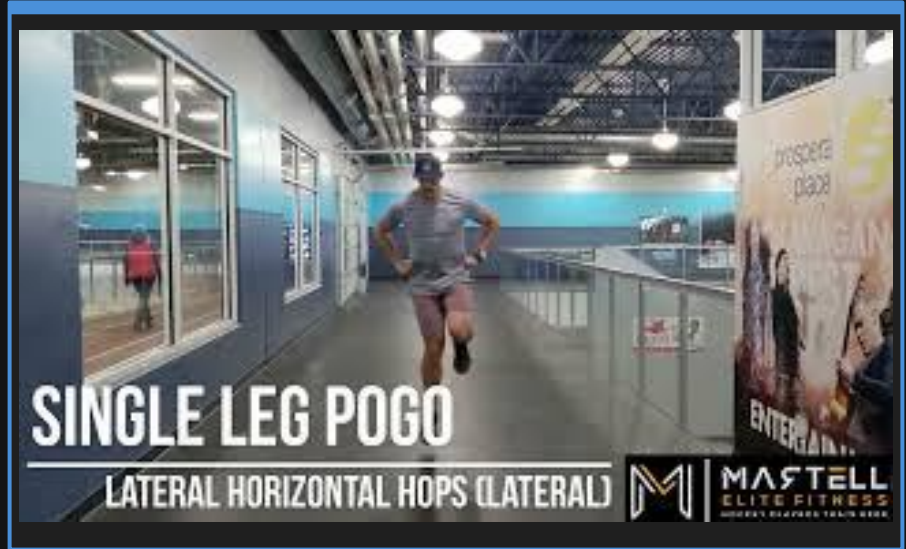
SL Lateral POGO Hops (Medial)

- Drive off the medial (inner) edge of the foot
- Quick rebounds — ankle stiff and reactive, not sloppy
- Load and bounce, don't jump high — it's about ground speed



SL Lateral POGO Hops (Lateral)

- Drive off the lateral (outer) edge of the foot
- Keep the ankle stiff — propel laterally, not upward
- Light, quick contacts — like a pinball bouncing off a wall



SL Lateral Hop & Stick (Medial)

- Hop laterally toward the inside — stick and hold the landing
- Land on a controlled single leg — no wobbling or adjusting
- 2 second hold minimum — own the position before you move



SL Lateral Hop & Stick (Lateral)

- Hop laterally to the outside — stick and hold the landing
- Push the knee out, not in — the glute fires on contact
- If wobbling, reduce height before adding distance



Wall Knee Drive

- Drive the knee up fast — simulate a powerful stride on the ice
- Keep the opposite hip extended and stable behind you
- Arms slightly bent, body at 45° — athletic wall position



Wall Extension

- Drive the knee up, then extend fully down behind you
- Full hip extension at the bottom — squeeze the glute hard
- Controlled reversal — this is NOT a swing, it's a drive



Wall Leg Exchange

- Fast exchange — one knee drives up as the other extends back
- Maintain wall contact with hands — don't collapse forward
- Stay tall through the core — no arching the lower back



Q & A

Questions? Let's Talk.

Coach Travis Martell | CSCS

16+ Years | Hockey Strength & Conditioning

FREE SUMMER STARTER PACK

DM me "LANGLEY"

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INSTAGRAM

@martell.elite.fitness

EMAIL

travis@martellelitefitness.com

WEBSITE

martellelitefitness.com