



UNLOCK YOUR ATHLETIC POTENTIAL

# HOCKEY

4 WEEK TRAINING PROGRAM

[www.projectmvp.co.uk](http://www.projectmvp.co.uk)



UNLOCK YOUR ATHLETIC POTENTIAL

## About Us

Project MVP was born to help athlete's reach their potential. We make fitness testing, data analysis, benchmarking, talent identification and athlete development a simple and seamless process for you. We let you know if you need to get fitter, faster, stronger or more powerful and then provide the expertise to help you attain your personal goals whatever they are.

Our battery of tests have been developed by industry leading sport scientists and fitness professionals. Using the very latest in sport science technology we assess the athlete's ability to perform a wide range of disciplines, which provides a clear representation of their athletic potential.

Our experienced coaches guide the athletes through the tests from start to finish, providing a fun and competitive environment that is filled with learning experiences. All tests are supported by current scientific based evidence and have been closely scrutinised for reliability and validity. Furthermore, the strict delivery of the tests at each and every event ensures that these standards are consistently upheld.





## Hockey

This program is designed to improve your overall strength and boost your power. Adding strength will improve your hit and slap, you will be able to get lower and make a stronger tackle. The power work will help your acceleration speed, meaning you will close-down opponents quicker.

## Training Goals



Strength



Power








Fitness



# DAY 1




Perform all warm up exercises for 20-30 seconds each.

<i>Dynamic Warm Up</i>		<i>Week 1</i>	<i>Week 2</i>	<i>Week 3</i>	<i>Week 4</i>	
1	Hurdle March (Forwards/Backwards) 20   30s	20s ea. side	20s ea. side	20s ea. side	20s ea. side	
2	Ankle Walks 10s	20	20	20	20	
3	Bear to Sumo Deep Squat	12	12	12	12	
4	Bear Crawl 30s	1	1	1	1	


5	Multi-Planar Stretch - Thoracic Reach Through Each side	8	8	8	8	
6	Push Ups - Narrow	10	10	10	10	




<i>Power Training</i>		<i>Week 1</i>	<i>Week 2</i>	<i>Week 3</i>	<i>Week 4</i>	
1	Barbell Power Shrug - Clean Grip	6 6 6 6 6	5 5 5 5 5	4 4 4 4 4	3 3 3 3 3	
2	Db - One Arm Push Press	4 4 4 4 4	4 4 4 4 4	4 4 4 4 4	4 4 4 4 4	
3.a	One Leg Box Push Offs 201 30s	10 10 10	10 10 10	10 10 10	10 10 10	


3.b	Lateral Jumps - 1-1 Continuous Outside Leg	3	3	3	3	
3.c	Hurdle Jump - Lateral (2 to 2 ) - Continuous Facing each way	6	6	6	10	
		6	6	6	10	
		6	6	6	10	


<b>Strength Training</b>		<b>Week 1</b>	<b>Week 2</b>	<b>Week 3</b>	<b>Week 4</b>	
1	Barbell Split Squat 201 60s	6 6 6	6 6 6 6	4 4 4 4	4 4 4 4	
2	Barbell Reverse Lunge	12 12 12	10 10 10	8 8 8	8 8 8	
3	Barbell Straight Leg Deadlift 201 60s	6 6 6	6 6 6 6	4 4 4 4	4 4 4 4	



4	Db - Bench One Arm Rows LOW 201 60s  Each arm	10	10	10	10	
		10	10	10	10	
		10	10	10	10	

Core Strength		Week 1	Week 2	Week 3	Week 4	
1.a	Cable - Split Rotate & Press Each way <small>Feet positioned slightly wider than shoulder width</small>	12	12	10	8	
		12	12	10	8	
		12	12	10	8	
1.b	Cable - Down Chops Each way	12	12	10	8	
		12	12	10	8	
		12	12	10	8	
2.a	Floor/Knee - Side Bridge (Level 2) Each Side Twice	30s	35s	45s	45s	

Conditioning		Week 1	Week 2	Week 3	Week 4	
1.a	4 x 2 min Conditioning Each way <small>Complete on a treadmill, prior to starting the program complete a 2 min time trial to gauge how quickly the treadmill should be.</small>	4 x 2 min	4 x 2 min			




1.b	<p>4 x 3 min Conditioning Each way</p> <p>Complete on a treadmill, prior to starting the program complete a 2 min time trial to gauge how quickly the treadmill should be.</p>			4 x 3 min	4 x 3 min	
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## DAY 2


Perform all warm up exercises for 20-30 seconds each.





<i>Dynamic Warm Up</i>		Week 1	Week 2	Week 3	Week 4	
1	<p>Hurdle March (Forwards/Backwards) 201 30s</p>	20s ea. side	20s ea. side	20s ea. side	20s ea. side	
2	<p>Ankle Walks 10s</p>	20	20	20	20	
3	<p>Bear to Sumo Deep Squat</p>	12	12	12	12	








4	Bear Crawl 30s	1	1	1	1	
5	Multi-Planar Stretch - Thoracic Reach Through Each side	8	8	8	8	
6	Push Ups - Narrow	10	10	10	10	

<i>Power Training</i>		<i>Week 1</i>	<i>Week 2</i>	<i>Week 3</i>	<i>Week 4</i>	
1.a	1/4 Squat Jump (Vertical Jump)	2 2 2 2 2	2 2 2 2 2	2 2 2 2 2	2 2 2 2 2	
1.b	Standing Broad Jump	2 2 2 2 2	2 2 2 2 2	2 2 2 2 2	2 2 2 2 2	

2	Split Jumps - Low	6	6	6	6	
		6	6	6	6	
		6	6	6	6	

Strength Training		Week 1	Week 2	Week 3	Week 4	
1	Barbell - Bridge Back 201 60s	8	8	6	4	
		8	8	6	4	
		8	8	6	4	
		8	8	6	4	
2	Barbell Side Squat Each side	6	8	8	6	
		6	8	8	6	
		6	8	8	6	
3.a	Barbell Bench Press	6	6	4	4	
		6	6	4	4	
		6	6	4	4	
		6	6	4	4	
3.b	Db Back Flies	12	15	15	20	
		12	15	15	15	
		12	15	12	12	

4.a	Barbell - Bent Over Row 201 0s	5	5	5	5	
		5	5	5	5	
		5	5	5	5	
4.b	Pull Up - Narrow Front 201 0s	5	5	5	5	
		5	5	5	5	
		5	5	5	5	

<i>Core Strength</i>		<i>Week 1</i>	<i>Week 2</i>	<i>Week 3</i>	<i>Week 4</i>	
1.a	MB - Rip & Overhead Throws (One Leg)	10	10	10	10	
		10	10	10	10	
1.b	MB Pocket Rotation Throw Each way	15	15	15	15	
		15	15	15	15	
2.a	Cable - Up Chops (half kneeling) <small>Control the decent back to your pocket</small>	6	6	6	6	
		6	6	6	6	
		6	6	6	6	

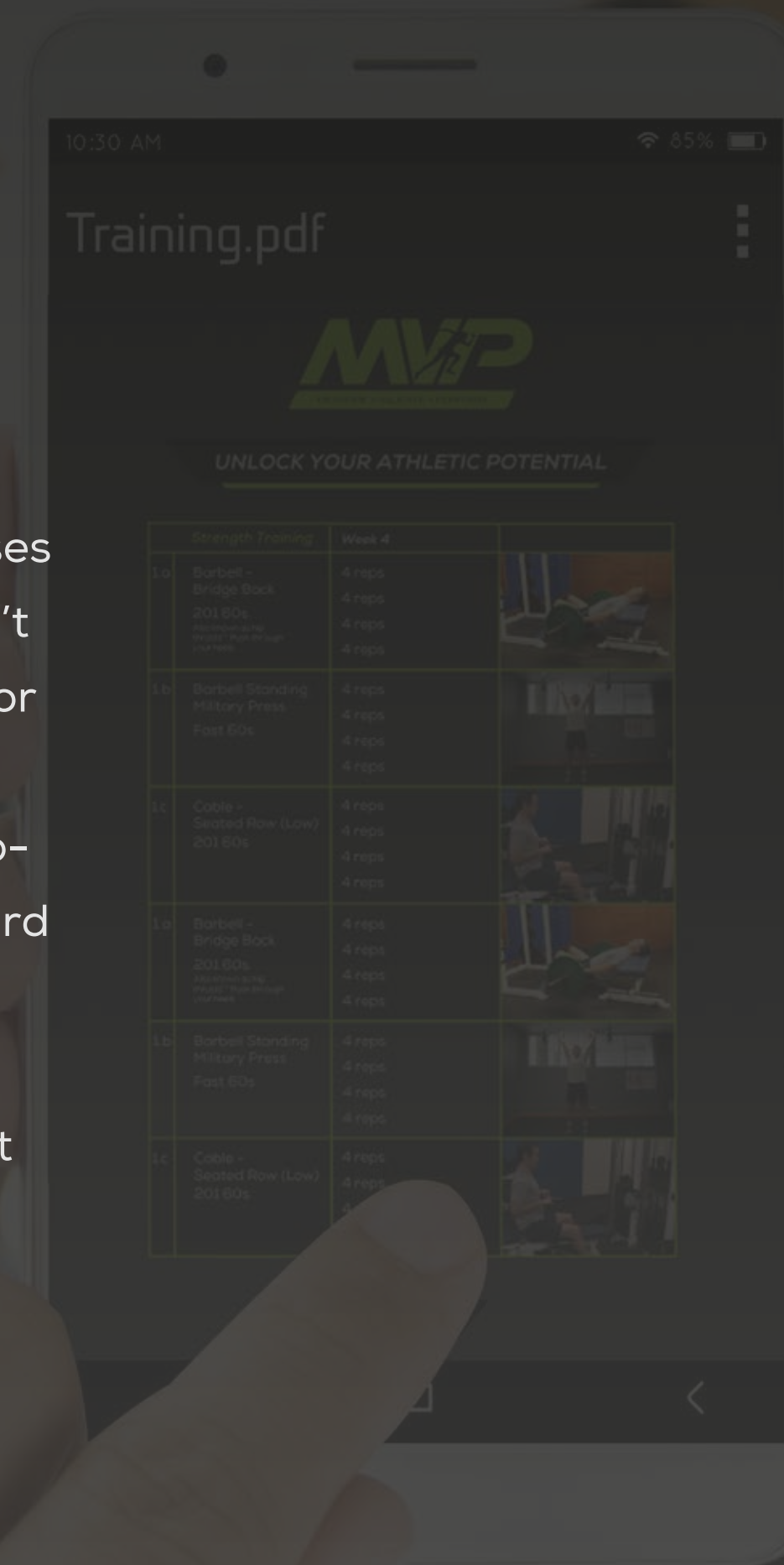




## Start Your Journey With MVP

You are now part of the MVP team! We now fully understand your strengths and weaknesses and the training program given in this ebook is a great start to your MVP journey but doesn't take into consideration any of your physical characteristics. We can create bespoke plans for you, online, based on your test results to help you be the best you can be and reach your goals whatever they are. With our connections we can guide your development with the potential for USA college scholarships or even pro team contracts with the right amount of hard work and talent!

Please contact us on [hello@projectmvp.co.uk](mailto:hello@projectmvp.co.uk) or call 020 3923 4938 to find out more about how we can be part of your journey to reach your potential







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FIND OUT MORE

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