



Shooting Camp Off Ice Training

Dear Player:

Please follow this training schedule for the 4-6 weeks prior to the Shooting Camps. The exercises are simple and straightforward and can be done in about 30-60 minutes each day.

If you can follow this regimen you will benefit greatly and will be able to get the most out of the Torjager Shooting Camps. Remember, if you miss a day, make sure you do not miss the next one!

Use the table on the other side of this page to keep track of the days you exercise and on how many repetitions you do to track your progress. Please bring this with you to the Shooting Camp!

Exercise #1 Pushups

Description: Lay on the floor, keep your body straight, put your hands beside your shoulders and push up till arms fully extended. **Assignment:** Do as many good pushups as you can; rest for 1-2 minutes, then repeat. Do 3-5 sets. **Reason:** Pushups work the shoulders, triceps and chest. The 3 most important muscles in shooting.

Exercise #2 Wrist Busters

Description: You will need to build a Wrist Buster! Take a 12-16 inch piece of a hockey stick, tie a 3 foot piece of skate lace to the stick in the middle, tape up the handle like a stick for some grip. Attach a 1 lb to 3 lbs weight to the end. Hold straight out in front of you, rolling the stick over and over until the weight is up to the stick. *That is 1 Wrist Buster!* **Assignment:** Do as many rolling up and rolling down as you can (do not just let it go from the top!) Do 3-5 sets. **Reason:** The muscles of the forearm are very important in shooting...being able to control your stick rather than the stick controlling you!

Exercise #3 Ball Squeeze

Description: Use a tennis ball, a stress ball, rubber ball or even a Nerf ball. **Assignment:** Squeeze the ball as often as you can while riding the bus, watching the TV or sitting in the car for at least 15 minutes a day, twice a day. **Reason:** This will increase your hand and grip strength to be able to hold onto the stick and shoot lots of pucks without getting tired!

Exercise #4 Crunches

Description: Lay on your back, place your feet flat on the floor, place your hands straight out at the sides of your body, lift your shoulders all the way off the floor; curl back down. **Assignment:** Do 3-5 sets, as many as you can do. The key is to keep your hands at the sides of your head and use your stomach muscles to lift your shoulders. **Reason:** The core muscles of the stomach need to be strong to be able to incorporate your legs and middle body while shooting.

Exercise #5 Bridging

Description: Lay on your stomach, and push into full pushup position. Hold for as long as you can, keeping your body straight. **Assignment:** Do 3-5 times...can also be done by holding yourself up on your forearms. **Reason:** Same as crunches.

Exercise #6 Shooting Practice

Assignment: Shoot a tennis ball, a puck, a heavy puck; anything to work on developing your technique and your power.

Exercise #7 Stickhandling Practice

Assignment: Handle a tennis ball, a golf ball, a puck, a hockey ball, balance a ball on your stick, try new moves and try new sticks! Play street hockey or grass hockey!

