



In-Season Drop-In Training Sessions (September-February)

Coached by Corey Zuvela, Goals Gym Director of Strength & Conditioning

Session Duration: 1 hour (Start time varies but range from 3:30pm to 4:30pm)

Drop-In Session Offerings: Monday-Thursday (Some Fridays)

Session Cost: \$13 per session, pay-as-you go

In-Season Drop-In Training Sessions Include:

- Mobility (ankles, hips and upper back)
- Stability (ankles, knees, hips, lower back, and shoulders)
- Muscle Activation (prepare muscles for the session)
- Dynamic Warm-up (linear and lateral)
- Speed (sprinting and rapid muscle contractions)
- Power Training (moving bodyweight and/or an object rapidly)
- Resistance Training (using resistance bands, bodyweight, dumbbells, kettlebells, etc.)

The goal of in-season off-ice training is dependent upon the training age of the athlete. Athletes with multiple years of resistance training experience should have the goal to maintain their acquired strength and power from the off-season training program. The hockey season is filled with multiple stressors such as school, on-ice practice, off-ice training, weekend games, and hockey tournaments. Therefore, participating in a consistent off-ice training schedule throughout the season can help to maintain previously acquired strength and power. Young athletes participating in off-ice training for the first time or having minimal training experience can perform foundational movement patterns in-season. Foundational movement pattern competence in-season can better prepare the athlete to increase the intensity during off-season training.

A Performance Coach can modify multiple training variables in a resistance training program such as number of sets and repetitions. In-Season hockey athletes attending training sessions at Goals Gym will experience modifications with these training variables to ensure recovery and readiness for on-ice practice and games.

Please email Coach Corey (czuvela@thechiller.com) if you're interested in receiving the in-season drop-in training schedule and payment link.