



Brampton Hockey Academy

Dry land Package Options

Summer

- ***Team training***
- ***Small groups - 2/4/8***
- ***Obviously the bigger the group the more cost effective the sessions can be***
- ***Each player/group will be tested for baseline results in order to build a growth plan***
- ***Players to train 3-4 times per week based on the needs of the team/group/player***
- ***3 times a week would be minimal and 4 times would be optimal for strength/balance gains***
- ***1 instructor/4 player ratio maximum (dealing with specific movements and weights for older boys that need to be supervised at all times) Dealing with specific movements and exercises that require maximum supervision for all ages even off the weight stacks***
- ***Focus on strength, power and balance gains***
- ***Squat racks, power bands, isolated muscle groups, power movements***
- ***Age specific training at all levels***
- ***60 minute sessions***

2 players (1 instructor)
4 players (1 instructor)
8 players (2 instructors)
Team (3 instructors)

In Season

Option A (maintenance package)

- 1 x week
- 60mins
- Flexibility, core, agility
- Circuit style
- Plyometrics, speed training, quick feet
- 2 instructors + 1 coach staff
- 20 sessions

Option B (multi train package)

- 1 x week
- 60 mins
- Skating treadmill
- Slideboard training (with and without sticks/balls etc...)
- Decker boards
- 2 instructors + 1 coach staff
- 20 sessions

Option C (Alternating package)

- 1 x week
- 60 mins
- Alternate Option 1 and Option 2 every week
- 20 sessions

Option D (Double down)

- 2 x week
- 2 x 60 min session (trying for practice nights schedule permitting)
- Option A 1st session
- Option B 2nd session
- 44 sessions total
- 24 x Option A (4 extra sessions would be February, stretch and flexibility)
- 20 x Option B