

## Junior Elite B: Pre-Season Training

\*This Training Program was developed in consultation with team coaches and considers the overall weekly Training schedule.

### Weight Room Training Programs

Monday			
Training Goal: <b>Dynamic Strength</b>			
Training Time: 45 Min Warm-Up: Spin Bike 10-15 Min			
Exercise	Reps	Sets	
1 Reverse Lunge with Dimbbells	10 per Leg	3	
2 Bench Press	10	3	
3 Bent-Over Barbell Back Row	10	3	
4 Body Squat with Weight Plate	10	3	
5 Body Squat with Dumbbell Shoulder Press	10	3	
6 Bench Step-Ups with Dumbbells	10 per Leg	3	
Stretches & Rehab Exercises			

Monday Goalie Program			
*Additional Exercises	Reps	Sets	
1 Slide Board	20 Sec	4	
2 Body Squat on Stability Board	8	3	
3 Kneeling on Stability Ball Puck Throws	20	2	

Wednesday			
Training Goal: <b>Functional Strength</b>			
Training Time: 60 Min Warm-Up: Spin Bike 10-15 Min			
Exercise	Reps	Sets	
1 Back Squat <i>Option: Squat with Dumbbells</i>	10	4	
2 Benchpress	10	4	
3 Deadlift	8	3	
4 Jerk & Press	6	4	
5 1-Arm Dumbbell Rows	8 Pro Arm	4	
6 Pulls-Ups	12	3	
7 Squat with Bar Press	10	3	
8 Back Extensions	10	3	
Stretches & Rehab Exercises			

Wednesday Goalie Program			
*Additional Exercises	Reps	Sets	
1 Stability Ball Hamstring Curl	12	2	
2 Diagonal Lunge with Stability Ball	10 per Leg	2	
3 Sumo Squat	10	2	

Thursday			
Training Goal: <b>Mobility and Regeneration</b>			
Training Time: 45 Min Warm-Up: Spin Bike 10-15 Min			
Exercise	Reps	Sets	
1 Forward Lunges with Olympic Bar	12 per leg	2	
2 Static Lateral Lunges	10 per side	3	
3 Stability Ball Push-Ups	12	3	
4 Lying Down Torso Rotations	10 Rotations per side	2	
5 Hip Flexor Stretch	10 x 15 Sec.		
6 Glute Stretch	10 x 15 Sec.		

Thursday Additional Programs	
<ul style="list-style-type: none"> <li>▪ Spin Bike Protokoll</li> <li>▪ Core Training Program</li> <li>▪ Agility / Plyometric / Field Training</li> <li>▪ Rehab Training</li> </ul>	

This Team Training Plan is for EHC Basel Young Sharks | Developed by Performance Training Systems Inc.  
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## Monday Exercises

### 1. Reverse Lunge with Dumbbells



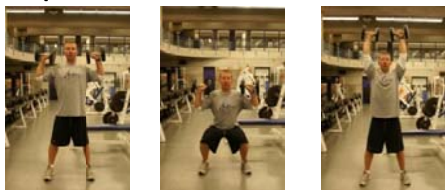
### 3. Bent-Over Barbell Back Row



### 4. Squat with Weight Plate



### 5. Squat with Shoulder Press

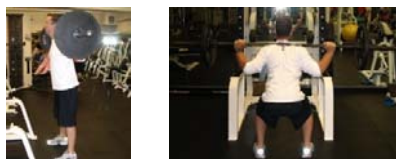


### 6. Bench Step-Ups with Dumbbells



## Wednesday Exercises

### 1. Back Squat



### 3. Deadlift



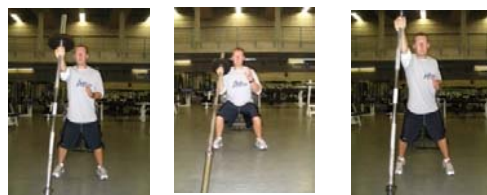
### 4. Jerk & Press



### 5. 1-Arm Dumbbell Row



### 7. Squat with Bar Press



## Thursday Exercises

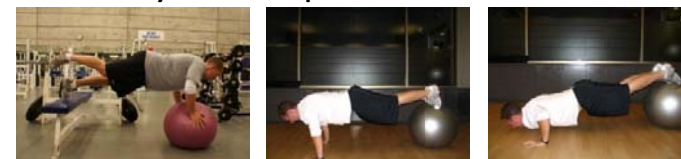
### 1. Forward Lunges with Olypic Bar



### 2. Static Lateral Lunges



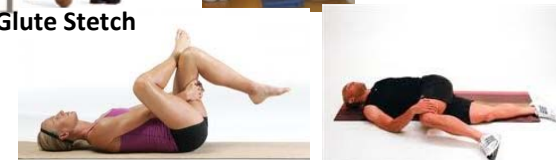
### 3. Stability Ball Push-Ups



### 5. Hip Flexor Stretch



### 6. Glute Stretch



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