Train for hockey: a starter strength session

DURATION	LEVEL	EQUIPMENT	FREQUENCY
45–60 min	**Gym novice**	**Optional**	**2× per week**

1. Hockey is low and fast

Crouch, side-step, sprint, stop, turn, hit. Train those shapes.

2. Strong, stable, springy

Isometric holds for tendons, bridges and squats for the crouch, hops for speed and landings.

3. Start easy, earn harder

Bodyweight, pitch or gym. Move up when every rep is clean two sessions running.

How hockey moves, and what we train

PATTERN	WHERE YOU SEE IT	INJURY RISK	TRAINED BY
Crouched stance	Carrying, receiving, defending low	Lower back	Wall sit · squat · bridge
Side-to-side	Jockeying, closing down	Groin, ankle	Skater lunge · shuttles · swings
Accelerate / brake	Breaking away, stopping to turn	Hamstring, knee	Pogo hops · shuttles
Rotation	Hitting, push passes, flicks	Shoulder, trunk	Trunk turns · Russian twist · planks
Single-leg reach	Reverse-stick tackles, stretching	Groin, hamstring	Skater lunge · world's greatest stretch

Training lowers risk and builds resilience. It can't stop contact injuries. Protective kit does that.

Warm-up · 10–12 min

STEP	DO	YOU SHOULD FEEL
Raise · 3 min	Easy jog, add backwards and side steps.	Heart, lungs, legs warm; can still talk.
Mobilise · 7 min	Leg swings (front/back, side), arm and trunk rotations, world's greatest stretch, dirty dogs, frog pose. 10 reps each.	Loose hips, groin, shoulders and mid-back.
Activate · 2 rounds	Wall sit, forearm plank, glute bridge hold. 10–30s each.	Thighs, bum and stomach switched on.

The session

A1 — Plyometrics — 2 rounds

EXERCISE	DOSE	MUSCLES WORKED	YOU SHOULD FEEL
Pogo hops	20 reps	Calves (back lower leg), Achilles (back of ankle)	Springy calves, short quiet landings
Skater lunge	20 reps	Glutes (bum), outer hip, quads (front thigh)	Outer hip working to hold you still
Side-to-side shuttle runs	5 reps	Glutes, quads, inner and outer thigh, calves	Thighs and hips braking and pushing

B1 — Strength superset — 3–4 rounds

EXERCISE	DOSE	MUSCLES WORKED	YOU SHOULD FEEL
Bodyweight goblet squat	8 reps	Quads (front thigh), glutes (bum), core	Burn in thighs and bum. Nothing sharp in the knee
Glute bridges	16 reps	Glutes (bum), hamstrings (back thigh)	Hard squeeze in the bum. No low-back pinch

C1 — Core — 3 rounds

EXERCISE	DOSE	MUSCLES WORKED	YOU SHOULD FEEL
Forearm side plank	10–30s / side	Obliques (side of stomach), outer hip	Burn along the side of the stomach and outer hip
Russian twist	20 reps	Obliques (side of stomach), front stomach	Sides of the stomach working, low back relaxed

Cool-down · 5–8 min

EXERCISE	DOSE	YOU SHOULD FEEL
Walk	2 min	Breathing slows.
Hip-flexor · hamstring · calf	30s each side	Pull in front hip, back thigh, calf. Not the joint.
Frog pose	30s	Steady inner-thigh stretch.
Child's pose	60s	Back lengthens as you breathe out.

↓ **Easier** New, sore or form slipping: smaller range, knees down, shorter holds.

↑ **Harder** All reps clean twice running: single leg, weight at chest, longer holds.

Rule Finish each set with 2–3 good reps left. Shape going? Stop the set. Sharp or lingering pain: stop and see a physio.