



# U18 Strength & Conditioning Program

## BC Hockey

May 2020



Session #	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Phase 1</b>	First Step						
						1	2
STR- 1 ESD- 1						Review Program	Run a 1600m test email time to mdavey@bchockey.net
STR-3 ESD- 2	Week 1						
	3	4	5	6	7	8	9
	Recovery	STR Session 1	ESD - ISV	STR Session 2	ESD - ISV	STR Session 3	Recovery
STR- 3 ESD-3	Week 2						
	10	11	12	13	14	15	16
	Recovery	STR Session 1	ESD - ISV	STR Session 2	ESD - ISV	STR Session 3	ESD - ISV
STR- 3 ESD- 3	Week 3						
	17	18	19	20	21	22	23
	Recovery	STR Session 1	ESD - ISV	STR Session 2	ESD - ISV	STR Session 3	ESD - ISV
Linear Speed - 1 Lateral Speed - 1 STR- 3 ESD- 3	Week 4						
	24	25	26	27	28	29	30
	Recovery	STR Session 1	Linear Speed ESD - ISV	STR Session 2	Lateral Speed ESD - ISV	STR Session 3	ESD - ISV

"Talent wins games, but teamwork and intelligence wins championships."-- Michael Jordan



# U18 Strength & Conditioning Program

## BC Hockey

May/June 2020



Session	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Week 5							
Linear Speed - 2	31	1	2	3	4	5	6
Lateral Speed - 1	Recovery	STR Session 1	Linear Speed	STR Session 2	Lateral Speed	STR Session 3	Linear Speed
STR- 3			ESD - VO2		ESD - ISV		ESD 2
ESD- 3	Week 6 (email mdavey@bchockey.net new 1600m time)						
Linear Speed - 1	7	8	9	10	11	12	13
Lateral Speed - 2	Recovery	STR Session 1	Lateral Speed	STR Session 2	Lateral Speed	STR Session 3	Lateral Speed
STR- 3			1600m test		ESD - ISV		ESD - VO2
ESD- 3	Week 7 (Start of Phase 2)						
<b>Phase 2</b>	14	15	16	17	18	19	20
Linear Speed - 2	Recovery	STR Session 1	Linear Speed	STR Session 2	Lateral Speed	STR Session 3	Linear Speed
Lateral Speed - 1			ESD - VO2		ESD - ISV		ESD - VO2
STR- 3	Week 8						
ESD- 3	21	22	23	24	25	26	27
Linear Speed - 1	Recovery	STR Session 1	Lateral Speed	STR Session 2	Lateral Speed	STR Session 3	Lateral Speed
Lateral Speed - 2			ESD - VO2		ESD - ISV		ESD - VO2
STR- 3	Week 9						
ESD- 3	28	29	30				
Linear Speed - 2	Recovery	STR Session 1	Linear Speed				
Lateral Speed - 1			ESD - VO2				
STR- 3							
ESD- 3							

"Talent wins games, but teamwork and intelligence wins championships."-- Michael Jordan



# U18 Strength & Conditioning Program

## BC Hockey

July 2020



Session	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Week 9 continued							
				1	2	3	4
				STR Session 2	Lateral Speed ESD - ISV	STR Session 3	Linear Sped ESD - VO2
Week 10							
Linear Speed - 1	5	6	7	8	9	10	11
Lateral Speed - 2 STR- 3 ESD- 3	Recovery	STR Session 1	Lateral Speed ESD - VO2	STR Session 2	Linear Speed ESD - VO2	STR Session 3	Lateral Speed ESD - VO2
Week 11 (Taper )							
Linear Speed - 2	12	13	14	15	16	17	18
Lateral Speed - 1 STR- 3 ESD- 2	Recovery	STR Session 1	Linear Speed ESD - VO2	STR Session 2	Lateral Speed ESD - VO2	STR Session 3	Linear Speed
Week 12 (Taper/Shawnigan Lake Camp)							
Time to Perform!	19	20	21	22	23	24	25
STR- 1 ESD- 1	Mobility Focus ESD - VO2	STR session 1		1600m Test			
Week 13							
Time to Perform!	26	27	28	29	30	31	
		Recovery	Recovery	STR Session 2 ESD - VO2	Lateral Speed	STR Session 3 ESD - VO2	

"Talent wins games, but teamwork and intelligence wins championships."-- Michael Jordan



# U18 Strength & Conditioning Program

## BC Hockey

August 2020



Session	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Week 13 continued							
							1
							Recovery
Week 14							
<b>Phase 3</b>	2	3	4	5	6	7	8
Linear Speed - 1							
Lateral Speed - 2			Lateral Speed		Linear Speed		Lateral Speed
STR- 3	Recovery	STR Session 1		STR Session 2		STR Session 3	
ESD- 3			ESD-Stop&Go		ESD- GRID		ESD-Stop&Go
Week 15							
Linear Speed - 2	9	10	11	12	13	14	15
Lateral Speed - 1			Linear Speed		Lateral Speed		Linear Speed
STR- 3	Recovery	STR Session 1		STR Session 2		STR Session 3	
ESD- 3			ESD- GRID		ESD-Stop&Go		ESD- GRID
Week 16							
Linear Speed - 1	16	17	18	19	20	21	22
Lateral Speed - 2			Lateral Speed		Linear Speed		Lateral Speed
STR- 3	Recovery	STR Session 1		STR Session 2		STR Session 3	
ESD- 3			ESD-Stop&Go		ESD- GRID		ESD-Stop&Go
Week 17							
Linear Speed - 2	23	24	25	26	27	28	29
Lateral Speed - 1			Linear Speed		Lateral Speed		Linear Speed
STR- 3	Recovery	STR Session 1		STR Session 2		STR Session 3	
ESD- 3			ESD- GRID		ESD-Stop&Go		ESD- GRID

"Talent wins games, but teamwork and intelligence wins championships."-- Michael Jordan



# U18 Strength & Conditioning Program



## BC Hockey

August/September 2020

Session	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Week 18 (Taper)							
	30	31	1	2	3	4	5
Lateral Speed -1 STR- 3 ESD- 3		STR Session 1	ESD- GRID	STR Session 2	Lateral Speed ESD-Stop&Go	STR Session 3	ESD- GRID
Week 19 (Taper)							
	6	7	8	9	10	11	12
STR- 2 ESD- 2	Recovery	STR Session 1	ESD-Stop&Go	ESD- GRID	STR Session 2		
Week 20(In-Season Programming)							
	13	14	15	16	17	18	19
<b>Maintenance</b> The goal is to maintain strength and condition areas not seen in practice (Aerobic System)		STR Session 1	ESD-Stop&Go	ESD- GRID	STR Session 2		
Week 21							
	20	21	22	23	24	25	26
STR- 2 ESD- 2		STR Session 1	ESD-Stop&Go	ESD- GRID	STR Session 2		
Week 22							
	27	28	29	30			
STR- 2 ESD- 2		STR Session 1	ESD-Stop&Go	ESD- GRID			

"Talent wins games, but teamwork and intelligence wins championships."-- Michael Jordan



# U18 Strength & Conditioning Program



## BC Hockey

October 2020

Session	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Week 22 continued							
					1	2	3
					STR Session 2		
Week 23							
	4	5	6	7	8	9	10
STR- 2 ESD- 2		STR Session 1	ESD-Stop&Go	ESD- GRID	STR Session 2		
Week 24							
	11	12	13	14	15	16	17
STR- 2 ESD- 2		STR Session 1	ESD-Stop&Go	ESD- GRID	STR Session 2		
Week 25 (Taper)							
	18	19	20	21	22	23	24
STR- 2 ESD- 2		STR Session 1	ESD-Stop&Go	ESD- GRID	STR Session 2		
Week 26 (Taper)							
	25	26	27	28	29	30	31
STR- 2 ESD- 2		STR Session 1	ESD-Stop&Go	ESD- GRID	STR Session 2		

"Talent wins games, but teamwork and intelligence wins championships."-- Michael Jordan



# U18 Strength & Conditioning Program

## BC Hockey



November 2020

Session	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Time to Compete	Week 27 (Dawson Creek Women's U18 Nationals)						
	1	2	3	4	5	6	7
STR- 2 ESD- 2	Week 28						
	8	9	10	11	12	13	14
		STR Session 1	ESD-Stop&Go	ESD- GRID	STR Session 2		
STR- 2 ESD- 2	Week 29						
	15	16	17	18	19	20	21
		STR Session 1	ESD-Stop&Go	ESD- GRID	STR Session 2		
STR- 2 ESD- 2	Week 30						
	22	23	24	25	26	27	28
		STR Session 1	ESD-Stop&Go	ESD- GRID	STR Session 2		
STR- 2 ESD- 2	Week 31						
	29	30					
		STR Session 1					

"Talent wins games, but teamwork and intelligence wins championships."-- Michael Jordan



# U18 Strength & Conditioning Program

## BC Hockey



December 2020

Session	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Week 31 continued							
			1	2	3	4	5
STR- 2 ESD- 2			ESD-Stop&Go	ESD- GRID	STR Session 2		
Week 32							
	6	7	8	9	10	11	12
STR- 2 ESD- 2		STR Session 1	ESD-Stop&Go	ESD- GRID	STR Session 2		
Week 33							
	13	14	15	16	17	18	19
STR- 2 ESD- 2		STR Session 1	ESD-Stop&Go	ESD- GRID	STR Session 2		
Week 34 (Champions do not take days off!)							
	20	21	22	23	24	25	26
STR- 2 ESD- 2		STR Session 1	ESD-Stop&Go	STR Session 2	ESD- GRID	XMAS	
Week 35							
	27	28	29	30	31		
STR- 2 ESD- 2		STR Session 1	ESD-Stop&Go	STR Session 2	ESD- GRID		

"Talent wins games, but teamwork and intelligence wins championships."-- Michael Jordan





# U18 Strength & Conditioning Program

## BC Hockey



January 2021

Session	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Week 35 continued							
						1	2
						New Years	
Week 36							
	3	4	5	6	7	8	9
STR- 2 ESD- 2		STR Session 1	ESD-Stop&Go	ESD- GRID	STR Session 2		
Week 37							
	10	11	12	13	14	15	16
STR- 2 ESD- 2		STR Session 1	ESD-Stop&Go	ESD- GRID	STR Session 2		
Week 38							
	17	18	19	20	21	22	23
STR- 2 ESD- 2		STR Session 1	ESD-Stop&Go	ESD- GRID	STR Session 2		
Week 39							
	24	25	26	27	28	29	30
STR- 2 ESD- 2		STR Session 1	ESD-Stop&Go	ESD- GRID	STR Session 2		

"Talent wins games, but teamwork and intelligence wins championships."-- Michael Jordan



# U18 Strength & Conditioning Program

## BC Hockey



January/February 2021

Session	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Week 40							
	31	1	2	3	4	5	6
STR- 2 ESD- 2		STR Session 1	ESD-Stop&Go	ESD- GRID	STR Session 2		
Week 41							
	7	8	9	10	11	12	13
STR- 2 ESD- 2		STR Session 1	ESD-Stop&Go	ESD- GRID	STR Session 2		
Week 42							
	14	15	16	17	18	19	20
STR- 2 ESD- 2		STR Session 1	ESD-Stop&Go	ESD- GRID	STR Session 2		
Week 43							
	21	22	23	24	25	26	27
STR- 2 ESD- 2		STR Session 1	ESD-Stop&Go	ESD- GRID	STR Session 2		
Week 44							
	28						
STR- 2 ESD- 2							

"Talent wins games, but teamwork and intelligence wins championships."-- Michael Jordan



# U18 Strength & Conditioning Program

## BC Hockey



March 2021

Session	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Week 44 continued							
		1	2	3	4	5	6
STR- 2 ESD- 2		STR Session 1	ESD-Stop&Go	ESD- GRID	STR Session 2		
Week 45							
	7	8	9	10	11	12	13
STR- 2 ESD- 2		STR Session 1	ESD-Stop&Go	ESD- GRID	STR Session 2		
Week 46							
	14	15	16	17	18	19	20
STR- 2 ESD- 2		STR Session 1	ESD-Stop&Go	ESD- GRID	STR Session 2		
Week 47							
	21	22	23	24	25	26	27
STR- 2 ESD- 2		STR Session 1	ESD-Stop&Go	ESD- GRID	STR Session 2		
Week 48							
	28	29	30	31			
STR- 1 ESD- 1		STR Session 1	ESD-Stop&Go	ESD- GRID			

"Talent wins games, but teamwork and intelligence wins championships."-- Michael Jordan